

Week 1 of 4 Menu



Monday

- B** Cereal and organic milk
Creamy chicken and leek hotpot with broccoli
- L** Banana and cinnamon semolina
Spicy butternut squash and parsnip soup
- D** Fruit platter
Fruit and milk / pittas, pepper sticks and fruit
- S**
- N** Kcal 967.6, Carbs 161.6, P 42.3, Fib 16.0
Sal 1.3, Sug 6.2, Vit. C 69.0

Tuesday

- B** Cereal and organic milk
Roast vegetable and red lentil pasta
- L** Oat and banana balls
Jacket potato with cheese and baked beans
- D** Fruit salad
Fruit and milk / oat cakes and cream cheese
- S**
- N** Kcal 1051.5, Carb 170.8, Fib. 21.5, P 40.5
Sal. 1.2, Sug. 3.1, vitC 81.6

Wednesday

- B** Cereal and organic milk
Pork tagine with rice
Apple and cinnamon rice pudding
- L** Paprika chicken stew
Fruit salad
- D**
- 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

Thursday

- B** Cereal and organic milk
Tuna pasta bake
- L** Peaches and yoghurt
Butternut squash and carrot soup with a homemade bread roll / Autumn fruit kebab
- D**
- S** Fruit and milk / fruit and breadsticks
- N** Kcal 939.0, Carb 50.9, P 40.2, Fib 17.8
Sal 1.6, Sug 5.2, Vit C. 40.9

Friday

- B** Cereal and organic milk
Pasta Bolognese
- L** Banana pancakes
Jacket potato with beans and cheese
- D** Fruit cocktail
Fruit and milk / Crumpet and spread
- S**
- 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 2 of 4 Menu



Monday

- B** Cereal and organic milk

- L** Thai green chicken curry rice
Chewy cranberry and apricots bites

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

- 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

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 / Breadsticks

- N** Kcal 981.6, Carb 152.8, Fib. 15.8, P 44.8
Sal. 11, Sug. 3.0, Vit C. 72.1

Wednesday

- B** Cereal and organic milk

- L** Salmon and broccoli pasta
Sugar free fruit cookie

- D** Bean stir fry
Fruit in natural yoghurt

- S** Fruit and milk / Pitta and tuna dip

- N** Kcal 990.5, Carb 170.6, Fib. 24.0
P 42.2, Sal. 0.7, Sug. 7.2, Vit C. 35.4

Thursday

- B** Cereal and organic milk

- L** Chicken roast dinner
Sugar free banana loaf

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

- 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

Friday

- B** Cereal and organic milk

- L** Spicy bean and vegetable stew
Lemon sponge

- D** Vegetable calzone
Stewed plums and natural yoghurt

- S** Fruit and milk / pitta and veg stick with spicy chickpea dip

- N** Kcal 969.0, Carb 146.7, Fib. 22.1
P 36.8, Sal. 1.6, Sug. 0.8, Vit C. 92.6

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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

- 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

Tuesday

- B** Cereal and organic milk

- L** Chicken roast 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, Fib. 20.6
P 43.9, Sal. 1.3, Sug. 5.5, Vit C. 47.8

Wednesday

- B** Cereal and organic milk

- L** Salmon and pea risotto
Fruited tea loaf

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

- S** Fruit and milk / Bagel and spread

- N** Kcal 975.7, Carb 176.1, Fib. 14.9
P 37.5, Sal. 1.3, Sug. 10.7, Vit C. 57.9

Thursday

- B** Cereal and organic milk

- 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

Friday

- B** Cereal and organic milk

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

- D** Mixed bean chilli with jacket potato
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, Su1.0, Vit C. 32.9

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Week 4 of 4 Menu



Monday

- B** Cereal and organic milk

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

- D** Fish fingers and homemade baked beans
Fruit and natural yoghurt

- S** Fruit and milk / Bagel and 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** Cereal and organic milk

- L** Fish pie
Oat and banana balls

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

- S** Fruit and milk / breadsticks

- N** Kcal 1028.0, Carb 178.1, P 41.5
Fib 19.0, Sal 1.2, Sug 6.1, Vit. C 36.6

Wednesday

- B** Cereal and organic milk

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

- D** Cauliflower and broccoli bake
Fruit sorbet

- S** Milk and fruit / crackers and veg sticks with houmous.

- 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** Cereal and organic milk

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

- D** Creamy butterbean and garlic pasta
Mixed fruit platter

- S** Milk and fruit / Bagel and veg sticks with houmous

- 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** Cereal and organic milk

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

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

- S** Fruit and milk / oatcakes and fruit

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

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