

Week 1 of 4 Menu



Monday

- B** Cereal and organic milk/fruit
Sweet potato pepper tikka with rice and naan bread
- L** Fruit sorbet
Cauliflower and broccoli bake
- D** Fruity flapjack
Milk and fruit / crackers and veg sticks with houmous
- S**
- N** Kcal 1011.2 Carb 179.3 Fib. 13.1 P 27.5 Sal. 1.4 Sug. 4.9 Vit C. 81.6

Tuesday

- B** Cereal and organic milk/fruit
Lentil bolognaise
Banana and cinnamon rice pudding
- L**
Veggie mince flat bread
- D** Mango and mandarin fool
Breadsticks and milk/veg sticks
- S**
- N** Kcal 997.8 Carb 177.3 Fib. 18.3 P 41.1 Sal. 1.7 Sug. 5.4 Vit C. 43.8

Wednesday

- B** Cereal and organic milk/fruit
Double pepper chicken and pasta
- L** Fruity pancake
Cumin crusted veg tray bake
- D** Fruit and oat sundaes
Fruit and milk / Muffin and spread
- S**
- N** Kcal 965.1 Carb 154.9 Fib. 25.9 P 32.6 Sal. 0.5 Sug. 0.8 Vit C. 142.3

Thursday

- B** Cereal and organic milk/fruit
Roast dinner
Date and coconut cookies
- L**
BBQ beef with pasta and carrots
- D** Strawberry yogurt
Rice cakes and milk/fruit
- S**
- N** Kcal 1050.4 Carb 168.3 Fib. 20.6 P 43.9 Sal. 1.3 Sug. 5.5 Vit C. 47.8

Friday

- B** Cereal and organic milk/fruit
Lamb chilli with rice
- L** Fruit and yogurt
Fish fingers with wedges and beans
- D** Cranberry and apricot squares
Breadsticks and milk/fruit
- S**
- N** Kcal 1044.9 Carb 175.1 Fib. 23.5 P 44.5 Sal.1.2 Sug. 7.2 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.

Week 2 of 4 Menu



Monday

- B** Cereal and organic milk/fruit

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

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

- S** Fruit and milk / Crumpet with beanie dip

- N** Kcal 990.4 Carb 164.0 Fib. 16.8 P 34.0 Sal. 1.6
Sug. 1.0 Vit C. 32.9

Tuesday

- B** Cereal and organic milk/fruit

- L** Beef goulash with rice and beans
Spiced apple loaf

- D** Broccoli and tuna pasta
Fruit salad

- S** Fruit and milk / Muffin and spread

- N** Kcal 1015.1 Carb 14.1 Fib. 15.2 P 40.8 Sal. 1.2
Sug. 0.4 Vit C.120.9

Wednesday

- B** Cereal and organic milk/fruit

- L** Roast dinner
Banana, pear and natural yogurt

- D** Sandwiches and crudites
Banana loaf

- 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

Thursday

- B** Cereal and organic milk/fruit

- L** Pasta bolognaise
Banana pancakes

- D** Jacket potatoes with cheese and beans
Fruit cocktail

- S** Fruit and milk / Crumpet and spread

- N** Kcal 1040.8 Carb 166.5 Fib. 27.8 P 41.3 Sal. 1.7 Sug. 6.5
Vit C. 61.8

Friday

- B** Cereal and organic milk/fruit

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

- D** Homemade pizza and vegetable sticks
Fruit platter

- S** Fruit and milk / Oatcakes and clementine

- N** Kcal 1040.8 Carb 166.5 Fib. 27.8 P 41.3 Sal. 1.7
Sug. 6.5 Vit C. 61.8

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)	

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 and organic milk/fruit

- L** Veggie sausage, tomato, potato and cheese bake
- L** Peaches and pears in natural juice

- D** Vegetable hotpot
- D** Courgette and lime cake

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

- N** Kcal 1024.6 Carb 171.3 Fib. 22.2 P 42.8 Sal.1.1 Sug. 2.7 Vit C. 48.3

Tuesday

- B** Cereal and organic milk/fruit

- L** Roast dinner
- L** Date and coconut cookies

- D** BBQ beef with pasta and carrots
- D** Strawberry yogurt

- S** Fruit and milk / Fruit and 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 and organic milk/fruit

- L** Bean Ragu with broccoli
- L** Fruity pancake bars

- D** Pitta pizza
- D** Fruit and oat sundaes

- S** Fruit and milk / Muffin and spread

- N** Kcal 973.7 Carb 161.1 Fib. 17.9 P 35.7 Sal. 1.8 Sug. 1.0 Vit C. 40.1

Thursday

- B** Cereal and organic milk/fruit

- L** Pork tagine and rice
- L** Apple and cinnamon rice pudding

- D** Paprika chicken stew
- D** Fruit salad

- S** Fruit and milk / Bagel and spread

- N** Kcal 1049.9 Carb 171.1 Fib. 12.6 P 44.6 Sal. 0.7 Sug. 6.3 Vit C. 75.6

Friday

- B** Cereal and organic milk/fruit

- L** Thai green chicken curry and rice
- L** Fruit salad

- D** Wholemeal cheesy pasta with peas and carrots
- D** Chewy cranberry and apricot bites

- S** Fruit and milk / Rice cake and vegetable sticks

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

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 4 of 4 Menu



Monday

- B** Cereal and organic milk/fruit

- L** Fish fingers with mash and peas
Mango and mandarin fool

- D** Sweet and sour chicken and rice
Flapjack

- 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

Tuesday

- B** Cereal and organic milk/fruit

- L** Mild fruity chicken curry and rice
Banana cookie

- D** Chilli con carne and potato wedges
Fruit platter

- S** Oat cakes and milk/fruit

- N** Kcal 1086.2 Carbs 161.0 P 46.5 Fib 22.9 Sal 1.2 Sug 2.1
Vit C. 92.3

Wednesday

- B** Cereal and organic milk/fruit

- L** Beef in black bean sauce with noodles
Banana and sultana muffin

- D** Bean tagine and rice
Fruit cocktail

- S** Bagels and milk/fruit

- N** Kcal 1015.2 Carb 175.1 Fib. 11.3 P 41.0 Sal. 1.7 Sug. 7.0
Vit C. 54.1

Thursday

- B** Cereal and organic milk/fruit

- L** Roast vegetable lentil pasta
Oat and banana balls

- D** Jacket potato with cheese and beans
Fresh 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 and organic milk/fruit

- L** Roast dinner
Banana and pears with natural yogurt

- D** Sandwich platter and vegetable sticks
Sugar free banana loaf

- 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

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.