

Week 1 of 4 Menu

Monday

- B** Selection of Cereals and Organic Milk
- Mild Fruity Chicken Curry and Rice
V: Mild and Fruity Vegetable Curry and Rice
- L** Fruit Platter
- Chilli Con Carne with Jacket Potato
V: Chilli Beans with Jacket Potato
 Banana Cookie
- S** Fruit and milk / Breadsticks
- N** **Kcal** 1086.2 **Carb** 161.0 **P** 46.5 **Fib** 22.9 **Sal** 1.2
Sug 2.1 **Vit C** 92.3

Tuesday

- B** Selection of Cereals and Organic Milk
- Roast Beef Dinner
V: Roast Lentil Dinner
- L** Reduced sugar Carrot Cake
- Jacket potato with Tuna & Chives
V: Jacket Potato with Cheese
 Natural Yoghurt with Apricots
- S** Fruit and milk / Crackers
- N** **Kcal** 1998.5 **Carb** 151.8 **P** 40.2 **Fib** 18.2 **Sal** 1.5
Sug 13.4 **Vit C** 46.1

Wednesday

- B** Selection of Cereals and Organic Milk
- Lamb Chilli with Rice
V: Vegetable Chilli with Rice
- L** Chewy Cranberry and Apricot Bites
- Fish Fingers & Homemade Baked Beans
V: Veggie Burgers & Homemade Baked Beans
 Fruit and Natural Yoghurt
- S** Fruit and milk / Bagels
- N** **Kcal** 1044.9 **Carb** 175.1 **P** 44.5 **Fib** 23.5 **Sal** 1.2
Sug 7.2 **Vit C** 43.6

Thursday

- B** Selection of Cereals and Organic Milk
- V: Vegetable Cobbler**
- L** Reduced sugar banana Cake
- V: Wholemeal Cheesy Pasta with Peas and Carrots**
- D** Seasonal Fruit Salad
- S** Fruit and milk / Breadsticks and houmous
- N** **Kcal** 1042.8 **Carb** 165.5 **P** 34.0 **Fib** 17.8 **Sal** 1.1
Sug 3.1 **Vit C** 60.7

Friday

- B** Selection of Cereals and Organic Milk
- Fish and Pea Cakes with Mashed Potato
V: Veggie Burgers with Mashed Potato
- L** Reduced sugar Gingerbread
- Beef Stir Fry with Noodles
V: Bean Stir Fry with Noodles
 Banana and yoghurt
- S** Fruit and milk / Rice Cakes
- N** **Kcal** 992.7 **Carb** 175.3 **P** 40.5 **Fib** 20.5 **Sal** 1.2 **Sug** 8.0 **Vit C** 49.9

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)	

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 Selection of Cereals and organic milk

V: Vegetable Lasagna
L Chocolate Cornflake Cake

D **V:** Chickpea and Vegetable Couscous
Seasonal Fruit Salad

S Fruit and milk / pitta and chickpea dip

N **Kcal** 1054.5 **Carbs** 184.5 **P** 41.1 **Fib** 23.6 **Sal** 1.1
Sug 3.0 **Vit. C** 59.3

Tuesday

B Selection of Cereals and organic milk

Roast Chicken Dinner
V: Lentil Roast Dinner
L Reduced sugar Banana Cake

D Tuna/Cheese Sandwich with Veg Sticks
V: Cheese Sandwich with Veg Sticks
Banana and Pear in Natural Yoghurt

S Fruit and milk / Crackers

N **Kcal** 1042.0 **Carbs** 159.5 **P** 42.6 **Fib** 18.9 **Sal** 1.5
Sug 2.4 **Vit. C** 69.9

Wednesday

B Selection of Cereals and organic milk

Salmon and Broccoli Pasta
V: Cheese and Broccoli Pasta
L Hummingbird cake

D **V:** Chickpea and vegetable rice
Banana in Natural Yoghurt

S Fruit and milk / Breadsticks

N **Kcal** 981.5 **Carbs** 169.9 **P** 30.4 **Fib** 20.7 **Sal** 1.0
Sug 7.0 **Vit. C** 33.3

Thursday

B Selection of Cereals and organic milk

V: Lentil, Potato and Spinach Curry with Rice
L Seasonal Fruit Salad

D **V:** Pasta with Tomato, Chickpea and Vegetable Sauce
Tofu Trifle

S Fruit and milk / Crumpet and spread

N **Kcal** 1033.8 **Carbs** 170.1 **P** 38.2 **Fib** 23.9 **Sal** 1.1
Sug 4.8 **Vit. C** 35.0

Friday

B Selection of Cereals and organic milk

Beef Bolognaise with Garlic Bread
V: Vegetable Bolognaise with Garlic Bread
L Peaches and Pears in Natural Juices

D **V:** Parsnip, Butterbean and Apple Soup
Reduced sugar Date and Coconut Cookie

S Fruit and milk / Breadsticks

N **Kcal** 1013.9 **Carbs** 150.2 **P** 44.8 **Fib** 20.4 **Sal** 0.9
Sug 9.2 **Vit. C** 37.1

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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** Selection of Cereals and organic milk
- L** Shepherd's Pie with Broccoli
V Lentil Shepherd's Pie with Broccoli
Stewed Apricots and Natural Yoghurt
- D** V: Pitta Pizza with Veg Sticks
Fruit Platter
- S** Fruit and milk / Breadsticks
- N** **Kcal** 1037.0 **Carb** 148.3 **P** 48.1 **Fib** 20.9 **Sal** 1.3
Sug 4.5 **Vit C** 109.0

Tuesday

- B** Selection of Cereals and organic milk
- L** V: Roast Vegetable and Red Lentil Pasta
Oat and Banana Balls
- D** V: Jacket Potato with Cheese and Baked Beans
Fruit Salad
- S** Fruit and milk / Oatcakes and cream cheese
- N** **Kcal** 1051.5 **Carb** 170.8 **P** 40.5 **Fib** 21.5 **Sal** 1.2
Sug 3.1 **Vit C** 70.9

Wednesday

- B** Selection of Cereal and organic milk
- Roast Chicken Dinner
V: Lentil Roast Dinner
- L** Fruit and Natural Yoghurt
- D** V: Vegetable and Lentil Dhansak with Rice
Eve's Pudding and Custard
- S** Fruit and milk / Bagel
- N** **Kcal** 1004.3 **Carb** 155.0 **P** 38.2 **Fib** 17.5 **Sal** 1.3
Sug 12.4 **Vit C** 44.0

Thursday

- B** Selection of Cereals and organic milk
- L** Creamy Chicken and Leek Hotpot with Broccoli
V: Creamy Quorn and Leek Hotpot with Broccoli
Banana and Cinnamon Semolina
- D** V: Spicy Butternut Squash and Parsnip Soup
Fruit Platter
- S** Fruit and milk / pitta and veg sticks
- N** **Kcal** 967.6 **Carb** 161.6 **P** 42.3 **Fib** 16.0 **Sal** 1.3
Sug 6.2 **Vit C** 69.0

Friday

- B** Selection of Cereals and organic milk
- L** Fish Fingers, Mash, Peas and Broccoli
V: Veggie Burgers, Mash, Peas and Broccoli
Reduced sugar Gingerbread
- D** V: Bean and Mushroom Stroganoff
Fruit in Natural Yoghurt
- S** Fruit and milk / crackers with cheese
- N** **Kcal** 1042.0 **Carb** 171.6 **P** 42.2 **Fib** 21.2 **Sal** 1.5
Sug 6.0 **Vit C** 54.5

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

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Vitamin C (Vit C)	

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Week 4 of 4 Menu

Monday

- B** Selection of Cereals and organic milk
- Roast Chicken Dinner
V: Lentil Roast Dinner
- L** Strawberry Yoghurt
- BBQ Beef with Pasta and Carrots
V: BBQ Minced Quorn with Pasta and Carrots
- D** Reduced sugar Date and Coconut Cookies
- S** Fruit and milk / Breadsticks
- N** **Kcal 1050.4 Carb 168.3 P 43.9 Fib 20.6 Sal 13 Sug 5.5 Vit C 47.8**

Tuesday

- B** Selection of Cereals and organic milk
- V: Lentil Bolognese**
- Reduced sugar Rice Pudding with Fruits of the Forest
- L**
- D** **V; Jacket Potato with Chili Beans**
 Peaches and Pears in Natural Juices
- S** Fruit and milk / rice cake and houmous
- N** **Kcal 1048.7 Carb 180.7 P 26.6 Fib 40.2 Sal 1.8 Sug 2.8 Vit C 33.8**

Wednesday

- B** Selection of Cereals and organic milk
- Sardine, Tomato, Potato and Cheese Bake
V: Veggie Sausage, Tomato, Potato & Cheese Bake
- L** Courgette and Lime Cake
- Lamb and Pearl Barley Hotpot
V: Vegetarian Hotpot
- D** Peaches and Pears in Natural Juices
- S** Fruit and milk / Rice Cakes
- N** **Kcal 1042.7 Carb 157.0 P 43.08 Fib 19.1 Sal 1.1 Sug 3.9 Vit C 52.7**

Thursday

- B** Selection of Cereals and organic milk
- V: Chickpea and Vegetable Biryani**
 Chocolate Orange Tofu Pots
- L**
- V: Jacket Potato and Chili Beans**
 Winter Fruit Salad with Greek Yoghurt
- D**
- S** Fruit and milk / Pitta bread
- N** **Kcal 1030.7 Carb 174.0 P 38.2 Fib 25.7 Sal 0.8 Sug 6.3 Vit C 58.9**

Friday

- B** Selection of Cereals and organic milk
- Homemade Chicken Nuggets with Mash & Broccoli
V: Homemade Bean Nuggets with Mash & Broccoli
- L** Semolina & Berry Compote
- D** **Tuna Pasta Bake**
V: Tofu Pasta Bake
 Fruit Cocktail
- S** Fruit and milk / breadsticks
- N** **Kcal 994.4 Carb 160.0 P 45.5 Fib 20.7 Sal 1.5 Sug 4.0 Vit C 41.0**

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Vitamin C (Vit C)	

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