

Week 1 of 4 Menu

Monday

- B** Cereal, Organic milk and Fruit
- L** Fruity vegetable curry, Wholegrain rice
Sugar free oat cookie
- D** Jacket potato with Chilli beans
Fruit platter
- S** Breadsticks with Houmous, Milk and Fruit
- N** **Kcal 1053.2 Carbs 191.0 Fib 24.1 P 34.4**
Sal 1.3 Sug.7.4 Vit C 35.1

Tuesday

- B** Cereal, Organic milk and Fruit
- L** Roast chicken dinner
Sugar free carrot cake
- D** Kedgerree
Fruit and Natural yogurt
- S** Rice cake and Vegetable sticks
- N** **Kcal 987.3 Carb 160.8 Fib 19.7 P 43.1**
Sal 1.2 Sug 12.3 Vit C 58.7

Wednesday

- B** Cereal, Organic milk and Fruit
- Lentil Bolognese
- L** Chocolate chia seed pudding
- D** Vegetable cobbler
Mandarins and Natural yogurt
- S** Rice cakes, Vegetable sticks and
Houmous Milk and Fruit
- N** **Kcal100.8 Carb 148.8 Fib 22.6 P 38.0 Sal 1.3**
Sug 2.7 Vit C 53.9

Thursday

- B** Cereal, Organic milk and Fruit
- L** Beef ragu with Broccoli
Sugar free gingerbread
- D** White fish and Pesto pasta
Seasonal fruit salad
- S** Crackers with Cheese and Pineapple, Milk
and Fruit
- N** **Kcal 980.4 Carb 153.0 Fib 21.9 P 43.3**
Sal 0.9 Sug 4.3 Vit C 32.7

Friday

- B** Cereal, Organic 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, Milk and Fruit
- N** **Kcal 1044.9 Carb 175.1 Fib 23.5 P 44.3**
Sal 1.2 Sug 4.3 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.

Monday

- B** Cereal, Organic milk and Fruit
- L** Pasta Bolognese
Banana pancakes
- D** Jacket potato, Beans and Cheese
Fruit cocktail
- S** Crumpet and Spread, Fruit and Milk
- N** **Kcal 1040.8 Carbs 166.5 Fib 27.8 P 41.3**
Sal 1.7 Vit C 61.8

Tuesday

- B** Cereal, Organic milk and Fruit
- L** Creamy Quorn and Leek hot pot and Broccoli
Chocolate chia seed pudding
- D** Spicy squash and Parsnip soup
Fruit platter
- S** Pitta, Pepper sticks, Fruit and Milk
- N** **Carbs 164.1 Fib 24.2 P 40.8 Sal 1.7**
Sug 1.9 Vit C 52.4 Kcal 993.2

Wednesday

- B** Cereal, Organic milk and Fruit
- L** Fish pie
Oat and Banana balls
- D** Leek and Potato soup, homemade bread
Stewed apple and Pears with Custard
- S** Breadsticks, Fruit and Milk
- N** **Kcal 1028.0 Carbs 178.1 Fib 19.0 P 41.5**
Sal 1.2 Sug 6.1 Vit C 36.6

Thursday

- B** Cereal, Organic milk and Fruit
- L** Cheese and Broccoli pasta
Chocolate chia seed pudding
- D** Bean stir fry
Fruit and Natural yogurt
- S** Pitta and Tuna dip, Milk and Fruit
- N** **Kcal 1019.8 Carbs 159.0 Fib 23.2 P 39.1**
Sal 1.0 Sug 4.3 Vit C 51.1

Friday

- B** Cereal, Milk and Fruit
- L** Chicken roast dinner
Sugar free banana loaf
- D** Sandwich platter and Vegetable sticks
Bananas and Pears natural yogurt
- S** Crackers and Cream cheese, Milk and Fruit
- N** **Kcal 1042.0 Carbs 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)	

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 3 of 4 Menu

Monday

- B** Cereal, Organic milk and Fruit
- L** Tofu pasta bake
Peaches and Cream
- D** Squash and Carrot soup homemade roll
Autumn fruit kebab
- S** Bread stick and Houmous, Fruit and Milk
- N** **Kcal 1038.3 Carbs 167.0 Fib 21.0 P 39.9**
Sal 1.5 Vit C 44.6 Sug 3.8

Thursday

- B** Cereals, Organic Milk and Fruit
- L** Chicken and Vegetable pie with Roast potato
Cornflake cake
- D** Sardine, tomato, potato and Cheese bake
Natural yoghurt and Apricots
- S** Crumpet and Spread Fruit and Milk
- N** **Kcal 1040.8 Carbs 166.5 Fib 27.8 P 41.3**
Sal 1.7 Vit C 61.8

Tuesday

- B** Cereal, Organic Milk and Fruit
- L** Beef stew, Potatoes and Seasonal
vegetables
Sugar free oat cookie
- D** Creamy chicken and Chickpea curry and
Rice
Raspberry fool
- S** Rice cakes and Vegetable sticks, Fruit and
Milk
- N** **Kcal 1042.9 Carbs 166.6 Fib 21.9 P 41.1**
Sal 0.8 Vit C 44.5

Friday

- B** Cereal, Organic milk and Fruit
- L** Beef lasagne
Sugar free date and Coconut cookie
- D** Parsnip butterbean and Apple soup
Peach, Pears and Natural yogurt
- S** Crackers, Cheese and Pineapple, Milk
and Fruit
- N** **Kcal 1013.9 Carbs 150.2 Fib 20.4 P 44.8**
Sal 0.9 Vit C 37.1

Wednesday

- B** Cereals, Organic Milk and Fruit
- L** Bean and Vegetable pie with Roast potato
Cornflake cake
- D** Vegetarian sausage and tomato potato
cheese bake
Natural yogurt and Apricots
- S** Chickpea dip with Pitta, Fruit and Milk
- N** **Kcal 1046.2 Carbs 172.0 Fib 23.1 P 39.0**
Sal 1.5 Vit C 43.3

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 4 of 4 Menu

Monday

- B** Cereal, Organic Milk and Fruit
- Thai green chicken curry and Rice
- L** Chewy cranberry and apricot bites
- D** Cheesy pasta with Peas and Carrots
Seasonal fruit salad
- S** Rice cake, vegetable sticks, fruit and milk
- N** **Kcal 1042.8 Carbs 165.5 Fib 17.8 P 43.1**
Sug 2.2 Vit C 48.9

Tuesday

- B** Cereal, Organic Milk and Fruit
- Vegetable lasagne
- L** Rice pudding and Fruits of the forest
- D** Bbq Quorn mince with Potatoes
Raspberry fool
- S** Breadsticks, Houmous Fruit and Milk
- N** **Kcal 1054.9 Carbs 164.1 Fib 23.0 P 37.8**
Sal 1.9 Sug 1.8 Vit C 53.8

Wednesday

- B** Cereal, Organic milk and Fruit
- Chicken roast dinner
- L** Eve's pudding and Custard
- D** Veg and Lentil dhansak with Rice
Fruit and Natural yoghurt
- S** Bagel and Spread, Fruit and Milk
- N** **Kcal 1004.3 Carbs 155 Fib 17.5 P 38.2**
Sal 1.3 Vit C 44.0 Sug 12.4

Thursday

- B** Cereal, Organic Milk and Fruit
- Jamaican bean and Spinach curry and Naan
- L** Sugar free date and Coconut cookie
- D** Quorn and Pepper risotto with Peas
Fruit and Oat crumble sundae
- S** Muffin spread and Houmous , Fruit and Milk
- N** **Kcal 1032.6 Carbs 156.5 Fib 21.6 P 40.8**
Sal 1.5 Vit C 60.5 Sug 12.2

Friday

- B** Cereal, Organic Milk and Fruit
- Shepherd's pie with Broccoli
Stewed plums and Natural yogurt
- L**
- D** Homemade pizza and Vegetable sticks
Fruit platter
- S** Oat cakes and clementine's, Milk and Fruit
- N** **Kcal 10397.0 Carbs 148.3 Fib 20.9 P 48.1**
Sug 4.5 Vit C 109.0

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.