

# Week 1 of 4 Menu



## Monday

- B** Cereal and organic milk

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- Chicken bake with couscous
- L** Spiced apple loaf

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- Roasted white fish with lentils and seasonal vegetables / Fruit salad
- D**

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

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- Ncal 973.6 Carb 145.6 Fib. 12.3 P 46.6 Sal.1.4 Sug. 0.4 Vit C.64.8
- N**

## Tuesday

- B** Cereal and organic milk

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- Natural yoghurt with fruit and rice cakes

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- Lentil roast dinner
- L** Reduced sugar date and coconut cookie

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

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

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- Ncal 1046.3 Carb 172.0 Fib. 26.3 P 39.3 Sal. 1.1 Sug. 2.9 Vit C. 52.4
- N**

## Wednesday

- B** Cereal and organic milk

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- Natural yoghurt with fruit and rice cakes

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

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- Paprika chicken stew
- D** Fruit salad

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

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

## Thursday

- B** Cereal and organic milk

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- Natural yoghurt with fruit and rice cakes

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- Double pepper chicken with pasta
- L** Fruity pancake bars

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- Cumin crusted vegetable tray bake
- D** Fruit and oat sundaes

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

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- Ncal 965.1 Carb 154.9 Fib. 25.9 P 32.6 Sal. 0.5 Sug. 0.8 Vit C. 142.3
- N**

## Friday

- B** Cereal and organic milk

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- Natural yoghurt with fruit and rice cakes

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- Thai green Quorn curry rice
- L** Reduced Sugar Cookie

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- Wholemeal cheesy pasta with peas and carrots / Seasonal fruit salad
- D**

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

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- Ncal 1018.0 Carb 161.1 Fib. 20.9 P 37.2 Sal. 1.3 Sug. 1.5 Vit C. 54.2
- N**

**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

Beef ragu with broccoli

**L** Fruity pancake bars

Pitta pizza

**D** Seasonal fruit and oat sundaes

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

Kcal 973.9 Carb 154.4 Fib. 14.2 P 41.8 Sal. 1.8 Sug. 1.0  
Vit C. 40.1

**N**

## Tuesday

**B** Cereal and organic milk

Natural yoghurt with fruit and rice cakes

Chicken filo pie with mash and vegetables

**L** Reduced sugar gingerbread

Beef and spinach curry with wholegrain

**D** rice / Seasonal mixed fruit

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

Kcal 1005.3 Carb 145.9 Fib. 10.3 P 46.7 Sal. 0.7 Sug. 3.1  
Vit C. 42.8

**N**

## Wednesday

**B** Cereal and organic milk

Natural yoghurt with fruit and rice cakes

Bean tagine with rice

**L** Reduced sugar fruit cookie

Mushroom noodle broth

**D** Fruit in natural yoghurt

**S** Fruit and milk / rice cake and houmous

Kcal 1016.2 Carb 184.3 Fib. 15.5 P 31.1 Sal. 1.9 Sug. 10.1  
Vit C. 31.3

**N**

## Thursday

**B** Cereal and organic milk

Natural yoghurt with fruit and rice cakes

Creamy chicken and leek hotpot with  
broccoli

**L** Banana and cinnamon semolina

Spicy butternut squash and parsnip soup

**D** Fruit platter

**S** Fruit and milk / pittas, pepper sticks and  
fruit

Kcal 967.6 Carbs 161.6 P 42.3 Fib 16.0 Sal 1.3 Sug 6.2  
Vit. C 69.0

**N**

## Friday

**B** Cereal and organic milk

Natural yoghurt with fruit and rice cakes

Fish fingers with mash and peas

**L** Chocolate and coconut flapjack

Sweet and sour chicken with rice

**D** Mango and mandarin fool

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

Kcal 989.0 Carb 149.0 Fib. 13.1 P 31.4 Sal. 1.5 Sug. 5.8  
Vit C. 33.5

**N**

**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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- Chicken roast dinner
- Reduced sugar banana loaf
- L**

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

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

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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

## Tuesday

- B** Cereal and organic milk
- Natural yoghurt with fruit and rice cakes

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- Pasta Bolognese
- Banana pancakes
- L**

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

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

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

## Wednesday

- B** Cereal and organic milk
- Natural yoghurt with fruit and rice cakes

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- Creamy white fish with broccoli
- Reduced sugar lemon muffin
- L**

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- Green cheesy pasta
- Seasonal fruit and oat sundaes
- D**

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- Fruit and milk / Breadsticks
- S**

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- N** Kcal 979.3 Carb 143.8 Fib. 14.7 P 42.8 Sal. 2.0 Sug. 11.2 Vit C. 53.0

## Thursday

- B** Cereal and organic milk
- Natural yoghurt with fruit and rice cakes

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- Vegetable chilli with rice
- Chewy cranberry and apricot squares
- L**

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- Fishless fingers and homemade baked beans / Fruit and natural yoghurt
- D**

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

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- N** Kcal 1020.4 Carb 183.3 Fib. 25.9 P 38.8 Sal.0.8 Sug. 6.8 Vit C.32.3

## Friday

- B** Cereal and organic milk
- Natural yoghurt with fruit and rice cakes

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

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

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

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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

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

## Tuesday

- B** Cereal and organic milk
- Natural yoghurt with fruit and rice cakes
- Shepherd's pie with broccoli
- L** Stewed plums and natural yoghurt
- Homemade pizza and vegetable sticks
- D** Fruit platter
- Fruit and milk / Oatcakes and clementine
- Kcal 1037.0 Carb 148.3 P 48.1 Fib 20.9 Sal 1.3 Sug 4.5
- N** Vit C 109.0

## Wednesday

- B** Cereal and organic milk
- Natural yoghurt with fruit and rice cakes
- Mild fruity chicken curry with wholegrain rice / Banana cookie
- Chili con carne with jacket potato
- D** Fruit platter
- Fruit and milk / oatcakes and fruit
- Kcal 1086.2 Carbs 161.0 P 46.5 Fib 22.9 Sal 1.2 Sug 2.1
- N** Vit C. 92.3

## Thursday

- Cereal and organic milk
- B** Natural yoghurt with fruit and rice cakes
- Chicken roast dinner
- L** Reduced sugar banana loaf
- Sandwich platter with vegetable sticks
- D** Bananas and pears in natural yoghurt
- Fruit and milk / Crackers and cream
- S** cheese
- Kcal 1042.0 Carb 159.5 Fib. 18.9 P 42.6 Sal. 1.5 Sug. 2.4
- N** Vit C. 69.9

## Friday

- B** Cereal and organic milk
- Natural yoghurt with fruit and rice cakes
- Salmon and broccoli pasta
- L** Reduced sugar fruit cookie
- Bean stir fry
- D** Fruit in natural yoghurt
- Fruit and milk / Pitta and tuna dip
- Kcal 990.5 Carb 170.6 Fib. 24.0 P 42.2 Sal. 0.7 Sug. 7.2
- N** Vit C.35.4

**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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