

Week 1 of 4 Menu

Monday

B Cereal, Milk and Fruit

Vegetable Cobbler

L Sugar Free Banana Loaf

D Mixed Bean Tagine with Herby Cous Cous
Seasonal Fruit Salad

S Breadsticks and Hummus

N **Kcal** 1004.2 **Carbs** 154.9 **P** 36.3 **Fib** 21.6 **Sal** 1.4
Sug 2.6 **Vit C.** 33.8

Tuesday

B Cereal, Milk and Fruit

Roast Chicken Dinner

L Sugar Free Date and Coconut Cookie

D BBQ Beef with Pasta and Carrots
Strawberry Yogurt

S Fruit and Toast Fingers

N **Kcal** 1050.4 **Carbs** 168.3 **P** 43.9 **Fib** 20.6 **Sal** 1.3
Sug 5.5 **Vit C.** 47.8

Wednesday

B Cereal, Milk and Fruit

Fish & Pea Cakes with Mashed Potato

L Sugar Free Gingerbread

Beef Stir Fry with Noodles

D Raspberry Fool

Breadsticks

S

N **Kcal** 1007.3 **Carbs** 164.7 **P** 44.4 **Fib** 21.4 **Sal** 1.1
Sug 4.1 **Vit C.** 69.9

Thursday

B Cereal, Milk and Fruit

Lentil Bolognese

L Banana Pancakes

D Jacket Potato with Beans and Cheese
Fruit Cocktail

S Rice Cakes with Veg Sticks and
Beanie Dip

N **Kcal** 1036.7 **Carbs** 167.4 **P** 38.3 **Fib** 23.6 **Sal** 1.1
Sug 2.2 **Vit C.** 42.8

Friday

B Cereal, Milk and Fruit

Fish Nuggets, Sweet Potato Wedges
and Vegetables

L Oat and Sultana Cookies

D Squash and Lentil Soup with
Homemade Bread
Seasonal Fruit Salad and Yoghurt

S Bagels and spread

N **Kcal** 1037.1 **Carbs** 173.1 **P** 42.8 **Fib** 20.6 **Sal** 1.7
Sug 6.5 **Vit C.** 52.3

B - Breakfast **L** - Lunch **D** - Dinner **S** - Snacks **N** - Nutrition

Nutrition guide

Calories (Kcal)	Carbohydrates (Carb)
Protein (P)	Salt (Sal)
NME sugars (Sug)	NSP fibre (Fib)
Vitamin C (Vit C)	

All the eggs we serve are free range.



Please advise your Nursery Manager if your child has any allergies or intolerances. Whilst we make every effort to control cross-contamination our ingredients and dishes are prepared in environments where allergens are present. We cannot therefore guarantee that any item on our menu is allergen-free.

Week 2 of 4 Menu

Monday

- B** Cereal, Milk and Fruit
-
- L** Vegetable Lasagna with Garlic Bread
Chocolate and Raspberry Chia Seed Pudding
-
- D** Parsnip, Butterbean and Apple Soup
Peaches and Pears in natural juice
-
- S** Crackers with Cheese and Pineapple
-
- N** **Kcal** 1037.3 **Carbs** 166.3 **P** 37.9 **Fib** 22.5 **Sal** 1.1
Sug 2.8 **Vit C.** 34.8

Tuesday

- B** Cereal, Milk and Fruit
-
- L** Lamb Chilli with rice
Chewy Cranberry and Apricot Squares
-
- D** Fish Fingers and Homemade Baked Beans
Fruit and Natural Yogurt
-
- S** Bagel and Spread
-
- N** **Kcal** 1044.9 **Carbs** 175.1 **P** 44.5 **Fib** 23.5 **Sal** 1.2
Sug 7.2 **Vit C.** 43.6

Wednesday

- B** Cereal, Milk and Fruit
-
- L** Veggie Sausages, Tomato, Potato and Cheese Bake
Courgette and Lime Cake
-
- D** Vegetarian Hot Pot
Peaches and Pears in natural juice
-
- S** Rice Cakes and Cream Cheese
-
- N** **Kcal** 1024.6 **Carbs** 171.3 **P** 42.8 **Fib** 22.2 **Sal** 1.1
Sug 2.7 **Vit. C** 48.3

Thursday

- B** Cereal, Milk and Fruit
-
- L** Beef Stew with Potatoes and Seasonal Vegetables
Sugar Free Oat Cookie
-
- D** Creamy Chicken and Chickpea Curry with Rice
Raspberry Fool
-
- S** Rice Cakes and Vegetable Sticks
-
- N** **Kcal** 1042.9 **Carbs** 166.6 **P** 41.1 **Fib** 21.9 **Sal** 0.8
Sug 5.9 **Vit C.** 44.5

Friday

- B** Cereal, Milk and Fruit
-
- L** Cheese and Broccoli Pasta
Chocolate Chia Seed Pudding
-
- D** Bean Stir Fry
Fruit in Natural Yogurt
-
- S** Pitta and Tuna Dip
-
- N** **Kcal** 1019.8 **Carb** 159.0 **P** 39.1 **Fib** 23.2 **Sal** 1.0
Sug 4.3 **Vit C** 51.1

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Nutrition guide

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Protein (P)	Salt (Sal)
NME sugars (Sug)	NSP fibre (Fib)
Vitamin C (Vit C)	

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Week 3 of 4 Menu

Monday

- B** Cereal, Milk and Fruit
- L** Jamaican Fish and Spinach Curry with Naan Bread
Sugar Free Date and Coconut Cookie
- D** Chicken and Pepper Risotto with Peas
Fruit and Oat Sundaes
- S** Muffins and spread
- N** **Kcal** 1011.0 **Carbs** 152.2 **P** 46.8 **Fib** 20.3 **Sal** 1.4
Sug 11.6 **Vit C.** 60.5

Tuesday

- B** Cereal, Milk and Fruit
- L** Lentil Shepherd's Pie and Broccoli
Tofu Trifle
- D** Homemade Pizza and Vegetable Sticks
Fruit Platter
- S** Oat Cakes, Hummus and Satsumas
- N** **Kcal** 1053.3 **Carbs** 153.2 **P** 41.1 **Fib** 21.1 **Sal** 1.3
Sug 2.3 **Vit C.**

Wednesday

- B** Cereal, Milk and Fruit
- L** Chicken Roast Dinner
Eve's Pudding and Custard
- D** Vegetable and Lentil Dhansak with Rice
Fruit and Natural Yogurt
- S** Bagels and spread
- N** **Kcal** 1004.3 **Carbs** 155.0 **P** 38.2 **Fib** 17.5 **Sal** 1.3
Sug 12.4 **Vit C.** 44.0

Thursday

- B** Cereal, Milk and Fruit
- L** Pasta Bolognese
Banana Pancakes
- D** Jacket Potato, Beans and Cheese
Fruit Cocktail
- S** Crumpet and Spread
- N** **Kcal** 1040.8 **Carbs** 166.5 **P** 41.3 **Fib** 27.8 **Sal** 1.7
Sug 6.5 **Vit C.** 61.8

Friday

- B** Cereal, Milk and Fruit
- L** Bean and Vegetable Stew and Dumplings
Semolina and Berry Compote
- D** Creamy Chickpea Curry with Naan Bread
Fruit in Natural Yogurt
- S** Breadsticks and Vegetable Sticks with Beanie
Dip
- N** **Kcal** 1045.6 **Carb** 171.0 **P** 40.4 **Fib** 25.9 **Sal** 1.2
Sug 8.8 **Vit C** 61.7

B – Breakfast **L** – Lunch **D** – Dinner **S** – Snacks **N** – Nutrition

Nutrition guide

Calories (Kcal)	Carbohydrates (Carb)
Protein (P)	Salt (Sal)
NME sugars (Sug)	NSP fibre (Fib)
Vitamin C (Vit C)	

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Week 4 of 4 Menu

Monday

- B** Cereal, Milk and Fruit
- Roast Chicken Dinner
- L** Sugar Free Banana Loaf
- D** Sandwich Platter with Vegetable Sticks
Banana and Pear in Natural Yogurt
- S** Crackers and Cream Cheese
- N** **Kcal** 1042.0 **Carbs** 159.5 **P** 42.6 **Fib** 18.9 **Sal** 1.5
Sug. 2.4 **Vit C.** 69.9

Tuesday

- B** Cereal, Milk and Fruit
- Creamy Quorn and Leek Hotpot with
Broccoli
- L** Chocolate Chia Seed Pudding
- D** Spicy Butternut Squash and Parsnip Soup
Fruit Platter
- S** Pitta, Pepper Sticks and Fruit
- N** **Kcal** 993.2 **Carbs** 164.1 **P** 40.8 **Fib** 24.2 **Sal** 1.7
Sug 1.9 **Vit C.** 52.4

Wednesday

- B** Cereal, Milk and Fruit
- Mild fruity chicken curry with wholegrain
rice / Banana cookie
- L**
- D** Chili con carne with jacket potato
Fruit platter
- S** Oatcakes and fruit
- N** **Kcal** 1086.2 **Carbs** 161.0 **P** 46.5 **Fib** 22.9 **Sal** 1.2
Sug 2.1 **Vit C.** 92.3

Thursday

- B** Cereal, Milk and Fruit
- Fish nuggets, sweet potato wedges and
seasonal vegetables / Oat and sultana
cookie
- L**
- D** Squash and lentil soup with homemade
bread / Seasonal fruit salad with yoghurt
- S** Bagel and spread
- N** **Kcal** 1037.1 **Carb** 173.1 **Fib.** 20.6 **P** 42.8 **Sal.** 1.7
Sug. 6.5 **Vit C.** 52.3

Friday

- B** Cereal, Milk and Fruit
- Shepherd's Pie and Broccoli
- L** Stewed Plums and Natural Yogurt
- D** Homemade Pizza and Vegetable Sticks
Fruit Platter
- S** Oatcakes and Clementine's
- N** **Kcal** 1037.0 **Carbs** 148.3 **P** 48.1 **Fib** 20.9 **Sal** 1.3
Sug 4.5 **Vit C.** 109.0

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Vitamin C (Vit C)	

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