

# Week 1 of 4 Menu



## Monday

**B** Cereal and organic milk

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

**D** Homemade pizza and vegetable sticks  
Fruit platter

**S** Fruit and milk / Oatcakes and clementine

**N** Kcal 1037.0 Carb 148.3 P 48.1  
Fib 20.9 Sal 1.3 Sug 4.5 Vit C 109.0

## 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** Tuna pasta bake  
Peaches and yoghurt

**D** Butternut squash and carrot soup with a  
homemade bread roll / Autumn fruit kebab

**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

## Thursday

**B** Cereal and organic milk

**L** Bean tagine with rice  
Reduced sugar fruit cookie

**D** Mushroom noodle broth  
Fruit in natural yoghurt

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

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

## Friday

**B** Cereal and organic milk

**L** Veggie sausage, tomato, potato and cheese  
bake, Courgette and lime sponge

**D** Vegetarian hotpot  
Peaches and pears in natural juice

**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

**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** Roast vegetable and red lentil pasta  
Oat and banana balls

---

- D** Jacket potato with cheese and baked beans  
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

## Tuesday

- B** Cereal and organic milk

---

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

---

- D** Bean tagine with rice  
Seasonal fruit salad

---

- S** Fruit and milk / Bagel and spread

---

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

## Wednesday

- 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

## Thursday

- 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

## Friday

- 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

**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

Chicken roast dinner  
Sugar free banana loaf

**L**  
**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

## Tuesday

**B** Cereal and organic milk

Cauliflower and chickpea curry  
Reduced sugar gingerbread sponge

**L**  
**D** Roast vegetable and red lentil pasta  
Seasonal fruit salad

**S** Fruit and milk / breadsticks with houmous

**N**  
Kcal 965.6 Carb 156.3 Fib. 18.8 P 31.4  
Sal. 1.1 Sug. 5.5 Vit C. 46.2

## Wednesday

**B** Cereal and organic milk

Cottage pie with seasonal vegetables  
Chunky monkey muffins

**L**  
**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

## Thursday

**B** Cereal and organic milk

Creamy chicken and leek hotpot with  
broccoli, Banana and cinnamon semolina

**L**  
**D** Spicy butternut squash and parsnip soup  
Fruit platter

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

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

## Friday

**B** Cereal and organic milk

Fish fingers with mash and peas  
Chocolate and coconut flapjack

**L**  
**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)	

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

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

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

**S** Fruit and milk / Breadsticks

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

## Tuesday

**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

## Wednesday

**B** Cereal and organic milk

**L** Vegetable cobbler  
Reduced sugar banana loaf

**D** Lentil lasagne  
Fruit in natural yoghurt  
Milk and fruit / Bagel and spread with veg sticks

**N** Kcal 993.9 Carb 135.7 Fib. 16.0 P 41.2  
Sal. 1.4 Sug. 0.4 Vit C. 46.1

## Thursday

**B** Cereal and organic milk

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

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

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

**N** Kcal 1013.9 Carb 150.2 Fib. 20.4 P 44.8  
Sal. 0.9 Sug. 9.2 Vit C.37.1

## Friday

**B** Cereal and organic milk

**L** Chicken filo pie with mash and vegetables  
Reduced sugar gingerbread

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

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

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

**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.