

Week 1 of 4 Menu



Monday

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

Tuesday

B Cereal and organic milk

L Chicken Korma with whole grain rice
Fruity pancake bars

D Beef Calzone
Mixed fruit platter

S Fruit and milk / Bagel and cream cheese

N Kcal 1052.9 Carb 134.0 Fib. 12.1 P 44.9
Sal. 1.2 Sug. 5.6 Vit C. 38.1

Wednesday

B Cereal and organic milk

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

D Tomato pasta primavera
Bananas and custard

S Fruit and milk / bagel and 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

Thursday

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

Friday

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

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

- Salmon and pea risotto
- L** Fruit sorbet

- D** Jacket potato with baked beans and 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

Tuesday

- B** Cereal and organic milk

- Beef Ragu with broccoli
- Reduced sugar carrot cake
- L** White fish and pesto pasta
- D** Fruit salad

- Milk and fruit / Crumpet and spread

- S** Kcal 994.7 Carb 162.9 Fib. 17.6 P 44.7
Sal. 1.9 Sug. 13.7 Vit C. 55.2

Wednesday

- B** Cereal and organic milk

- Vegetable lasagne and garlic bread
- Courgette and lime cake
- L** Chickpea and vegetable rice salad
- D** Berries & yoghurt with toasted oats and cornflakes

- S** Fruit and milk / 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

Thursday

- B** Cereal and organic milk

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

- D** Cauliflower and broccoli bake
- Fruit sorbet

- S** Milk and fruit / crackers and 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

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

- D** Sandwich platter with vegetable sticks
- Fruit platter

- S** Fruit and milk / breadsticks & fruit

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

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)	

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Week 3 of 4 Menu



Monday

- B** Cereal and organic milk

- L** Vegetable and red lentil Dhansak with rice and naan / Reduced sugar carrot cake

- D** Tomato pasta primavera
Bananas and custard

- S** Milk and fruit / Bagel and 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** Fish 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 1007.7 Carb 147.0 Fib. 17.9 P 31.3
Sal. 1.3 Sug. 9.2 Vit C. 30.4

Wednesday

- B** Cereal and organic milk

- L** Lemon and pepper chicken
Reduced sugar carrot cake

- D** Green cheesy pasta
Fruit platter

- S** Milk and fruit / Bagel and spread

- N** Kcal 959.6 Carb 141.7 Fib. 16.2 P 42.5
Sal. 0.9 Sug. 10.1 Vit C. 94.7

Thursday

- B** Cereal and organic milk

- L** Summer pasta
Lime and ginger cheesecake

- D** Bean and pea risotto
Yoghurt and dates

- S** Fruit and milk / Oat cakes and veg sticks with beanie dip

- N** Kcal 998.5 Carb 137.6 Fib. 21.5
P 39.1 Sal. 1.0 Sug. 11.7 Vit C. 50.7

Friday

- 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

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
-
- Vegetable lasagne and garlic bread
Courgette and lime cake
- L**
-
- Chickpea and vegetable rice salad
- D** Berries & yoghurt with toasted oats and cornflakes
-
- S** Fruit and milk / 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
-
- Moroccan lamb with couscous
- L** 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

Wednesday

- B** Cereal and organic milk
-
- Sweet potato pepper tikka with rice and naan
Reduced sugar fruity flapjack
- L**
-
- Cauliflower and broccoli bake
- D** Fruit sorbet
-
- Milk and fruit / crackers and veg sticks with houmous
-
- S**
-
- 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 and organic milk
-
- Roast chicken with roast potatoes and gravy
- L** Fruit sorbet
-
- Filled tortilla wraps with salad
- D** Fruit platter
-
- S** Fruit and milk / 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

Friday

- B** Cereal and organic milk
-
- Fish pie and runner beans
- L** Coconut and chia seed loaf
-
- D** Pitta pizza
Fruit salad
-
- S** Milk and 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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Week 1 of 4 Menu

VEGETARIAN



Monday

- 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

Tuesday

- B** Cereal and organic milk

- L** Chickpea Korma with Brown Rice
Fruity Pancake Bars

- D** Veggie Calzone
Mixed fruit platter

- S** Fruit & Milk/ Bagel and Cream Cheese

- N** Kcal 959.1 Carb 138 Fib. 17.7 P 34.5
Sal. 1.2 Sug. 4.8 Vit C. 40.5

Wednesday

- B** Cereal and organic milk

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

- D** Tomato pasta primavera
Bananas and custard

- S** Fruit and milk / bagel and 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

Thursday

- 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

Friday

- 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

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

- Bean and pea risotto
- L** 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

Tuesday

- B** Cereal and organic milk

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

- Vegetarian pesto pasta
- Fruit salad
- D**

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

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

Wednesday

- B** Cereal and organic milk

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

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

- S** Fruit and milk / 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

Thursday

- B** Cereal and organic milk

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

- D** Cauliflower and broccoli bake
- Fruit sorbet

- S** Milk and fruit / crackers and 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

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

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

- Fruit and milk / bagel and spread
- S**

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

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

VEGETARIAN



Monday

- B** Cereal and organic milk

- L** Vegetable and red lentil Dhansak with rice and naan / Reduced sugar carrot cake

- D** Tomato pasta primavera
Bananas and custard

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

Wednesday

- B** Cereal and organic milk

- L** Lemon and pepper Quorn
Reduced sugar carrot cake

- D** Green cheesy pasta
Fruit platter

- S** Milk and fruit / Bagel and spread with houmous

- N** Kcal 972.1 Carb 150.8 Fib. 18.7 P 38.8
Sal. 1.4 Sug. 14.2 Vit C. 45.2

Thursday

- B** Cereal and organic milk

- L** Summer pasta
Lime and ginger cheesecake

- D** Bean and pea risotto
Yoghurt and dates

- S** Fruit and milk / Oat cakes and veg sticks with beanie dip

- N** Kcal 998.5 Carb 137.6 Fib. 21.5
P 39.1 Sal. 1.0 Sug. 11.7 Vit C. 50.7

Friday

- 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

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** Vegetable lasagne and garlic bread
Courgette and lime cake
- L** Chickpea and vegetable rice salad
- D** Berries & yoghurt with toasted oats and cornflakes
-
- S** Fruit and milk / 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** Moroccan veggie mince with couscous
Chocolate and coconut flapjack
-
- D** Lentil Bolognese
Fruit salad
-
- S** Milk and fruit / Rice cakes and 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

Wednesday

- B** Cereal and organic milk
-
- L** Sweet potato pepper tikka with rice and naan
Reduced sugar fruity flapjack
- L** Cauliflower and broccoli bake
- D** Fruit sorbet
-
- S** Milk and fruit / crackers and 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

Thursday

- B** Cereal and organic milk
-
- B** Lentil roast with roast potatoes and gravy
Courgette and lime cake
- L** Filled pitta with homemade dip & vegetable sticks
- D** Fruit salad & yoghurt
-
- S** Fruit and milk / bagel & spread and chopped plum
-
- N** Kcal 1006.0 Carb 183.3 Fib. 283.5 P 44.1
Sal. 1.3 Sug. 7.8 Vit C. 56.4

Friday

- B** Cereal and organic milk
-
- L** Bean and vegetable pie
Banana pancakes
-
- D** Pitta pizza
Fruit salad
-
- S** Milk and 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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