

Week 1 of 4 Menu



Monday

B Cereal and organic milk

Bean tagine with rice

L Reduced sugar fruit cookie

Mushroom noodle broth

D Fruit in natural yogurt

S Fruit and milk/rice cakes and hummus

Kcal 1016.2 carbs 184.3 Fib 31.1

N P 31.1 Sal 1.9 sug 10.1 Vit C 31.3

Tuesday

B Cereal and organic milk

Mild fruity chicken curry with rice

L Banana cookie

Chilli con carne with jacket potato

D Fruit platter

S Fruit and milk/oatcakes and fruits

Kcal 1086.2 carbs 161.0 Fib 22.9

N P 46.5 Sal 1.2 sug 21 vit C 92.3

Wednesday

B Cereal and organic milk

Veggie sausage, tomato, potato and cheese
bake / courgette and lime sponge

L

Vegetarian hotpot

D peaches and pears in natural juice

S milk and fruit/ricecakes and cream cheese

Kcal 1024.6 carbs 171.3 Fib 22.2

N P 42.8 Sal 1.1 sug 10.1 vit C 31.3

Thursday

B Cereal and organic milk

Pork tagine with rice

L Apple and cinnamon rice pudding

Paprika chicken stew

D Fruit salad

S Fruit and milk/bagel and cream cheese

Kcal 1049.9 carbs 171.1 Fib 12.6

N P 44.6 Sal 0.7 sug 6.3 vit C 75.6

Friday

B Cereal and organic milk

Creamy white fish with broccoli

L Reduced sugar lemon muffins

Green cheesy pasta

D Seasonal fruit and oat sundaes

S Fruit and milk/breadsticks

Kcal 979.3 carbs 143.8 Fib 14.7

N P 42.8 Sal 2.0 sug 11.2 vit C 53.0

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** Cereal and organic milk

- L** Spanish style chicken bake
Chocolate and beetroot sponge

- D** Butterbean alfredo
Fruit and oat sundaes

- S** Fruit and milk/crumpets and spread with veg sticks

- N** Kcal 970.4 Carb 148.7 Fib 20.1 P45.0 Sal 1.7 Sug 2.5 Vit c 37.8

Tuesday

- 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 carbs 164.0 Fib 16.8
P 34.0 Sal 1.6 sug 1.0 vit C 32.9

Wednesday

- B** Cereal and organic milk

- L** Creamy chicken and leek hotpot with broccoli
Banana and cinnamon semolina

- D** Spicy butternut and parsnip soup
Fruit platter

- S** Fruit and milk/pitta, pepper sticks and fruit

- N** Kcal 967.6 carbs 161.1 Fib 16.0
P 42.3 Sal 1.3 sug 6.2 vit C 69.0

Thursday

- B** Cereal and organic milk

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

- D** Homemade pizza and veg sticks
Fruit platter

- S** Fruit and milk/oatcakes and clementine

- N** Kcal 1037 carbs 148.3 Fib 20.9
P 48.1 Sal 1.3 sug 4.5 vit C 109.0

Friday

- B** Cereal and organic milk

- L** Salmon and broccoli pasta
Sugar free cookie

- D** Bean stir fry
Fruit in natural yogurt

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

- N** Kcal 990.5 carbs 170.6 Fib 24.0
P 42.2 Sal 0.7 sug 7.2 vit C 35.4

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** Cereal and organic milk

- L** Sweet potato pepper tikka masala with nann
- L** Reduced fruity flapjack

- D** Cauliflower and broccoli bake
- D** Fruit sorbet

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

- N** Kcal 1011.2 carbs 179.3 Fib 13.1 P 27.5 Sal 1.4 sug 4.9 vit C 81.6

Tuesday

- B** Cereal and organic milk

- L** Chicken roast dinner
- L** Sugar free date and coconut cookie

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

- S** Milk and fruit /fruit and toast fingers

- N** Kcal 1050.4 carbs 168.3 Fib 20.6 P 43.9 Sal 1.3 sug 4.9 vit C 81.6

Wednesday

- B** Cereal and organic milk

- L** Salmon and pea rissoto
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- D** Roasted vegetable and red lentil pasta
- D** Fruit platter

- S** Milk and fruit/bagel and spread

- N** Kcal 975.7 carbs 176.1 Fib 14.9 P37.5 Sal 1.3 sug 10.7 vit C 57.9

Thursday

- B** Cereal and organic milk

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

- D** Broccoli and tuna pasta
- D** Fruit salad

- S** Milk and fruit /muffin and spread

- N** Kcal 1015.1 carbs 14.1 Fib 15.2 P40.8 Sal 1.2 sug 0.4 vit C 120.9

Friday

- B** Cereal and organic milk

- L** Fish fingers with mash and peas
- L** Chocolate and coconut flapjack

- D** Sweet and sour chicken with rice
- D** Mango and mandarin fool

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

- N** Kcal 989.0 carbs 149.0Fib 13.1 P31.4 Sal 1.5sug 5.8 vit C 33.5

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

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

- D** Fish fingers and baked beans
Fruit in natural yogurt

- S** Milk and fruit /bagel and spread

- N** Kcal 1044.9 carbs 175.1 Fib 23.53 P44.5 Sal 1.2 sug 7.2 vit C 43.6

Tuesday

- B** Cereal and organic milk

- L** Green veggie minced curry
Reduced sugar lemon muffins

- D** Pitta pizza
Mixed fruit platter

- S** Fruit and milk/breadsticks

- N** Kcal 1042.6 carbs 170.0 Fib 17.1 P43.1 Sal 2.0 sug 2.0 vit C 43.1

Wednesday

- B** Cereal and organic milk

- L** Chicken filo pie with mash and veg
Reduced sugar gingerbread

- D** Beef with spinach curry with rice
Seasonal mixed fruits

- S** Fruit and milk/muffin and spread

- N** Kcal 1005.3 carbs 145.9 Fib 10.3 P 46.7 Sal 0.7 sug 3.1 vit C 42.8

Thursday

- B** Cereal and organic milk

- L** Crispy cauliflower katsu
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- D** Mushroom risotto
Baked pears and natural yogurt

- S** Fruit and milk/crumpet and spread

- N** Kcal 1044.4 carbs 186.5 Fib 15.7 P31.9 Sal 1.3 sug 11.1 vit C 32.5

Friday

- 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 carbs 178.1 Fib 19.0 P 41.5 Sal 1.2 sug 6.1 vit C 36.6

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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