

# Week 1 of 4 Menu

## Monday

- B** Cereal with organic milk and fruit
- L** White fish sauce, potatoes & butternut squash  
Rice pudding with fruits of the forest
- D** BBQ chicken with potatoes  
Raspberry fool
- S** Fruit and milk / Breadsticks
- N** **Kcal 969.5 Carb 163.9 Fib 21.6 P 39.1**  
**Sal 0.9 Sug 0.9 Vit C 58.2**

## Tuesday

- B** Cereal with organic milk and fruit
- L** Chicken roast dinner  
Sugar free banana loaf
- D** Sandwich platter with vegetable sticks  
Bananas and pear in natural yoghurt
- S** Fruit and milk / Crackers and 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**

## Wednesday

- B** Cereal with organic milk and fruit
- L** Beef lasagne  
Reduced sugar fruit cookie
- D** Parsnip, butterbean and apple soup  
Peaches and pears in natural juice
- S** Fruit and milk / Crackers with cheese
- 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 with organic milk and fruit
- L** Roast vegetable and red lentil pasta  
Oat and banana balls
- D** Jacket potato with cheese and baked beans  
Fruit salad
- S** Fruit and milk / Oat cakes and cream cheese
- N** **Kcal 1051.5 Carb 170.8 Fib 21.5 P 40.5**  
**Sal 1.2 Sug 3.1 Vit C 70.9**

## Friday

- B** Cereal with organic milk and fruit
- L** Fish fingers, mash and beans  
Sugar free gingerbread
- D** Bean and mushroom stroganoff with rice  
Fruit in natural yoghurt
- S** Fruit and milk / Crackers and cream cheese
- N** **Kcal 1042.0 Carb 171.6 Fib 21.2 P 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.

# Week 2 of 4 Menu

## Monday

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

## Tuesday

- B** Cereal with organic milk and fruit
- 
- L** Bean and vegetable pie with pot roast  
Corn flake cake
- 
- D** Veggie sausage, tomato, potato and cheese  
bake / Natural yoghurt and apricots
- 
- S** Fruit and milk / Spicy chickpea dip with pitta
- 
- N** **Kcal 1046.2 Carb 172.0 Fib. 23.1P 39.0 Sal. 1.5**  
**Sug. 6.9 Vit C. 43.3**

## Wednesday

- B** Cereal with organic milk and fruit
- 
- L** Creamy chicken and leek hotpot with broccoli  
Fruit Cookie
- 
- D** Spicy butternut squash and parsnip soup  
Fruit platter
- 
- S** Fruit and milk / pittas, pepper sticks and  
fruit
- 
- N** **Kcal 967.6 Carbs 161.6 P 42.3 Fib 16.0 Sal 1.3**  
**Sug 6.2 Vit. C 69.9**

## Thursday

- B** Cereal with organic milk and fruit
- 
- L** Sweet and sour chicken with rice  
Coconut and chia seed loaf
- 
- D** Jacket potato with tuna & chives  
Seasonal fruit salad
- 
- S** Fruit and milk / Rice cakes and vegetable sticks
- 
- N** **Kcal 1012.6 Carb 179.5 Fib 21.2 P 39.0**  
**Sal 0.8 Sug 6.6 Vit C 74.3**

## Friday

- B** Cereal with organic milk and fruit
- 
- L** Vegetable lasagne  
Rice pudding with fruits of the forest
- 
- D** BBQ veggie mince with wholegrain rice  
Raspberry fool
- 
- S** Fruit and milk / Breadsticks with houmous
- 
- N** **Kcal 1054.9 Carb 164.1 Fib. 23.0 P 37.8 Sal. 1.9**  
**Sug. 1.8 Vit C.53.8**

**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 with organic milk and fruit

Lentil cottage pie with broccoli

**L** Semolina with berry compote

Chickpea and veg rice salad

**D** Peaches and pears in natural juice

**S** Fruit and milk / Breadsticks

**N** Kcal 1019.4 Carbs 170.0 P 40.7 Fib 21.3 Sal 0.9  
Sug 5.1 Vit C 54.6

## Tuesday

**B** Cereal with organic milk & fruit

Creamy chickpea curry with rice

**L** Reduced sugar oat cookie

Beef stew with potatoes and seasonal vegetables / Fruit platter

**S** Fruit and milk / Rice cakes and vegetable sticks

**N** Kcal 1042.9 Carb 166.6 Fib. 21.9 P 41.1 Sal.0.8  
Sug. 5.9 Vit C.44.5

## Wednesday

**B** Cereal with organic milk & fruit

Pasta Bolognese

**L** Banana and custard

Jacket potato with beans and cheese

**D** Yoghurt and fruits of the Forest

**S** Fruit and milk / Crumpet and spread

**N** Kcal 1042.9 Carb 166.6 Fib. 21.9 P 41.1 Sal.0.8  
Sug. 5.9 Vit C.44.5

## Thursday

**B** Cereal with organic milk and fruit

Chicken roast dinner

**L** Reduced Sugar Fruit Cookie

**D** Butternut squash and carrot soup with homemade bread roll / Fruit kebab

**S** Fruit and milk / Breadsticks

**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 with organic milk and fruit

Fish fingers, mash, peas and broccoli

**L** Sugar free gingerbread

Pitta pizza and vegetable sticks

**D** Fruit platter

**S** Fruit and milk / Bagel and spread

**N** Kcal 1042.0 Carb 171.6 Fib. 21.2 P 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)

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# Week 4 of 4 Menu

## Monday

- B** Cereal with organic milk and fruit
- Vegetable pasta bake
- L** Reduced sugar banana cake
- Chicken and pepper risotto with peas
- D** Fresh fruit

**S** Fruit and milk / Muffin and spread

**N** **Kcal** 1011.0 **Carb** 152.2 **Fib.** 20.3 **P** 46.8 **Sal.** 1.4  
**Sug.** 1.6 **Vit C.** 60.5

## Tuesday

**B** Cereal with organic milk and fruit

Chicken roast dinner  
**L** Fairy Cake

**D** BBQ beef with pasta and carrots  
Yoghurt

**S** Fruit and milk / Toast fingers

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

## Wednesday

**B** Cereal with organic milk and fruit

Lamb chilli with rice  
**L** Rice pudding

**D** Fish fingers and baked beans  
Sugar free Jelly

**S** Fruit and milk / 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

## Thursday

**B** Cereal with organic milk and fruit

Cauliflower and broccoli bake  
**L** Apple and custard

**D** Sweet and sour vegetables with noodles  
Reduced sugar banana cookie

**S** Fruit and milk / Crackers and houmous

**N** **Kcal** 1018.1 **Carb** 165.6 **Fib.** 20.2 **P** 31.6 **Sal.** 0.9  
**Sug.** 5.6 **Vit C.** 92.6

## Friday

**B** Cereal with organic milk and fruit

Vegetable lasagne  
**L** Reduced sugar fruit and oat cookie

**D** Selection of sandwiches and vegetable sticks / Fruit salad

**S** Fruit and milk / Pitta and spicy chickpea dip

**N** **Kcal** 1054.9 **Carb** 164.1 **Fib.** 23.0 **P** 37.8 **Sal.** 1.9 **Sug.** 1.8  
**Vit C.** 53.8

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

### Nutrition guide

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

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