

Week 1 of 4 Menu

Monday

B Cereal and Organic milk

L Lamb Chilli & Rice
Peaches & Cream

D Lemon & Pepper Quorn Pasta
Carrot Cake

S Fruit and Milk/ Rice cakes

N Kcal 1053.0 Carb 193.5 P 37.1 Fib 22.9 Sal 1.2
Sug 9.7 Vit C 35.4

Tuesday

B Cereal and Organic Milk

L Chicken & Mushroom Curry with Rice
Fruit Platter

D Jacket Potato Cheese & Fresh Chives
Oat & Apricot Square

S Fruit and Milk/ Breadsticks

N Kcal 1039.4 Carb 165.4 P 41.6 Fib 21.5 Sal 1.5
Sug 2.4 Vit C 36.0

Wednesday

B Cereal and Organic Milk/ Toast & Spread

L Traditional Roast Chicken Dinner
Apples and oranges

D Cheesy Pasta Peas & Sweetcorn
Eve's pudding and custard

S Fruit and Milk/ Rice cakes

N Kcal 959.5 Carb 155.0 P 32.9 Fib 19.7 Sal 1.7
Sug 9.1 Vit C 41.5

Thursday

B Cereal and Organic Milk

L Creamy Butterbean & Garlic Linguine
Blueberries, pineapple and oranges

D Lentil & Vegetable Tagine & Herby
Couscous / Semolina & Berry Compote

S Fruit and Milk / Breadsticks and houmous

N Kcal 1002.7 Carb 183.7 P 34.4 Fib 25.8 Sal 1.5
Sug 3.1 Vit C 43.2

Friday

B Cereal and Organic Milk/ Toast & Spread

L Shepard's Pie & Green Beans
Pineapple

D Tomato & Chickpea Vegetable Pasta
Coco Sugar free Flapjack

S Fruit and Milk / Rice cakes

N Kcal 1033.5 Carb 166.1 P 38.2 Fib 19.9 Sal 1.0
Sug 5.1 Vit C 30.4

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

Traditional Roast Chicken Dinner

L Strawberry Yoghurt

White fish pesto pasta

D Oat & Date Cookies

S Fruit and Milk / Breadsticks

N Kcal 999.3 Carbs 159.7 P 39.3 Fib 21.1 Sal 1.2
Sug 6.8 Vit. C 33.8

Tuesday

B Cereal and Organic Milk

Sweet Potato & Spinach Curry with Rice

L Apple & Raspberry Crumble & Fresh Cream

Vegetarian Moussaka

D Fruit Salad

S Fruit And Milk / Rice cakes and houmous

N Kcal 1042.8 Carbs 165.5 P 43.1 Fib 17.8 Sal 0.9
Sug 2.2 Vit. C 48.9

Wednesday

B Cereal and Organic Milk / Toast & Spread

Jacket Potato & Chili Con Carne

L Fruit Platter

Lentil Bolognese

D Chocolate Cornflake Cake

S Fruit and Milk / Breadsticks

N Kcal 988.2 Carbs 159.6 P 35.5 Fib 21.0 Sal 1.7
Sug 5.7 Vit C. 42.4

Thursday

B Cereal and Organic Milk

Chicken & Sweetcorn Ramen

L Pineapple and oranges

Creamy Tuna & Potato Gratin Bake

D Fruity Flapjack

S Fruit And Milk / Rice cakes

N Kcal 968.2 Carbs 165.6 P 45.3 Fib 23.3 Sal 2.0
Sug 6.8 Vit C. 51.2

Friday

B Cereal and Organic Milk / Toast & Spread

Sausage & Mash with Red Onion Gravy & Peas / Cinnamon Apples

L

Wholemeal Chargrilled Vegetable Pizza & Veg Sticks / Banana loaf

D

S Fruit and Milk / Breadsticks

N Kcal 968.6 Carbs 167.9 P 27.4 Fib 18.6 Sal 1.4
Sug 2.1 Vit C. 65.0

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

Nutrition guide

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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 Toad in the Hole With New Potatoes, Peas & Gravy / Peach Compote & Yoghurt

D Lentil Dhal & Rice
Oat Cookies

S Fruit and Milk / Breadsticks

N Kcal 1045.6 Carbs 196.9 P 38.0 Fib 23.8 Sal 1.9
Sug 6.5 Vit C. 56.3

Tuesday

B Cereal and Organic Milk

L Chicken Stir Fry Noodles
Fruit Salad

D Tomato & Feta Quinoa
Eves Pudding and Custard

S Fruit and Milk / Rice cakes

N Kcal 1032.8 Carbs 171.9 P 31.7 Fib 22.2 Sal 1.7
Sug 5.7 Vit C. 39.1

Wednesday

B Cereal and Organic Milk/Toast & Spread

L Sardine Bolognese
Pineapple, Orange & Berries

D Jacket Potato Beans & Cheese
Chocolate Cornflake Cake

S Fruit and Milk / Breadsticks

N Kcal 1021.7 Carbs 191.8 P 33.8 Fib 19.3 Sal 1.0
Sug 8.4 Vit C. 32.6

Thursday

B Cereal and Organic Milk

L Lamb Chili & Rice
Apple & Rhubarb Crumble & Custard

D Cheesy Pasta Peas & Carrots
Raspberry Yoghurt Fool

S Fruit and Milk / Rice cakes

N Kcal 1055.7 Carbs 191.8 P 33.8 Fib 19.3 Sal 1.0
Sug 8.4 Vit C. 32.9

Friday

B Cereal and Organic Milk/Toast & Spread

L Fish Fingers with Mash & Baked Beans
Fruit Platter

D Wholemeal Homemade Chargrilled Pizza & Veg Sticks / Carrot Cake

S Fruit and Milk / Breadsticks

N Kcal 998.0 Carbs 144.4 P 28.7 Fib 19.6 Sal 1.4
Sug 10.9 Vit C. 73.3

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Vitamin C (Vit C)	

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Week 4 of 4 Menu

Monday

- B** Cereal and Organic Milk
- L** White Potato & Spinach Curry with Naan bread / Pineapple & Berries
- D** Sardine Pasta Bake
Peach Yoghurt
- S** Fruit and Milk / Rice cakes
- N** Kcal 969.8 Carbs 170.8 P 28.2 Fib 19.1 Sal 0.8
Sug 6.1 Vit C. 53.4

Tuesday

- B** Cereal and Organic Milk
- L** Chicken Alfredo Linguine
Cinnamon Apples & Bananas
- D** Fish Pie with Sweet Potato Mash and carrots
Lemon Sponge
- S** Fruit and Milk / Breadsticks
- N** Kcal 1027.9 Carb 156.6 P 29.6 Fib 19.9 Sal 1.9
Sug 7.7 Vit C 33.2

Wednesday

- B** Cereal and Organic Milk / Toast & Spread
- L** Vegetarian Sausage Hot Pot & Roast Potatoes / Winterberry Yoghurt
- D** Tomato & Feta Quinoa
Oat & Banana Squares
- S** Fruit and Milk / Ricecakes
- N** Kcal 1002.3 Carbs 174.5 P 39.6 Fib 21.2 Sal 1.5
Sug 1.1 Vit C. 53.7

Thursday

- B** Cereal and Organic Milk
- L** Lentil & Cauliflower Dhal
Fruit Salad
- D** Jacket Potato Tuna & Cheese
Fruity Cookie
- S** Fruit and Milk / Breadsticks
- N** Kcal 977.3 Carbs 190.5 P 33.7 Fib 23.8 Sal 1.0
Sug 5.2 Vit C. 33.2

Friday

- B** Cereal and Organic Milk / Toast & Spread
- L** Lamb Lasagne
Fruit Platter
- D** Homemade Chicken Nuggets, Peas & Wedges
Chocolate & Beetroot Brownie with Fresh Cream
- S** Fruit and Milk / Ricecakes
- N** Kcal 987.8 Carb 153.6 P 41.6 Fib 21.6 Sal 1.3
Sug 4.2 Vit C 56.4

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Nutrition guide

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