



Sample Menu

Monday

- B** Cereal and organic milk

- L** Tuna pasta bake
Peaches and cream

- D** Butternut squash and carrot soup with a
homemade bread roll. Autumn fruit kebab

- S** Fruit and milk / fruit and breadsticks

- Kcal** 939.0 **Carb** 50.9 **P** 40.2
N Fib 17.8 **Sal** 1.6 **Sug** 5.2 **Vit C** 40.9

Tuesday

- B** Cereal and organic milk

- L** Vegetable Lasagne
Chocolate chia seed pudding

- D** Chickpea and couscous salad
Seasonal fruit salad

- S** Fruit and milk / pitta and spicy chickpea dip

- Kcal** 1054.5 **Carb** 184.5 **P** 23.6
N Fib 41.1 **Sal** 1.1 **Sug** 3.2 **Vit C** 59.3

Wednesday

- B** Cereal and organic milk

- L** Vegetarian pearl barley Hotpot
Raspberry fool

- D** Lentil, potato and spinach curry with couscous
Winter fruit salad & greek yoghurt

- S** Fruit and milk / breadsticks and vegetable
sticks with houmous

- Kcal** 1042.7 **Carb** 187.8 **P** 24.1
N Fib 42.3 **Sal** 1.0 **Sug** 5.6 **Vit C** 48.2

Thursday

- B** Cereal and organic milk

- L** Shepherd's pie with broccoli
Stewed plums and natural yoghurt

- D** Homemade pizza and vegetable sticks
Fruit platter

- S** Fruit and milk / oatcakes and clementine

- Kcal** 1037.0 **Carb** 148.3 **P** 48.1
N Fib 20.9 **Sal** 1.3 **Sug** 4.5 **Vit C** 109.0

Friday

- B** Cereal and organic milk

- L** Fish fingers, mash, peas and broccoli
Sugar free gingerbread

- D** Bean and mushroom stroganoff
Fruit in natural yoghurt

- S** Fruit and milk / crackers with cheese
and pineapple

- Kcal** 1042.0 **Carb** 171.6 **P** 21.2
N Fib 42.2 **Sal** 1.5 **Sug** 6.0 **Vit C** 54.5

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.