

Week 1 of 4 Menu

Monday

- B** Cereal and organic milk
- L** Lentil Bolognese
Chocolate & raspberry chia seed pudding
- D** Jacket potato with chilli beans
Peaches and Pears
- S** Milk and fruit/rice cakes & houmous
- N** **Kcal** 1048.7 **Carb** 180.7 **Fib** 40.2 **P** 26.8
Sal 1.8 **Sug** 2.8 **Vit C.** 33.8

Tuesday

- B** Cereal and organic milk
- L** Shepherd's Pie with broccoli
Stewed plums and natural yogurt
- D** Homemade pizza & vegetable sticks
Fruit Platter
- S** Milk and fruit/oatcakes & clementine
- N** **Kcal** 1037.0 **Carb** 148.3 **Fib** 20.9 **P** 48.1
Sal 1.3 **Sug** 4.5 **Vit C.** 109.0

Wednesday

- B** Cereal and organic milk
Fish Pie
- L** Oat and banana balls
- D** Leek & Potato Soup with homemade bread
Stewed Apple with Pears & custard
- S** Milk and fruit/breadstick
- N** **Kcal** 1028 **Carb** 178.1 **Fib** 19.0 **P** 41.5
Sal 1.2 **Sug** 6.1 **Vit C.** 36.6

Thursday

- B** Cereal and organic milk
- L** Roast Chicken, roast potatoes, vegetables & gravy
Sugar free banana loaf
- D** Sandwich Platter with vegetable sticks
Bananas and pears in natural yogurt
- S** Milk and fruit/ crackers & cream cheese
- N** **Kcal** 1042.0 **Carb** 159.5 **Fib** 18.9 **P** 42.6
Sal 1.5 **Sug** 2.4 **Vit C.** 69.9

Friday

- B** Cereal and organic milk
- L** Lamb Chilli with rice
Chewy Cranberry & apricot squares
- D** Fish fingers & homemade baked beans
Fruit & Natural yogurt
- S** Milk and fruit/ bagel and spread
- N** **Kcal** 1044.9 **Carb** 175.1 **Fib** 23.5 **P** 44.5
Sal 1.2 **Sug** 7.2 **Vit C.** 43.6

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 and organic milk
- L** Chicken & Vegetable Pie with pot roast
Cornflake cake
- D** Sardine, tomato, potato and cheese bake
Natural Yogurt & apricots
- S** Milk and fruit/ crumpet & spread
- N** **Kcal** 1001.1 **Carb** 161.9 **Fib** 19.0 **P** 35.0
Sal 1.0 **Sug** 6.8. **Vit C.** 50.4

Tuesday

- B** Cereal and organic milk
- L** Chickpea & Vegetable Biryani
Chocolate Orange Pots
- D** Jacket potatoes with chilli beans
Winter fruit salad & Greek Yogurt
- S** Milk and fruit/ Pitta & tuna Dip
- N** **Kcal** 1030.7 **Carb** 174.0 **Fib** 25.7 **P** 38.2
Sal 0.8 **Sug** 6.3 **Vit C.** 58.9

Wednesday

- B** Cereal and organic milk
- L** Beef Lasagne
Sugar free date & coconut cookie
- D** Parsnip, butterbean & apple soup
Peaches & pears in natural juice
- S** Milk and fruit/ breadsticks & veg sticks
- N** **Kcal** 1013.9 **Carb** 150.2 **Fib** 20.4 **P** 44.8
Sal 0.9 **Sug** 9.2 **Vit C.** 37.1

Thursday

- B** Cereal and organic milk
- L** Tuna Pasta Bake
Peaches & Cream
- D** Butternut Squash & Carrot soup with
homemade bread
Autumn Fruit Kebab
- S** Milk and fruit/ Breadsticks and fruit
- N** **Kcal** 939.0 **Carb** 50.9 **Fib** 17.8 **P** 36.5
Sal 1.6 **Sug** 5.2. **Vit C.** 40.9

Friday

- B** Cereal and organic milk
- L** Roast Chicken, roast potatoes, vegetables
& gravy
Sugar free banana loaf
- D** Sandwich Platter with vegetable sticks
Bananas and pears in natural yogurt
- S** Milk and fruit/ crackers & cream cheese
- N** **Kcal** 1042.0 **Carb** 159.5 **Fib** 18.9 **P** 42.6
Sal 1.5 **Sug** 2.4 **Vit C.** 69.9

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 3 of 4 Menu

Monday

- B** Cereal and organic milk
- L** Salmon & Broccoli Pasta
Sugar free fruit cookie
- D** Bean Stir Fry
Fruit in natural yogurt
- S** Milk and fruit/ pitta and tuna dip
- N** **Kcal** 990.5 **Carb** 170.6 **Fib** 24.0 **P** 42.2
Sal 0.7 **Sug** 7.2 **Vit C.** 35.4

Tuesday

- B** Cereal and organic milk
- L** Creamy Chicken and Leek hotpot
Banana & cinnamon semolina
- D** Spicy butternut squash & parsnip soup
Fruit platter
- S** Fruit and milk/ fresh fruit, pitta & pepper sticks
- N** **Kcal** 967.6 **Carb** 161.6 **Fib** 16.0 **P** 42.3
Sal 1.3 **Sug** 6.2 **Vit C.** 69

Wednesday

- B** Cereal and organic milk
Hearty Beef Stew with bread
- L** Apple & Rhubarb crumble & custard
- D** Jacket Potato with tuna & chives
Natural Yogurt with apricots
- S** Milk and fruit/ muffin & spread
- N** **Kcal** 998.5 **Carb** 151.8 **Fib** 18.2 **P** 40.2
Sal 1.5 **Sug** 3.4 **Vit C.** 46.1

Thursday

- B** Cereal and organic milk
- L** Lentil, potato & spinach curry with rice
Trifle
- D** Pasta with tomato, chickpea & vegetable sauce
Seasonal fruit salad
- S** Milk and fruit/ crumpet and spread
- N** **Kcal** 1033.8 **Carb** 170.1 **Fib** 23.9 **P** 38.2
Sal 1.1 **Sug** 4.8 **Vit C.** 35

Friday

- B** Cereal and organic milk
- L** Roast chicken Dinner
Sugar free banana loaf
- D** Sandwich Platter with vegetable sticks
Bananas & pears in natural yogurt
- S** Milk and fruit/ crackers & cream cheese
- N** **Kcal** 1042.0 **Carb** 159.5 **Fib** 18.9 **P** 42.6
Sal 1.5 **Sug** 2.4 **Vit C.** 69.9

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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 and organic milk
- L** Beef Ragu with broccoli
Sugar free gingerbread
- D** White fish and pesto pasta
Fruit salad
- S** Milk and fruit/ crackers with cheese & pineapple
- N** **Kcal** 980.4 **Carb** 153 **Fib** 21.9 **P** 43.3
Sal 0.9 **Sug** 4.3. **Vit C.** 32.7

Tuesday

- B** Cereal and organic milk
- L** Mild fruity chicken curry with wholegrain rice
Banana cookie
- D** Chilli con Carne with jacket potato
Fruit platter
- S** Milk and fruit/ oatcakes
- N** **Kcal** 1086.2 **Carb** 161.0 **Fib** 22.9 **P** 46.5
Sal 1.2 **Sug** 2.1. **Vit C.** 92.3

Wednesday

- B** Cereal and organic milk
- L** Vegetable Moussaka
Chocolate orange pot
- D** Butternut squash soup
Winter fruit salad with Greek yogurt
- S** Milk & fruit/ rice cakes and humus
- N** **Kcal** 1044.7 **Carb** 159 **Fib** 20 **P** 41.2
Sal 1.0 **Sug** 4.8 **Vit C.** 31.3

Thursday

- B** Cereal and organic milk
- L** Sweet & Sour chicken with rice
Coconut & chia seed loaf
- D** Jacket potato with tune & chives
Seasonal fruit salad
- S** Milk and fruit/Rice cakes & veg sticks
- N** **Kcal** 1012.6 **Carb** 179.5 **Fib** 21.2 **P** 39
Sal 0.8 **Sug** 6.6. **Vit C.** 74.3

Friday

- B** Cereal and organic milk
- L** Fish nuggets, sweet potato wedges & seasonal veg
Oat & Sultana Cookies
- D** Squash & lentil soup with homemade bread
Seasonal Fruit salad with voourt
- S** Fruit and milk/ bagel & spread
- N** **Kcal** 1037.1 **Carb** 173.1 **Fib** 20.6 **P** 42.8
Sal 1.7 **Sug** 6.5. **Vit C.** 52.3

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