

Week 1 of 4 Menu



Monday

B Cereal and organic milk

L Summer pasta
Lime and ginger cheesecake

D Bean and pea risotto
Yoghurt and dates

S Milk and fruit / Oat cakes & 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

Tuesday

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

Wednesday

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

Thursday

B Cereal and organic milk

L Salmon and broccoli pasta
Chocolate and beetroot sponge

D Chickpea and couscous salad
Fruit salad

S Fruit and milk / rice cakes and 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

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

- Vegetable & red lentil dhansak with rice & naan
- L** 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

- Beef lasagne with peas
Fresh fruit and ice cream
- L** Mixed bean chilli and jacket potato
Fruit platter

- D** Milk and fruit / Breadsticks & dip

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

- N**

Wednesday

- B** Cereal and organic milk

- Vegetable Bolognese with spaghetti
Tofu trifle
- L** Mushroom risotto
Mixed fruit platter

- D** Fruit and milk / beanie dip and breadsticks

- S** Kcal 1050.9 Carb 175.6 Fib 20.0 P 46.7
Sal 0.6 Sug 5.2 Vit C 84.6

- N**

Thursday

- B** Cereal and organic milk

- Fish fingers, mash and peas
- L** 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

Friday

- B** Cereal and organic milk

- Roast chicken with roast potatoes & gravy
Fruit sorbet
- L** Filled tortilla wraps with salad
Fruit platter

- D** Milk and fruit / breadsticks & fruit

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

- 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



Monday

- B** Cereal and organic milk

- L** Thai green chicken curry rice
Chewy cranberry and apricots bites

- L** Wholemeal cheesy pasta with peas and carrots

- D** 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

Tuesday

- B** Cereal and organic milk

- L** Chickpea sweet and sour with noodles
Lemon and sultana cake

- L** Roasted black bean burgers
Chopped mixed fruit

- D** Fruit and milk / Crackers, veg sticks and beanie dip

- S** Fruit and milk / 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

Wednesday

- B** Cereal and organic milk

- B** Roast beef dinner
Oaty muffins

- L** Mushroom and chicken cacciatore
Bananas and pears in natural yoghurt

- D** Milk and fruit / Oat cakes and spread

- S** Kcal 988.7 Carb 135.4 Fib. 16.5 P 49.7
Sal. 1.8 Sug. 0.6 Vit C. 82.1

- N**

Thursday

- B** Cereal and organic milk

- L** Roast vegetable and red lentil pasta
Applejacks

- L** Summer vegetable tart

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

- L** Pitta pizza

- D** 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 4 of 4 Menu



Monday

- B** Cereal and organic milk

- Chickpea and vegetable biryani with naan
Brownie
- L**

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

- Fruit and milk / oatcakes, veg sticks and
beanie dip
- S**

- 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

- Creamy tuna and potato gratin
Eve's pudding
- L**

- Paprika chicken with flatbread
- D** Berries & yoghurt with toasted oats and
cornflakes

- Fruit and milk / rice cakes and vegetable
sticks
- S**

- N** Kcal 1047.9 Carb 138.9 Fib. 13.3 P 45.8
Sal. 1.5 Sug. 5.0 Vit C. 35.3

Wednesday

- B** Cereal and organic milk

- Lamb Bolognese
- L** Blueberry sponge cake

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

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

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

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
- S**

- 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

- Chicken Korma with whole grain rice
Fruity pancake bars
- L**

- Beef Calzone
- D** Mixed fruit platter

- Fruit and milk / Bagel and cream cheese
- S**

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

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 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 Summer pasta
Lime and ginger cheesecake

D Bean and pea risotto
Yoghurt and dates

S Milk and fruit / Oat cakes & 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

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** 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** 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** Vegetarian chickpea sweet and sour noodles
Chocolate and coconut flapjack

- D** Broccoli and cheese pasta
Yoghurt and 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

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Vitamin C (Vit C)	

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Week 3 of 4 Menu

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 Bolognese with spaghetti
Tofu trifle

D Mushroom risotto
Mixed fruit platter

S Fruit and milk / beanie dip and breadsticks

N Kcal 1050.9 Carb 175.6 Fib 20.0 P 46.7
Sal 0.6 Sug 5.2 Vit C 84.6

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

Nutrition guide

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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
-
- 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** 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

Friday

- B** Cereal and organic milk
-
- L** Chickpea korma with whole grain rice & naan
Reduced sugar fruity flapjacks
-
- D** Mushroom noodle broth
Rippled smoothie
-
- S** Milk and fruit / Bagel and houmous
-
- N** Kcal 992.0 Carb 180.2 Fib 18.1 P 29.1
Sal 1.9 Sug 9.7 Vit C 41.2

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NME sugars (Sug)	NSP fibre (Fib)
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