

Week 1 of 4 Menu



Monday

- B** Cereal with organic milk

- Sweet potato tikka with rice and naan
- L** Fruity flap jack

- D** Cauliflower and broccoli pasta
- Fruit sorbet

- S** Milk & Fruit / Crackers, veg sticks & houmous

- N** Kcal 1011.2 Carb 179.3 Fib. 13.1 P. 27.5 Sal. 1.4 Sug. 4.9 Vit.C. 81.6

Tuesday

- B** Cereal with organic milk

- Roast chicken dinner with seasonal vegetables
- L** Fruit sorbet

- D** Filled tortilla wraps with salad
- Fruit platter

- S** Milk & Fruit / Breadsticks and fruit

- N** Kcal. 1044.0 Carb. 159.5 Fib.19.1 P. 44.4 Sal. 1.9 Sug. 2.2 Vit.C 39.2

Wednesday

- B** Cereal with organic milk

- Salmon and broccoli pasta
- L** Chocolate and beetroot sponge

- D** Chickpea and couscous salad
- Fruit salad

- S** Milk & Fruit / Rice cakes & vegetable sticks

- N** Kcal. 1032.9 Carb. 177.9 Fib.23.0 P. 31.9 Sal.1.0 Sug. 6.2 Vit.C 53.4

Thursday

- B** Cereal with organic milk

- Lamb Bolognese
- L** Blueberry sponge

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

- S** Milk & Fruit / Bagel & 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

Friday

- B** Cereal with organic milk

- Chickpea and vegetable biryani with naan
- L** Sweet potato and orange brownie

- D** Tomato pasta with beans and peas
- Fruit salad

- S** Milk & Fruit / Oat cakes, vegetable 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)	

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 with organic milk

L Lentil Bolognese
Blueberry sponge

D Jacket potato with beans and cheese
Pineapple and oranges

S Milk & 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

Tuesday

B Cereal with organic milk

L Pork tagine with rice
Eve's pudding

D Bbq chicken noodles
Fruit salad

S Milk & Fruit / Muffin and spread

N Kcal. 1038.0 Carb. 143.4 Fib 12.1 P 40.5
Sal. 1.7 Sug. 5.3 Vit.C 49.3

Wednesday

B Cereal with organic milk

L Chicken alfredo
Lime and ginger cheesecake

D Cod, potato & spinach curry with couscous and naan
Fruit salad

S Milk & Fruit / Rice cakes and vegetable sticks

N Kcal. 959.0 Carb. 139.3 Fib. 13.7 P. 46.9 Sal.
0.8 Sug. 13.7 Vit.C 35.2

Thursday

B Cereal with organic milk

L Vegetable chilli with rice
Fairy cake

D Quorn and sweetcorn wraps
Chopped mixed fruit

S Milk & 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

Friday

B Cereal with organic milk

L Tuna pasta bake
Chocolate orange and sweet potato brownies

D Chicken and pepper risotto
Bananas and pears with yoghurt

S Milk & Fruit / Crackers and spread

N Kcal. 1052 Carb. 154.6 Fib. 15.2 P. 48.6
Sal. 1.4 Sug, 2.3 Vit.C 40.9

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 with organic milk

- L** Butterbean alfredo
Lime and ginger cheesecake

- D** Lentil, potato and spinach curry with naan
Fruit platter

- S** Milk & Fruit / Rice cakes and vegetable sticks with beanie dip

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

Tuesday

- B** Cereal with organic milk

- L** Moroccan lamb with couscous
Chocolate and coconut flapjack

- D** Lentil Bolognese
Fruit salad

- S** Milk & Fruit / Rice cakes & Vegetable sticks

- N** Kcal. 1017.1 Carb. 153.4 Fib.19.8 P. 35.9
Sal. 0.8 Sug. 5.3 Vit.C 35.7

Wednesday

- B** Cereal with organic milk

- L** Sweet potato pepper tikka with rice and naan
Fruity flapjack

- D** Cauliflower and broccoli pasta
Fruit sorbet

- S** Milk & Fruit / Crackers, vegetable 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 with organic milk

- L** Golden fish bake
Fruit pancake bars

- D** Broccoli minestrone with bread rolls
Fruit salad

- S** Milk & Fruit / Breadsticks & dip

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

Friday

- B** Cereal with organic milk

- L** Chicken jambalaya
Gingerbread sponge

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

- S** Milk & Fruit / Pitta 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

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 with organic milk

- L** Macaroni cheese with broccoli and peas
Chocolate and beetroot sponge

- D** Chickpea and couscous salad
Fruit platter

- S** Milk & Fruit / Rice cakes & vegetable sticks

- N** Kcal. 986.9 Carb. 167.7 Fib. 22.0 P.28.9
Sal. 0.9 Sug. 5.5 Vit.C 69.1

Tuesday

- B** Cereal with organic milk

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

- D** Pitta pizza
Chopped mixed fruit

- S** Milk & 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

Wednesday

- B** Cereal with organic milk

- L** Sweet and sour chicken noodles
Chocolate and coconut flapjack

- D** Broccoli and tuna pasta
Yoghurt and dates

- S** Milk & Fruit / Oat cakes and spread

- N** Kcal. 1033.0 Carb. 134.2 Fib. 16.6 P. 39.8
Sal. 1.1 Sug. 15.7 Vit.C 125.9

Thursday

- B** Cereal with organic milk

- L** Moroccan veggie mice with couscous
Chocolate and coconut flapjack

- D** Lentil Bolognese
Fruit salad

- S** Milk & Fruit / Rice cakes, vegetable sticks
with houmous

- N** Kcal. 1036.4 Carb. 148.2 Fib. 21.4 P. 38.9
Sal. 1.3 Sug. 6.9 Vit.C. 30.4

Friday

- B** Cereal with organic milk

- L** Fish pie and runner beans
Coconut and chia seed loaf

- D** Pitta pizza
Fruit salad

- S** Milk & Fruit / Bagel and spread

- N** Kcal. 1002.1 Carb. 166.0 Fib. 19.5 P. 42.7
Sal. 1.6 Sug. 4.1 Vit.C. 33.6

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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Vegetarian alternative



Week 1 of 4 Menu

Monday

- B** Cereal with organic milk

- L** Sweet potato tikka with rice and naan
Fruity flapjack

- D** Cauliflower and broccoli pasta
Fruit sorbet

- S** Milk & Fruit / Crackers, vegetable sticks and houmous

- N** Kcal. 1011.2 Carb. 179.3 Fib. 13.2 P. 27.5
Sal. 1.4 Sug. 4.9 Vit.C. 81.6

Tuesday

- B** Cereal with organic milk

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

- D** Couscous and chickpea salad
Fruit and yoghurt

- S** Milk & 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

Wednesday

- B** Cereal with organic milk

- L** Macaroni cheese with broccoli and peas
Chocolate and beetroot sponge

- D** Chickpea and couscous salad
Fruit platter

- S** Milk & Fruit / Rice cakes & vegetable sticks

- N** Kcal. 986.9 Carb. 167.7 Fib. 22.0 P. 28.9
Sal. 0.9 Sug. 5.5 Vit.C. 69.1

Thursday

- B** Cereal with organic milk

- L** Lentil Bolognese
Blueberry sponge cake

- D** Jacket potato with beans and cheese
Pineapple and orange

- S** Milk & 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

Friday

- B** Cereal with organic milk

- L** Chickpea vegetable biryani with naan
Sweet potato and orange brownie

- D** Tomato pasta with beans and peas
Fruit salad

- S** Milk & Fruit / Oatcakes, vegetable 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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Vegetarian alternative



Week 2 of 4 Menu

Monday

B Cereal with organic milk

L Lentil Bolognese
Blueberry sponge cake

D Jacket potato with beans and cheese
Pineapple and orange

S Milk & 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

Tuesday

B Cereal with organic milk

L Bean tagine with rice
Eve's pudding

D Bbq chickpea noodles
Fruit salad

S Milk & Fruit / Muffin and spread

N Kcal. 1000.4 Carb. 154.9 Fib. 15.1 P. 27.3
Sal. 16.0 Sug. 5.3 Vit.C. 49.3

Wednesday

B Cereal with organic milk

L Butterbean alfredo
Lime and ginger cheesecake

D Potato and spinach curry with rice and naan
Fruit platter

S Milk & Fruit / Rice cakes, vegetable sticks
and beanie dip

N Kcal. 955.7 Carb. 141.5 Fib. 17.0 P. 33.4
Sal. 1.1 Sug. 1.1 Vit.C. 33.3

Thursday

B Cereal with organic milk

L Vegetable chilli with rice
Fairy cake

D Quorn and sweetcorn wraps
Chopped mixed fruit

S Milk & 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

Friday

B Cereal with organic milk

L Tofu tuna pasta bake
Chocolate orange and sweet potato brownies

D Bean and pea risotto
Banana and pears with yoghurt

S Milk & 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

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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Vegetarian alternative



Week 3 of 4 Menu

Monday

- B** Cereal with organic milk

- L** Butter bean alfredo
Lime and ginger cheesecake

- D** Lentil, potato & spinach curry with rice & naan
Fruit salad

- S** Milk & Fruit / Rice cakes & vegetable sticks with beanie dip

- N** Kcal. 955.7 Carb. 141.5 Fib. 17.0 P. 33.4 Sal. 1.1 Sug. 1.1 Vit.C 33.3

Tuesday

- B** Cereal with organic milk

- L** Moroccan veggie mince with couscous
Chocolate and coconut flapjack

- D** Lentil Bolognese
Fruit salad

- S** Milk & Fruit / Rice cakes and vegetable 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

Wednesday

- B** Cereal with organic milk

- L** Sweet potato pepper tikka with rice and naan
Fruity flapjack

- D** Cauliflower and broccoli pasta
Fruit sorbet

- S** Milk & Fruit / Crackers, vegetable sticks and 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 with organic milk

- L** Golden bean bake
Fruity pancake bars

- D** Broccoli minestrone with bread roll
Fruit salad

- S** Milk & Fruit / Breadsticks & dip

- N** Kcal. 1054.5 Carb. 175.1 Fib. 27.2 P. 45.4 Sal. 1.3 Sug. 2.6 Vit.C. 58.7

Friday

- B** Cereal with organic milk

- L** Vegetarian jambalaya
Gingerbread sponge

- D** Vegetarian pesto pasta
Banana and pears with yoghurt

- S** Milk & 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

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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Vegetarian alternative



Week 4 of 4 Menu

Monday

- B** Cereal with organic milk
-
- L** Macaroni cheese with broccoli and peas
Chocolate and beetroot sponge
-
- D** Chickpea and couscous salad
Fruit platter
-
- S** Milk & Fruit / Rice cakes & vegetable sticks
-
- N** Kcal. 986.9 Carb. 167.7 Fib. 22.0 P. 28.9
Sal. 0.9 Sug. 5.5 Vit.C. 69.1

Tuesday

- B** Cereal with organic milk
-
- L** Vegetable chili with rice
Fairy cake
-
- D** Quorn and sweetcorn wraps
Chopped mixed fruit
-
- S** Milk & 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

Wednesday

- B** Cereal with organic and milk
-
- L** Vegetarian chickpea sweet and sour noodles
Chocolate and coconut flapjack
-
- D** Cheese and broccoli pasta
Yoghurt and dates
-
- S** Milk & Fruit / Rice cakes
-
- N** Kcal. 1053.8 Carb. 155.2 Fib. 17.3 P 31.5
Sal. 1.3 Sug. 15.5 Vit.C. 67.4

Thursday

- B** Cereal with organic milk
-
- L** Moroccan veggie mince with couscous
Chocolate and coconut flapjack
-
- D** Lentil Bolognese
Fruit salad
-
- S** Milk & Fruit / Rice cakes and vegetable 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 with organic milk
-
- L** Bean and vegetable pie
Banana pancakes
-
- D** Pitta pizza
Fruit salad
-
- S** Milk & Fruit / Breadsticks
-
- N** Kcal. 1047.0 Carb. 174.9 Fib. 26.0 P.49.7
Sal. 1.6 Sug. 2.1 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)	

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