

# Week 1 of 4 Menu



## Monday

- B** Cereal and organic milk

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- L** Salmon and pea risotto  
Fruited tea loaf

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- D** Roasted vegetable and red lentil pasta  
Fruit platter

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- S** Fruit and milk / Bagel and spread

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- N** Kcal 975.7 carb 176.1 fib 14.9 p 37.5 Sal 1.3 Sug 10.7  
Vit C 57.9

## Tuesday

- B** Cereal and organic milk

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- L** Mild fruity chicken curry with wholegrain rice  
Banana cookie

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- D** Chilli con carne with jacket potato  
Fruit platter

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- S** Fruit and milk/ oatcakes and fruit

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- N** Kcal 1086.2 carb 161.0 fib 22.9 p 46.5 Sal 1.2 Sug 2.1  
Vit c 92.3

## Wednesday

- B** Cereal and organic milk

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- L** Fish pie  
Oat and banana balls

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- D** Leek and potato soup with homemade bread  
Stewed apple and pears with custard

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- S** Fruit/milk and bread sticks

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- N** Kcal 1028.0 carb 178.1 p 41.5 fib 19.0 Sal 1.2 Sug 6.1  
Vit c 36.6

## Thursday

- B** Cereal and organic milk

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- L** Sweet potato pepper tikka with rice and naan / Reduced sugar fruity flapjack

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- D** Cauliflower and broccoli bake  
Fruit sorbet

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- S** Fruit and milk/crackers and veg sticks with houmous

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- N** Kcal 1011.2 carb 179.3 fib 13.1 p 27.5 Sal 1.4 Sug 4.9  
Vit C 81.6

## Friday

- B** Cereal and organic milk

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- L** Beef lasagna  
Sugar free date and coconut cookie

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- D** Parsnip, butterbean and apple soup  
Peaches and pears in natural juice

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

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- N** Kcal 1013.9 carb 150.2 fib 20.4 p 44.8 Sal 0.9 Sug 9.2  
Vit C 37.1

**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

**L** Spanish style chicken bake  
Chocolate and beetroot sponge

**D** Butterbean Alfredo  
Fruit and oat sundaes

**S** Fruit and milk/ crumpet and spread with veg sticks

**N** Kcal 970.4 carb 148.7 p 45.0 fib 20.1 Sal 1.7 Sug 2.5  
Vit C 37.8

## Tuesday

**B** Cereal and organic milk

**L** Cottage pie with seasonal vegetables  
Chunky monkey muffins

**D** Jamaican fish curry with wholegrain rice and naan / Mixed seasonal fruit

**S** Fruit and milk with breadsticks

**N** Kcal 981.6 carb 152.8 p 44.8 fib 15.8 Sal 1.1 Sug 3.0  
Vit C 72.1

## Wednesday

**B** Cereal and organic milk

**L** Lentil Bolognese  
Banana and cinnamon rice pudding

**D** Veggie mince flatbreads  
Mango and mandarin fool

**S** Fruit/milk breadsticks and vegetable sticks

**N** Kcal 997.8 carb 177.3 fib 18.3 p 41.1 Sal 1.7 Sug 5.4  
Vit C 43.8

## Thursday

**B** Cereal and organic milk

**L** Roast chicken dinner  
Sugar free date and coconut cookie

**D** BBQ beef with pasta and carrots  
Strawberry yoghurt

**S** Fruit and milk/fruit and toast fingers

**N** Kcal 1050.4 carb 168.3 p 43.9 fib 20.6 Sal 1.3 Sug 5.5  
Vit C 47.8

## Friday

**B** Cereal and organic milk

**L** Fish fingers with mash and peas  
Chocolate and coconut flapjack

**D** Sweet and sour chicken with rice  
Mango and mandarin fool

**S** Fruit and milk/ bagel and spread with veg sticks and spicy chickpea dip

**N** Kcal 989.0 carb 149.0 fib 13.1 p 31.4 Sal 1.5 Sug 5.8  
Vit C 33.5

**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 3 of 4 Menu



## Monday

- B** Cereal and organic milk

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- L** Vegetable cobbler  
Reduced sugar banana loaf

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- D** Lentil lasagna  
Fruit in natural yoghurt

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- S** Fruit and milk / bagels and spread with veg sticks

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- N** Kcal 993.9 carb 135.7 p 41.2 fib 16.0 Sal 1.4 Sug 0.4  
Vit C 46.1

## Tuesday

- B** Cereal and organic milk

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- L** Chicken roast dinner  
Sugar free banana loaf

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- D** Sandwich platter with veg sticks  
Bananas and pears in natural yoghurt

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- S** Fruit and milk/ crackers and cream cheese

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- 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 and organic milk

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

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- D** Homemade pizza and veg sticks  
Fruit platter

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- S** Fruit and milk / oatcakes and clementine

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- N** Kcal 1037.0 carb 148.3 fib 20.9 p 48.1 Sal 1.3 Sug 4.5  
Vit C 109.0

## Thursday

- B** Cereal and organic milk

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- L** Vegetable stew with crusty brown bread  
Rice pudding with banana and cinnamon

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- D** Mixed bean chilli with jacket potato  
Seasonal fruit salad

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- S** Fruit and milk/crumpets with bean dip

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- N** Kcal 990.4 carb 164.0 p 34.0 fib 16.8 Sal 1.6 Sug 1.0  
Vit C 32.9

## Friday

- B** Cereal and organic milk

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- L** Sardine Bolognese  
Banana and cinnamon rice pudding

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- D** Beef flatbreads  
Mango and mandarin fool

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- S** Fruit and milk/ breadsticks and veg sticks

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- N** Kcal 965.3 carb 158.6 fib 14.1 p 39.4 Sal 1.5 Sug 5.4  
Vit C 43.0

**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)	

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# Week 4 of 4 Menu



## Monday

- B** Cereal and organic milk

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- L** Bean goulash with rice and beans  
Spiced apple cake

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- D** Broccoli and cheese pasta  
Fruit salad

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- S** Fruit and milk/ muffin and spread with beanie dip

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- N** Kcal 974.8 carb 137.8 fib 15.7 p 29.2 Sal 1.1 Sug 0.4  
Vit C 57.7

## Tuesday

- B** Cereal and organic milk

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- L** Fish fingers, mash, peas and broccoli  
Reduced sugar gingerbread

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

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

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- N** Kcal 1042.0 carb 171.6 fib 21.2 p 42.2 Sal 1.5 Sug 6.0  
Vit C 54.5

## Wednesday

- B** Cereal and organic milk

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- L** Chicken filo pie with mash and veg  
Reduced sugar gingerbread

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- D** Beef and spinach curry with wholegrain rice / Seasonal mixed fruit

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- S** Fruit and milk/ muffin and spread

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- N** Kcal 1005.3 carb 145.9 fib 10.3 p 46.7 Sal 0.7 Sug 3.1  
Vit C 42.8

## Thursday

- B** Cereal and organic milk

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- L** Green lamb curry  
Reduced sugar lemon muffin

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- D** Pitta pizza  
Mixed fruit platter

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- S** Fruit and milk/ breadsticks

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- N** Kcal 990.1 carb 159.4 fib 12.4 p 39.7 Sal 1.9 Sug 11.3  
Vit C 42.6

## Friday

- B** Cereal and organic milk

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- L** Roast veg and red lentil pasta  
Oat and banana balls

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- D** Jacket potato with cheese and baked beans  
Fruit salad

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- S** Fruit and milk / oat cakes and cream cheese

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- N** Kcal 1051.5 carb 170.8 fib 21.5 p 40.5 Sal 1.2 Sug 3.1  
Vit C 70.9

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

### Nutrition guide

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Vitamin C (Vit C)	

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