

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 Roast chicken with roast potatoes & gravy
Fruit sorbet

D Filled tortilla wraps with salad
Fruit platter

S Milk and fruit / breadsticks & 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 and organic milk

L Salmon and pea risotto
Fruit sorbet

D Jacket potato with baked beans & cheese
Fruit salad

S Milk and fruit / breadsticks

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 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

Friday

B Cereal and organic milk

L Vegetable lasagne and garlic bread
Courgette and lime cake

D Chickpea and vegetable rice salad
Berries and yogurt with toasted oats and cornflakes

S Milk and fruit / bread sticks with 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

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

Roast vegetable and red lentil pasta
Applejacks

L Summer vegetable tart

D Mixed fruit platter

S Milk and fruit / spicy chickpea dip & pitta

Kcal 987.3 Carb 153.5 Fib 12.5 P 25.8

N Sal 2.0 Sug 3.2 Vit C 64,4

Tuesday

B Cereal and organic milk

Tuna pasta bake
Chocolate orange sweet potato brownies

L Chicken and pepper risotto
D Bananas and pears with yoghurt

S Milk and fruit / Crackers and spread

Kcal 1052.0 Carb 154.6 Fib 15.2 P 48.6

N Sal 1.4 Sug 2.3 Vit C 40.9

Wednesday

B Cereal and organic milk

Roast chicken with roast potatoes and gravy
Oat cookies

L Sandwich platter with veg sticks

D Fruit planter.

S Milk and fruit / Crumpet and spread

Kcal 1034.5 Carb 159.6 Fib 19.5 P 42.4

N Sal 1.7 Sug 7.5 Vit C 84.0

Thursday

B Cereal and organic milk

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

L Cauliflower and broccoli bake

D Fruit sorbet

S Milk and fruit / Crackers & veg sticks with houmous

Kcal 1011.2 Carb 179.3 Fib 13.1 P 27.5

N Sal 1.4 Sug 4.9 Vit C 81.6

Friday

B Cereal and organic milk

Lamb chilli with rice
Oat and banana balls

L Pitta Pizza
D Chopped mixed fruits

S Milk and fruit / bagel and spread

Kcal 1053.4 Carb 178.9 Fib 21.3 P 43.3

N Sal 1.4 Sug 3.5 Vit C 62.6

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 3 of 4 Menu



Monday

- 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

Tuesday

- B** Cereal and organic milk

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

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

- S** Milk and fruit / Breadsticks

- N** Kcal 1051.3 Carb 161.1 Fib 22.3 P 43.4
Sal 1.0 Sug 13.1 Vit C 48.0

Wednesday

- B** Cereal and organic milk

- L** Fishcakes and baked beans
Blueberry sponge cake

- D** Beef calzone
Bananas and custard

- S** Milk and fruit / Oatcakes and spread

- N** Kcal 1026.6 Carb 143.7 Fib 12.5 P 42.0
Sal 1.8 Sug 15.7 Vit C 35.3

Thursday

- 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

Friday

- B** Cereal and organic milk

- L** Vegetable chilli with rice
Fairy cakes

- D** Quorn and sweetcorn wraps
Chopped mixed fruit

- S** Fruit and milk / ricecakes

- N** Kcal 1045.8 Carb 167.3 Fib 22.0 P 46.7
Sal 0.9 Sug 4.8 Vit C 60.6

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 4 of 4 Menu



Monday

- 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

Tuesday

- 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

Wednesday

- B** Cereal and organic milk
-
- L** Lamb moussaka
Cranberry and apricot squares
-
- D** Fish fingers, mash potato and peas
Fruit and yoghurt
-
- S** Milk and fruit / Crumpet and spread with vegetable sticks
-
- N** Kcal 976.4 Carb 441.7 Fib 17.9 P 40.9
Sal 1.8 Sug 6.6 Vit C 54.8

Thursday

- B** Cereal and organic milk
-
- L** Sweet potato pepper tikka with rice and naan.
Reduced sugar fruity flapjack
-
- D** Cauliflower and broccoli bake
Fruit sorbet
-
- S** Milk and fruit / cracker and veg sticks with houmous.
-
- N** Kcal 1011.2 Carb 179.3 Fib 13.1 P 27.5
Sal 4.9 Sug 4.9 Vit C 81.6

Friday

- B** Cereal and organic milk
-
- L** Roast chicken with roast potatoes and gravy.
Fruit sorbet
-
- D** Filled tortilla wraps with salad
Fruit platter
-
- S** Milk and fruit / breadsticks
-
- N** Kcal 1044 Carb 159.5 Fib 19.1 P 44.4
Sal 1.9 Sug 2.2 Vit C 39.2

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

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 roast with roast potatoes & gravy
Courgette and lime cake

D Filled pitta with homemade dip & veg sticks
Fruit salad & yoghurt

S Milk and fruit / bagel & spread with chopped plum

N Kcal 1006.0 Carb 183.3 Fib 28.5 P 44.1
Sal 1.3 Sug 7.8 Vit C 56.4

Wednesday

B Cereal and organic milk

L Bean and pea risotto
Fruit sorbet

D Jacket potato with 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 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

Friday

B Cereal and organic milk

L Vegetable lasagne and garlic bread
Courgette and lime cake

D Chickpea and vegetable rice salad
Berries and yogurt with toasted oats and cornflakes

S Milk and fruit / bread sticks with 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

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

VEGETARIAN



Monday

- 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

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** Lentil roast with roast potatoes & gravy
Courgette and lime cake

- D** Filled pitta with homemade dip & veg sticks
Fruit salad & yoghurt

- S** Milk and fruit / bagel & spread with chopped plum

- N** Kcal 1006.0 Carb 183.3 Fib 28.5 P 44.1
Sal 1.3 Sug 7.8 Vit C 56.4

Thursday

- 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

Friday

- B** Cereal and organic milk

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

- D** Quorn and sweetcorn wraps
Chopped mixed fruit

- S** Milk and Fruit / bagel and spread

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

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

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

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VEGETARIAN



Monday

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

Tuesday

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

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

Wednesday

B Cereal and organic milk

L Veggie fishcakes and baked beans
Blueberry sponge cake

D Veggie mince calzone
Bananas and custard

S Milk and fruit / Oatcakes and spread

N Kcal 1037.8 Carb 155.5 Fib 17.0 P 40.8
Sal 1.7 Sug 15.7 Vit C 35.3

Thursday

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

Friday

B Cereal and organic milk

L Vegetable chilli with rice
Fairy cakes

D Quorn and sweetcorn wraps
Chopped mixed fruit

S Fruit and milk / ricecakes

N Kcal 1045.8 Carb 167.3 Fib 22.0 P 46.7
Sal 0.9 Sug 4.8 Vit C 60.6

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

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

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VEGETARIAN



Monday

- 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

Tuesday

- 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

Wednesday

- B** Cereal and organic milk
-
- L** Lentil moussaka
Cranberry and apricot squares
-
- D** Fishless fingers, mash potato and peas
Fruit and yoghurt
-
- S** Milk and fruit / Crumpet and spread with vegetable sticks and houmous
-
- N** Kcal 993.5 Carb 142.1 Fib 16.2 P 37.9
Sal 1.7 Sug 3.9 Vit C 34.9

Thursday

- B** Cereal and organic milk
-
- L** Sweet potato pepper tikka with rice and naan.
Reduced sugar fruity flapjack
-
- D** Cauliflower and broccoli bake
Fruit sorbet
-
- S** Milk and fruit / cracker and veg sticks with houmous.
-
- N** Kcal 1011.2 Carb 179.3 Fib 13.1 P 27.5
Sal 4.9 Sug 4.9 Vit C 81.6

Friday

- B** Cereal and organic milk
-
- L** Lentil roast with roast potatoes & gravy
Courgette and lime cake
-
- D** Filled pitta with homemade dip & veg sticks
Fruit salad & yoghurt
-
- S** Milk and fruit / bagel & spread with chopped plum
-
- N** Kcal 1006.0 Carb 183.3 Fib 28.5 P 44.1
Sal 1.3 Sug 7.8 Vit C 56.4

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

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