

# Week 1 of 4 Menu



## Monday

**B** Cereal, Porridge, Fruit and Organic Milk

**L** Fishcakes and Baked Beans  
Blueberry Sponge Cake

**D** Beef Calzone  
Bananas and custard

**S** Milk and Fruit/Crackers and Spread

**N** Kcal 1026.6 Carb 143.7 Fib 12.5 P 42 Sal 1.8 Sug 15.7 Vit C 35.3

## Tuesday

**B** Cereal, Porridge, Fruit 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 Veg Sticks

**N** Kcal 976.4 Carb 441.7 Fib 17.9 P 40.9 Sal 1.8 Sug 6.6 Vit C 54.8

## Wednesday

**B** Cereal, Porridge, Fruit 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

## Thursday

**B** Cereal, Porridge, Fruit and Organic Milk

**L** Vegetable Lasagna and Garlic Bread  
Courgette and Lime Cake

**D** Chickpea and Vegetable Rice Salad  
Berries and Yoghurt with toasted oats and 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, Porridge, Fruit and Organic Milk

**L** Sweet and Sour Chicken Noodle  
Chocolate and Coconut Flapjack

**D** Broccoli and Tuna Pasta  
Yoghurt and Dates

**S** Milk and Fruit/ Crackers and spread

**N** Kcal 1033 Carb 132.4 Fib 16.6 P 39.8 Sal 1.1 Sug 15.7 Vit C 125.9

**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)	

All the eggs we serve are free range.



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# Week 2 of 4 Menu



## Monday

- B** Cereal, Porridge, Fruit and Organic Milk
- L** Chickpea Korma with Wholegrain Rice and Naan
- L** Reduced Sugar Fruity Flapjacks
- D** Mushroom Noodle Broth
- D** Rippled Smoothie
- S** Milk and Fruit/ Bagel and Houmous
- N** Kcal 992 Carb 180.2 Fib 18.1 P 29.1 Sal 1.9 Sug 9.7 Vit C 41.2

## Tuesday

- B** Cereal, Porridge, Fruit and Organic Milk
- L** Cauliflower and Chickpea Curry with wholegrain rice and Naan
- L** Chocolate Orange Tofu Pots
- D** Broccoli Minestrone
- D** Fruit, Yoghurt and Milk Smoothie
- S** Milk and Fruit/ Crumpet and Spread
- N** Kcal 956.3 Carb 159.3 Fib 20 P 33.6 Sal 1.9 Sug 3.4 Vit C 31.2

## Wednesday

- B** Cereal, Porridge, Fruit and Organic Milk
- L** Moroccan Lamb with Couscous
- L** Chocolate and Coconut Flapjack
- L** Lentil Bolognese
- D** 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

## Thursday

- B** Cereal, Porridge, Fruit and Organic Milk
- L** Lemon and Pepper Chicken
- L** Reduced Sugar Carrot Cake
- L** Green Cheesy Pasta
- D** 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

## Friday

- B** Cereal, Porridge, Fruit and Organic Milk
- L** Fish Fingers, Mash and Peas
- L** Apple, chia seed and cinnamon muffins
- L** Cauliflower and chickpea Curry with Wholegrain Rice and Naan
- D** Wholegrain Rice and Naan
- S** Milk and Fruit/ Crackers and Spread
- N** Kcal 1007.7 Carb 147 Fib 17.9 P 31.3 Sal 1.3 Sug 9.2 Vit C 30.4

**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 3 of 4 Menu



## Monday

**B** Cereal, Porridge, Fruit and Organic Milk

Chicken Jambalaya  
Reduced Sugar Gingerbread

**L** White Fish Pesto Pasta

**D** 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

## Tuesday

**B** Cereal, Porridge, Fruit 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 and Pitta

**N** Kcal 987.3 Carb 153.5 Fib 12.5 P 25.8 Sal 2 Sug 3.2 Vit C 64.4

## Wednesday

**B** Cereal, Porridge, Fruit and Organic Milk

Salmon & pea risotto  
Fruit sorbet

**L** Jacket potato with baked beans & cheese

**D** Fruit salad

**S** Milk and Fruit/ Breadsticks & 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, Porridge, Fruit and Organic Milk

Beef Lasagna with Peas  
Fresh Fruit and Ice Cream

**L** Mixed Bean Chilli and Jacket Potato

**D** 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

## Friday

**B** Cereal, Porridge, Fruit and Organic Milk

Sweet Potato Pepper Tikka with Rice and Naan

**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

**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, Porridge, Fruit and Organic Milk

Salmon and Broccoli Pasta  
Chocolate and Beetroot Sponge

**L** Chickpea and Couscous Salad  
Fruit Salad

**D** Milk and Fruit/ Rice Cakes and Vegetable Sticks

**N** Kcal 1032.9 Carb 177.9 Fib 23 P 31.9 Sal 1.0 Sug 6.2 Vit C 53.4

## Tuesday

**B** Cereal, Porridge, Fruit and Organic Milk

Chicken Korma with Wholegrain Rice  
Fruit Pancake Bars

**L** Beef Calzone  
Mixed Fruit Platter

**D** Milk and Fruit/ Bagel and Cream Cheese

**S** Kcal 1052.9 Carb 134 Fib 12.1 P 44.9 Sal 1.2 Sug 5.6 Vit C 38.1

## Wednesday

**B** Cereal, Porridge, Fruit and Organic Milk

Chickpea sweet and sour with noodles  
Lemon and sultana cake

**L** Roasted black bean burgers  
Chopped mixed fruit

**D** Milk and Fruit/ Bagel and Beanie Dip

**S** Kcal 966.7 Carb 155.8 Fib. 20.2 P 30.9 Sal. 2.0 Sug. 10.2 Vit C. 96.6

## Thursday

**B** Cereal, Porridge, Fruit and Organic Milk

Chickpea and vegetable biryani with naan  
Brownie

**L** Tomato pasta with beans and peas  
Fruit salad

**D** Milk and Fruit/ Crackers, Veg Sticks and Beanie Dip

**S** Kcal 968.0 Carb 140.4 Fib. 18.2 P 26.1 Sal. 0.9 Sug. 10.1 Vit C. 54.1

## Friday

**B** Cereal, Porridge, Fruit and Organic Milk

Beef ragu with broccoli  
Reduced Sugar Carrot Cake

**L** White fish and pesto pasta  
Fruit salad

**D** Milk and Fruit/ Crumpet and spread

**S** Kcal 994.7 Carb 162.9 Fib 17.6 P 44.Sal 1.9 Sug 13.7 Vit C 55.2

**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, Porridge, Fruit and Organic Milk

**L** Veggie Fishcakes and baked beans  
Blueberry sponge cake

**D** Veggie mince Calzone  
Bananas and custard

**S** Milk and Fruit/ Crackers 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

### Tuesday

**B** Cereal, Porridge, Fruit and Organic Milk

**L** Lentil moussaka  
Cranberry and Apricot Squares

**D** Fishless fingers, mash and peas  
Fruit and yoghurt

**S** Milk and Fruit/ crumpet and spread with veg  
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

### Wednesday

**B** Cereal, Porridge, Fruit and Organic Milk

**L** Vegetable and red lentil Dhansak with rice  
and naan

**D** 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

### Thursday

**B** Cereal, Porridge, Fruit and Organic Milk

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

**D** Chickpea and vegetable rice salad  
Berries & yoghurt with toasted oats and  
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, Porridge, Fruit and Organic Milk

**L** Vegetarian Chickpea sweet & sour with  
Noodles  
Chocolate & Coconut flapjack

**D** Cheese & Broccoli Pasta  
Yoghurt & Dates

**S** Milk and 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

**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, Porridge, Fruit and Organic Milk
- L** Chickpea Korma with Whole grain rice and naan
- L** Reduced sugar fruity flapjacks
- D** Mushroom noodle broth
- D** Rippled smoothie
- Milk and Fruit/ Bagel and houmous
- S** Kcal 992.0 Carb 180.2 Fib. 18.1 P 29.1 Sal. 1.9 Sug. 9.7 Vit C. 41.2
- N**

### Tuesday

- B** Cereal, Porridge, Fruit and Organic Milk
- Cauliflower and chickpea curry with wholegrain rice and naan
- L** Chocolate orange tofu pots
- D** Broccoli Minestrone
- D** Fruit, yoghurt and milk smoothie
- S** Milk and Fruit/ crumpet and spread
- N** Kcal 956.3 Carb 159.3 Fib. 20.0 P 33.6 Sal. 1.9 Sug. 3.4 Vit C. 31.2

### Wednesday

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

### Thursday

- B** Cereal, Porridge, Fruit and Organic Milk
- Lemon and pepper Quorn
- Reduced sugar carrot cake
- L** Wholemeal cheesy pasta with peas and carrots
- D** Fruit salad
- S** Milk and Fruit/ Rice cake, vegetable sticks and houmous
- N** Kcal 972.1 Carb 150.8 Fib. 18.7 P 38.8 Sal. 1.4 Sug. 14.2 Vit C. 45.2

### Friday

- B** Cereal, Porridge, Fruit and Organic Milk
- Fishless fingers, mash and peas
- Apple, chia seed and cinnamon muffins
- L** Cauliflower and chickpea curry, naan and wholegrain rice
- D** Fruit platter
- Milk and Fruit/ Crackers and Spread
- S** Kcal 1013.6 Carb 159.7 Fib. 18.5 P 28.3 Sal. 1.1 Sug. 9.2 Vit C.34.8
- 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

## VEGETARIAN



### Monday

**B** Cereal, Porridge, Fruit and Organic Milk

**L** Vegetarian Jambalya  
Gingerbread sponge

**D** Vegetarian Pesto Pasta  
Bananas & 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

### Tuesday

**B** Cereal, Porridge, Fruit 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 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

### Wednesday

**B** Cereal, Porridge, Fruit and Organic Milk

**L** Bean and pea risotto  
Fruit sorbet

**D** Jacket potato, baked beans & cheese  
Fruit salad

**S** Milk and Fruit/ breadsticks and 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, Porridge, Fruit 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 & dip

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

### Friday

**B** Cereal, Porridge, Fruit 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/ 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

**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, Porridge, Fruit and Organic Milk

Macaroni cheese with broccoli & peas  
Chocolate and beetroot sponge

**L** Chickpea and couscous salad

**D** Fruit platter

**S** Milk and Fruit/ Rice Cakes and 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, Porridge, Fruit and Organic Milk

Chickpea Korma with Brown Rice  
Fruity Pancake Bars

**D** Veggie Calzone  
Mixed fruit platter

**S** Milk and Fruit/ 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, Porridge, Fruit and Organic Milk

Chickpea sweet and sour with noodles  
Lemon and sultana cake

**L** Roasted black bean burgers  
Chopped mixed fruit

**D** Milk and Fruit/ Crackers, veg sticks and beanie dip

**S** Milk and Fruit/ Crackers, veg sticks and beanie dip

**N** Kcal 966.7 Carb 155.8 Fib. 20.2 P 30.9 Sal. 2.0 Sug. 10.2 Vit C. 96.6

### Thursday

**B** Cereal, Porridge, Fruit and Organic Milk

Chickpea and vegetable biryani with naan  
Brownie

**L** Tomato pasta with beans and peas

**D** Fruit salad

**S** Milk and Fruit/ Crackers, 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

### Friday

**B** Cereal, Porridge, Fruit and Organic Milk

Veggie Ragu with broccoli  
Reduced sugar carrot cake

**D** Veggie Ragu with broccoli  
Reduced sugar carrot cake

**S** Milk and Fruit/ Rice Cakes 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

**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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