

Week 1 of 4 Menu



Monday

B Selection of cereals with organic milk

L Lamb Lasagne
Sugar Free Date & Coconut Cookie

D Parsnip, butterbean and apple soup
Peaches and pears

S Fruit & Milk / Crackers

N Kcal 1013.0 Carb 150.6 Fib 20.4 P 44.8 Sal 0.9 Sug 9.2
Vic C 37.5

Tuesday

B Selection of cereals with organic milk

L Thai green chicken curry with rice
Chewy cranberry and apricot bites

D Wholemeal cheesy pasta with carrots & peas
Seasonal fruit salad

S Fruit & Milk / Rice cake & vegetable sticks

N Kcal 1042.0 Carb 165.6 Fib 17.8 P 43.1
Sal 0.9 Sug 2.2 Vic C 48.9

Wednesday

B Selection of cereals with organic milk

L Vegetable stew with brown roll
Rice pudding with banana and cinnamon

D Mixed bean chilli with jacket potato
Seasonal fruit salad

S Fruit & Milk / Crumpet

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

Thursday

B Selection of cereals with organic milk

L Fish fingers with mash and peas
Chocolate & coconut flapjack

D Sweet and sour chicken with rice
Mango and mandarin fool

S Fruit & Milk / Bagel with spread

N Kcal 989.0 Carb 149.0 Fib 13.1 P 31.4 Sal 1.5 Sug
10.7 Vic C 57.9

Friday

B Selection of cereals with organic milk

L Shepherd's pie with broccoli
Stewed plums with natural yoghurt

D Pizza with vegetable sticks
Fruit platter

S Fruit & Milk / Oatcakes and clementine

N Kcal 1037.0 Carb 148.3 Fib 20.21 P 48.1 Sal 1.3 Sug 4.5
Vic C 109.0

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)	

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 Selection of cereals with organic milk

L Salmon & broccoli pasta
Sugar free fruit cookie

D Bean stir fry
Fruit in natural yoghurt

S Fruit & Milk / Pitta & Tuna dip

N Kcal 990.5 Carb 170.6 Fib 24.0 P 42.2 Sal 0.7 Sug 7.2
Vic C 35.4

Tuesday

B Selection of cereals with organic milk

L Pasta Bolognese
Banana

D Jacket potato with beans and cheese
Fruit cocktail

S Fruit & Milk / Crumpet with spread

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 Selection of cereals with organic milk

L Creamy Chicken and leek hotpot
Banana and cinnamon semolina

D Spicy butternut squash and parsnip soup
Fruit platter

S Fruit & Milk / Pitta and pepper sticks

N Kcal 967.6 Carb 161.6 Fib 16.0 P 42.3 Sal 1.3 Sug 6.2
Vic C 69.0

Thursday

B Selection of cereals with organic milk

L Vegetable cobbler
Sugar free banana loaf

D Lentil lasagna
Fruit in natural yoghurt

S Fruit & Milk / Bagel

N Kcal 993.9 Carb 135.7 Fib 16.0 P 41.2 Sal 1.4 Sug 0.4
Vic C 46.1

Friday

B Selection of cereals with organic milk

L Salmon and pea risotto
Fruited tea loaf

D Roasted vegetable & red lentil pasta
Fruit platter

S Fruit & Milk / Bagel with spread

N Kcal 964.0 Carb 156.5 Fib 14.3 P 48.2 Sal 1.5 Sug 5.0
Vit C 42.4

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)	

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Week 3 of 4 Menu



Monday

B Selection of cereals with organic milk

L Lamb chilli with rice
Cranberry and apricot square

D Fish finger and homemade beans
Fruit and natural yoghurt

S Fruit & Milk / Bagel with spread

N Kcal 1044.9 Carb 175.1 Fib 23.5 P 44.5 Sal 1.2 Sug 7.2
Vit C 43.6

Tuesday

B Selection of cereals with organic milk

L Tuna pasta bake
Peaches & yoghurt

D Butternut & carrot soup with homemade
bread roll / Fruit kebab

S Fruit & Milk / Breadsticks

N Kcal 939.0 Carb 50.9 Fib 17.8 P 40.2 Sal 1.6 Sug 5.2
Vit C 40.9

Wednesday

B Selection of cereals with organic milk

L Cauliflower and broccoli bake
Fruit sorbet

D Sweet potato tikka with rice & naan
Fruity flapjack

S Fruit & Milk / Crackers with veg sticks

N Kcal 1011.2 Carb 179.3 Fib 13.1 P 27.5 Sal 1.4 Sug 4.9
Vit C 81.6

Thursday

B Selection of cereals with organic milk

L Roast chicken dinner
Sugar free date cookie

D BBQ lamb pasta and carrots
Strawberry yoghurt

S Fruit & Milk / Toast fingers

N Kcal 1050.9 Carb 168.3 Fib 20.6 P 43.9 Sal 1.3 Sug 5.5
Vit C 47.8

Friday

B Selection of cereals with organic milk

L Roast vegetable & red lentil pasta
Oat & banana balls

D Jacket potato with cheese and beans
Fruit salad

S Fruit & Milk / Oatcakes

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

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 Selection of cereals with organic milk

L Cauliflower and chickpea curry
Reduced sugar gingerbread sponge

D Roasted vegetable pasta
Seasonal fruit salad

S Fruit & Milk / Breadsticks

N Kcal 965.6 Carb 156.0 fib 18.1 P 31.4 Sal 1.1 Sug 5.5
Vit C 46.2

Tuesday

B Selection of cereals with organic milk

L Lamb ragu with broccoli
Coconut & chocolate flapjack

D Pitta pizza with vegetable sticks
Fruit & oat sundaes

S Fruit & Milk / Muffin with spread

N Kcal 973.0 Carb 154.3 Fib 15.2 P 40.8 Sal 1.2 Sug 1.0
Vit C 40.1

Wednesday

B Selection of cereals with organic milk

L Fish pie
Stewed apple with custard

D Potato & leek soup with homemade bread
Oat & banana balls

S Fruit & Milk / Breadsticks

N Kcal 1028 Carb 178.3 Fib 19.0 P 41.5 Sal 1.2 Sug 6.1
Vit C 36.6

Thursday

B Selection of cereals with organic milk

L Lentil, potato and spinach curry with rice
Reduced sugar carrot cake

D Creamy butterbean & garlic pasta
Fruit platter

S Fruit & Milk / Bagel & veg sticks

N Kcal 1025.4 Carb 187.5 Fib 20.4 P 36.2 Sal 0.9 Sug
14/5 Vit C 58.1

Friday

B Selection of cereals with organic milk

L Mild fruity chicken curry with rice
Banana cookie

D Chilli con carne with jacket potato
Fruit platter

S Fruit & Milk / Oatcakes

N Kcal 1086.2 Carb 161.3 Fib 22.9 P 46.5 Sal 1.2 Sug 2.1
Vit C 92.3

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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