

Week 1 of 4 Menu

VEGETARIAN



Monday

B Cereal and organic milk

L Vegetable & red lentil dhansak with rice & naan
Reduced sugar carrot cake

D Tomato pasta primavera
Bananas and custard

S Milk and fruit / bagel & beanie dip

N Kcal 953.5 Carb 166.3 Fib 17.1 P 27.1
Sal 0.9 Sug 8.4 Vit C 85.9

Tuesday

B Cereal and organic milk

L Lentil Bolognese
Blueberry sponge cake

D Jacket potato with baked beans and cheese
Pineapple and oranges

S Milk and fruit / Crackers and beanie dip

N Kcal 958.3 Carb 139.4 Fib. 16.7 P 33.9 Sal. 1.4
Sug. 8.8 Vit C.36.0

Wednesday

B Cereal and organic milk

L Vegetarian jambalaya
Reduced sugar gingerbread sponge

D Vegetarian pesto pasta
Banana and pears with natural yoghurt

S Milk and fruit / Spicy chickpea dip with pitta

N Kcal 967.5 Carb 160.7 Fib 19.8 P 32.6
Sal 1.2 Sug 5.7 Vit C 61.9

Thursday

B Cereal and organic milk

L Vegetable lasagne and garlic bread
Courgette and lime cake

D Chickpea and vegetable rice salad
Berries & yoghurt with toasted oats & cornflakes

S Milk and fruit / Breadsticks and beanie dip

N Kcal 978.7 Carb 158.5 Fib 16.9 P 33.2
Sal 1.0 Sug 1.5 Vit C 44.6

Friday

B Cereal and organic milk

L Golden bean bake
Fruity pancake bars

D Broccoli minestrone with brown bread roll
Fruit salad

S Milk and fruit / Breadsticks and dip

N Kcal 1039.9 Carb 170.6 Fib. 12.8 P 49.8
Sal. 1.5 Sug. 2.6 Vit C. 50.6

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

VEGETARIAN



Monday

- B** Cereal and organic milk

- L** Vegetable chilli with rice
Fairy cakes

- D** Quorn and sweetcorn wraps
Chopped mixed fruit

- S** Milk and fruit / Rice cakes

- N** Kcal 1045.8 Carb 167.3 Fib 22.0 P 46.8
Sal 0.9 Sug 4.8 Vit C 60.6

Tuesday

- B** Cereal and organic milk

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

- D** Cauliflower and broccoli bake
Fruit sorbet

- S** Milk and fruit / Crackers & 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

Wednesday

- B** Cereal and organic milk

- L** Quorn roast with vegetables and gravy
Oat and sultana cookie

- D** Couscous and chickpea salad
Seasonal fruit salad with yoghurt

- S** Milk and fruit / Bagel and spread

- N** Kcal 1014.5 Carb 176.4 Fib 20.7 P 40.5
Sal 1.9 Sug 9.2 Vit C 43.7

Thursday

- B** Cereal and organic milk

- L** Roast vegetable and red lentil pasta
Applejacks

- D** Summer vegetable tart
Mixed fruit platter

- S** Fruit and milk / spicy chickpea dip and pitta

- N** Kcal 987.3 Carb 153.5 Fib. 12.5 P 25.8 Sal. 2.0 Sug. 3.2 Vit C. 64.4

Friday

- B** Cereal and organic milk

- L** Lentil Bolognese
Chocolate and beetroot sponge

- D** Sweet and sour Quorn with noodles
Fruit salad

- S** Milk and fruit / crackers and cream cheese

- N** Kcal 961.0 Carb 163.1 Fib. 25.8 P 34.8 Sal. 1.7 Sug. 7.1 Vit C. 51.1

B – Breakfast **L** – Lunch **D** – Dinner **S** – Snacks **N** – Nutrition

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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

VEGETARIAN



Monday

- B** Cereal and organic milk
-
- L** Veggie mince Ragu with mash and broccoli
Reduced sugar lemon sponge
-
- D** Creamy butterbean and garlic pasta
Fruit salad
-
- S** Milk and fruit / Crumpet and spread
-
- N** Kcal 988.1 Carb 146.8 Fib. 16.9 P 40.2 Sal. 2.0 Sug. 0.4 Vit C. 49.4

Tuesday

- B** Cereal and organic milk
-
- L** Thai green Quorn curry rice
Chocolate and raspberry chia seed pudding
-
- D** Wholemeal cheesy pasta with peas and carrots
Fruit salad
-
- S** Fruit and milk / Rice cake, vegetable sticks and houmous
-
- N** Kcal 1018.0 Carb 161.1 Fib. 20.9 P 37.2 Sal. 1.3 Sug. 1.5 Vit C. 54.2

Wednesday

- B** Cereal and organic milk
-
- L** Bean and pea risotto
Fruit sorbet
-
- D** Jacket potato, baked beans & cheese
Fruit salad
-
- S** Milk and fruit / breadsticks & veg sticks
-
- N** Kcal 1015.9 Carb 158.1 Fib. 24.2 P 25.4 Sal. 1.2 Sug. 1.7 Vit C. 58.4

Thursday

- B** Cereal and organic milk
-
- L** Moroccan veggie mince with couscous
Chocolate and coconut flapjack
-
- D** Lentil Bolognese
Fruit salad
-
- S** Milk and fruit / Rice cakes/veg sticks with houmous
-
- N** Kcal 1036.7 Carb 148.2 Fib. 21.4 P 38.9 Sal. 1.3 Sug. 6.9 Vit C. 30.4

Friday

- B** Cereal and organic milk
-
- L** Chickpea and vegetable biryani with naan
Brownie
-
- D** Tomato pasta with beans and peas
Fruit salad
-
- S** Fruit and milk / oatcakes, veg sticks and beanie dip
-
- N** Kcal 968.0 Carb 140.4 Fib. 18.2 P 26.1 Sal. 0.9 Sug. 10.1 Vit C. 54.1

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

VEGETARIAN



Monday

- B** Cereal and organic milk

- L** Fishless fingers, mash and peas
Apple, chia seed and cinnamon muffins

- D** Cauliflower and chickpea curry, naan and wholegrain rice Fruit platter

- S** Milk and fruit / Oatcakes and spread

- N** Kcal 1013.6 Carb 159.7 Fib. 18.5 P 28.3 Sal. 1.1 Sug. 9.2 Vit C.34.8

Tuesday

- B** Cereal and organic milk

- L** Tofu tuna pasta bake
Chocolate orange sweet potato brownies

- D** Bean and pepper risotto
Bananas and pears with yoghurt

- S** Milk and fruit / Crackers and spread

- N** Kcal 955.1 Carb 137.4 Fib. 21.9 P 38.9 Sal. 1.3 Sug. 2.3 Vit C.45.9

Wednesday

- B** Cereal and organic milk

- L** Veggie ragu with broccoli
Reduced sugar carrot cake

- D** Vegetarian pesto pasta
Fruit salad

- S** Milk and fruit / Rice cake and houmous

- N** Kcal 986.3 Carb 142.5 Fib 19.0 P 35.6 Sal 1.0 Sug 13.7 Vit C 48.0

Thursday

- B** Cereal and organic milk

- L** Butterbean Alfredo
Lime and Ginger Cheesecake

- D** Lentil, Potato & Spinach Curry & Naan Bread
Mixed Fruit Platter

- S** Fruit and Milk/Rice Cakes & Veg Sticks/Beanie Dip

- N** Kcal 955.7 Carb 141.5 Fib. 17 P 33.4 Sal. 1.1 Sug. 1.1 Vit C. 33.3

Friday

- B** Cereal and organic milk

- L** Vegetable lasagne with peas
Fresh fruit and ice cream

- D** Mixed bean chilli and jacket potato
Fruit platter

- S** Milk and fruit / Breadsticks and dip

- N** Kcal 1009.0 Carb 170.6 Fib 24.7 P 38.7 Sal 0.9 Sug 8.5 Vit C 51.1

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 1 of 4 Menu



Monday

- B** Cereal and organic milk

- L** Vegetable & red lentil dhansak with rice & naan
Reduced sugar carrot cake

- D** Tomato pasta primavera
Bananas and custard

- S** Milk and fruit / bagel & beanie dip

- N** Kcal 953.5 Carb 166.3 Fib 17.1 P 27.1
Sal 0.9 Sug 8.4 Vit C 85.9

Tuesday

- B** Cereal and organic milk

- L** Lamb Bolognese
Blueberry sponge cake

- D** Jacket potato with baked beans and cheese
Pineapple and oranges

- S** Milk and fruit / Bagel and cream cheese

- N** Kcal 1020.3 Carb 135.1 Fib. 16.8 P 36.9
Sal. 1.5 Sug. 15.2 Vit C. 76.4

Wednesday

- B** Cereal and organic milk

- L** Chicken jambalaya
Reduced sugar gingerbread

- D** White fish pesto pasta
Banana and pears with natural yoghurt

- S** Milk and fruit / Pitta bread and cream cheese

- N** Kcal 954.5 Carb 141.3 Fib 14.1 P 45.9
Sal 1.1 Sug 5.2 Vit C 68.5

Thursday

- B** Cereal and organic milk

- L** Vegetable lasagne and garlic bread
Courgette and lime cake

- D** Chickpea and vegetable rice salad
Berries & yoghurt with toasted oats & cornflakes

- S** Milk and fruit / Breadsticks and beanie dip

- N** Kcal 978.7 Carb 158.5 Fib 16.9 P 33.2
Sal 1.0 Sug 1.5 Vit C 44.6

Friday

- B** Cereal and organic milk

- L** Golden fish bake
Fruity pancake bars

- D** Broccoli minestrone with brown bread roll
Fruit salad

- S** Milk and fruit / Breadsticks and dip

- N** Kcal 1039.9 Carb 170.6 Fib. 123.8 P 49.8
Sal. 1.5 Sug. 2.6 Vit C. 50.6

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)	

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Week 2 of 4 Menu



Monday

- B** Cereal and organic milk

- L** Lamb chilli with rice
Oat and banana balls

- D** Pitta pizza
Chopped mixed fruit

- S** Milk and fruit / bagel and spread

- N** Kcal 1053.4 Carb 178.9 Fib 21.3 P 43.3
Sal 1.4 Sug 3.5 Vit C 62.6

Tuesday

- B** Cereal and organic milk

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

- D** Cauliflower and broccoli bake
Fruit sorbet

- S** Milk and fruit / Crackers & 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

Wednesday

- B** Cereal and organic milk

- L** Roast chicken with roast potatoes and gravy
Oat cookies

- D** Sandwich platter with vegetable sticks
Fruit platter

- S** Milk and fruit / Breadsticks and fruit

- N** Kcal 1034.5 Carb 159.6 Fib 19.5 P 42.4
Sal 1.7 Sug 7.5 Vit C 84.0

Thursday

- B** Cereal and organic milk

- L** Roast vegetable and red lentil pasta
Applejacks

- D** Summer vegetable tart
Mixed fruit platter

- S** Milk and fruit / spicy chickpea dip & pitta

- N** Kcal 987.3 Carb 153.5 Fib 12.5 P 25.8
Sal 2.0 Sug 3.2 Vit C 64.4

Friday

- B** Cereal and organic milk

- L** Sardine bolognese
Chocolate and beetroot sponge

- D** Sweet and sour chicken with noodles
Fruit salad

- S** Milk and fruit / Crackers and cream cheese

- N** Kcal 1050.9 Carb 163.2 Fib 22.0 P 39.6
Sal 1.4 Sug 3.7 Vit C 57.7

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** Veggie mince Ragu with mash and broccoli
Reduced sugar lemon sponge
-
- D** Creamy butterbean and garlic pasta
Fruit salad
-
- S** Milk and fruit / Crumpet and spread
-
- N** Kcal 988.1 Carb 146.8 Fib. 16.9 P 40.2 Sal. 2.0 Sug. 0.4 Vit C. 49.4

Tuesday

- B** Cereal and organic milk
-
- L** Thai green chicken curry rice
Chewy cranberry and apricots bites
-
- D** Wholemeal cheesy pasta with peas and carrots
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

Wednesday

- B** Cereal and organic milk
-
- L** Salmon and pea risotto
Fruit sorbet
-
- D** Jacket potato with baked beans & cheese
Fruit salad
-
- S** Milk and fruit / breadsticks and dip
-
- N** Kcal 1006.9 Carb 154.7 Fib 18.5 P 44.3 Sal 1.7 Sug 1.7 Vit C 31.3

Thursday

- B** Cereal and organic milk
-
- L** Moroccan lamb with couscous
Chocolate and coconut flapjack
-
- D** Lentil Bolognese
Fruit salad
-
- S** Milk and fruit / Rice cakes and veg sticks
-
- N** Kcal 1017.1 Carb 153.4 Fib. 19.8 P 35.9 Sal. 0.8 Sug. 5.3 Vit C. 35.7

Friday

- B** Cereal and organic milk
-
- L** Chickpea & vegetable biryani with naan
Brownie
-
- D** Tomato pasta with beans and peas
Fruit salad
-
- S** Milk and fruit / Oatcakes, veg sticks and beanie dip
-
- N** Kcal 968.0 Carb 140.4 Fib 18.2 P 26.1 Sal 0.9 Sug 10.1 Vit C 54.1

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** Cereal and organic milk
-
- L** Fishless fingers, mash and peas
Apple, chia seed and cinnamon muffins
-
- D** Cauliflower and chickpea curry, naan and wholegrain rice / Fruit platter
-
- S** Milk and fruit / Oatcakes and spread
-
- N** Kcal 1013.6 Carb 159.7 Fib. 18.5 P 28.3
Sal. 1.1 Sug. 9.2 Vit C.34.8

Tuesday

- B** Cereal and organic milk
-
- L** Tuna pasta bake
Chocolate orange sweet potato brownies
-
- D** Chicken and pepper risotto
Bananas and pears with yoghurt
-
- S** Milk and fruit / Crackers and spread
-
- N** Kcal 1052.0 Carb 154.6 Fib 15.2 P 48.6
Sal 1.4 Sug 2.3 Vit C 40.9

Wednesday

- B** Cereal and organic milk
-
- L** Beef ragu with broccoli
Reduced sugar carrot cake
-
- D** White fish and pesto pasta
Fruit salad
-
- S** Milk and fruit / Crumpet and spread
-
- N** Kcal 994.7 Carb 162.9 Fib 17.6 P 44.7
Sal 1.9 Sug 13.7 Vit C 55.2

Thursday

- B** Cereal and organic milk
-
- L** Chicken Alfredo
Lime and ginger cheesecake
-
- D** Cod, potato and spinach curry with couscous and naan / Fruit salad
-
- S** Fruit and milk / Rice cakes and veg sticks
-
- N** Kcal 959.0 Carb 139.3 Fib. 13.7 P 46.9 Sal.
0.8 Sug. 13.7 Vit C. 35.2

Friday

- B** Cereal and organic milk
-
- L** Vegetable lasagne
Fresh fruit and ice cream
-
- D** Mixed bean chilli with jacket potato
Fruit platter
-
- S** Milk and fruit / breadsticks and dip
-
- N** Kcal 1009.0 Carb 170.6 Fib. 24.7 P 38.7 Sal.
0.9 Sug. 8.5 Vit C. 51.1

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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