

Week 1 of 4 Menu



Monday

- B** Cereal with organic milk/fruit
-
- L** Sweet potato tikka with rice and naan
Fruity flapjack
-
- D** Cauliflower and broccoli pasta bake
Fruit sorbet
-
- S** Crackers, vegetable stick with houmous
-
- N** Kcal 1001.2 Carbs 179.3 Fib. 13.1 P 42.6 Sal 4.9 Sug 2.4
Vit C 61.6

Tuesday

- B** Cereal and organic milk/fruit
-
- L** Green lamb curry
Reduced sugar lemon muffin
-
- D** Pitta pizza
Mixed fruit platter
-
- S** Fruit and milk/ breadsticks
-
- N** Kcal 990.1 carb 159.4 fib 12.4 p 39.7 Sal 1.9 Sug 11.3 Vit C 42.6

Wednesday

- B** Cereal and organic milk/fruit
-
- L** Quorn Filo Pie with Mash & Vegetables
Reduced Sugar Gingerbread
-
- D** Bean & Spinach Curry with wholegrain Rice
Seasonal Mixed Fruit
-
- S** Fruit & Milk / Muffin & Spread
-
- N** Kcal 995.3 Carb 159.5 Fib 19.1 P 34.0 Sal 0.1
Sug 3.8 Vit C 42.9

Thursday

- B** Cereal and organic milk/fruit
-
- L** Roast chicken 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 p 43.9 fib 20.6 Sal 1.3 Sug 5.5
Vit C 47.8

Friday

- B** Cereal with organic milk/fruit
-
- L** Fish pie
Oat and banana balls
-
- D** Leek and potato soup with bread
Apple and pears with custard
-
- S** Breadstick
-
- N** Kcal 956.6 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

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.



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Week 2 of 4 Menu



Monday

B Cereal and organic milk /fruit

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

L Mixed bean chilli with jacket potato

D Seasonal fruit salad

Fruit and milk/crumpets with beanie dip

S

Kcal 990.4 carb 164.0 fib 16.8 p 34.0 Sal 1.6 Sug 1.0
Vit C 32.9

N

Tuesday

B Cereal and organic milk/fruit

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

L Homemade pizza and vegetable sticks

D Fruit platter

Fruit and milk/oatcakes and clementine

S

Kcal 1037.0 carb 148.3 fib 48.1 p 20.9 Sal 1.3 Sug 4.5
Vit C 109.0

N

Wednesday

B Cereal and organic milk/fruit

L Chickpea bake with couscous
Spiced apple loaf

D Quorn with lentils and seasonal vegetables /
Fruit salad

S Fruit and milk / Crumpet and spread

Kcal 1012.3 carb 149.6 fib 15.9 p 47.5 sal 1.6 sug 1.2
Vit C 64.9

N

Thursday

B Cereal and organic milk /fruit

L Double pepper chicken with pasta
Fruity pancake bars

L Cumin crusted vegetable tray bake

D Fruit and oat sundaes

Fruit and milk/muffin and spread

S

Kcal 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/fruit

L Fish fingers with mash and peas
Chocolate and coconut flapjack

L Sweet and sour chicken with rice

D Mango and mandarin fool

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

S

Kcal 981.6 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/fruit
-
- 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 & 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** Cereals with organic milk/fruit
-
- 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
Vit C 69.0

Wednesday

- B** Cereal and organic milk/fruit
-
- L** Lentil moussaka
Chocolate orange & sweet potato brownies
-
- D** Bean and pea risotto
Mixed fruit platter
-
- S** Fruit and milk/pitta and spicy chickpea dip
-
- N** Kcal 992.8 carb 139.2 fib 22.5 p 48.1 Sal 1.4 Sug 3.0
Vit C 30.4

Thursday

- B** Cereal and organic milk/fruit
-
- 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/fruit
-
- L** Creamy White Fish with Broccoli
Reduced Sugar Lemon Muffin
-
- D** Green Cheesy Pasta
Seasonal Fruit & Oat Sundaes
-
- S** Fruit & 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

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/fruit

Spanish-style kidney bean bake
Chocolate beetroot cake

L
D Butterbean Alfredo
Fruit and oat cookie

S Fruit and milk/ crumpet and spread with veg sticks and beanie dip.

N Kcal 974.4 Carb 157.4 Fib 22.5 P38.2 Sal 1.6 Sug 2.5 Vit.C 38.4

Tuesday

B Cereals with organic milk/fruit

Mild fruity chicken curry with rice
Banana cookie

L
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

Wednesday

B Cereal and organic milk/fruit

Vegetable cobbler
Reduced sugar banana loaf

L
D Lentil Lasagne
Fruit in natural yoghurt

S Fruit and milk/bagel & 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/fruit

Pork tagine and rice
Apple and cinnamon rice pudding

L
D Paprika chicken stew
Fruit salad

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

Friday

B Cereals with organic milk/fruit

Salmon & broccoli pasta
Sugar free fruit cookie

L
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 Vit C 35.4

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Nutrition guide

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Protein (P)	Salt (Sal)
NME sugars (Sug)	NSP fibre (Fib)
Vitamin C (Vit C)	

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