

Week 1 of 4 Menu



Monday

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 / 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

Tuesday

B Cereal and organic milk

L Beef Ragù with broccoli
Reduced sugar carrot cake

D White fish and pesto pasta
Fruit salad

S Milk and fruit / Crumpet and spread

N 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

L Roast chicken with roast potatoes and gravy
Fruit sorbet

D Filled tortilla wraps with salad
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

Thursday

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

Friday

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

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

- Vegetarian Jambalaya
Gingerbread sponge
- L**

- Vegetarian Pesto Pasta
- D** Bananas & Pears with Natural Yoghurt

- Fruit and Milk / Spicy Chickpea Dip with Pitta
- S**

- Kcal 967.5, Carb 160.7, Fib. 19.8, P 32.6, Sal. 1.2, Sug. 5.7, Vit C. 61.9
- N**

Tuesday

- B** Cereal and organic milk

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

- Broccoli and tuna pasta
- D** Yoghurt and dates

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

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

Wednesday

- B** Cereal and organic milk

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

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

- 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**

Thursday

- B** Cereal and organic milk

- Golden bean bake
Fruity pancake bars
- L**

- Broccoli minestrone with brown bread roll
- D** Fruit salad

- Milk and fruit / Breadsticks & dip
- S**

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

Friday

- B** Cereal and organic milk

- Fish, potato and spinach curry with couscous and naan bread
- L** Pineapple upside down cake with custard

- Beef flatbread and salad
- D** Fruit salad

- Milk and fruit / Rice cake
- S**

- Kcal 1012.5, Carb 184.0, Fib. 14.1, P 32.9, Sal. 1.3,, Sug. 1.3, Vit C. 49.1
- 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

- Vegetable lasagne
- L** Fresh fruit and ice cream

- D** Mixed bean chilli with jacket potato
- D** 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

Tuesday

- B** Cereal and organic milk

- Chicken Alfredo
- Lime and ginger cheesecake
- L**

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

- S** Fruit and milk / Rice cakes and veg sticks

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

Wednesday

- B** Cereal and organic milk

- Lamb Bolognese
- Blueberry sponge cake
- L**

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

Thursday

- B** Cereal and organic milk

- Pork Ragu with mash and broccoli
- Reduced sugar lemon sponge
- L**

- Creamy butterbean and garlic pasta
- D** Fruit salad

- S** Milk and fruit / Crumpet and spread

- N** Kcal 994.5, Carb 146.7, Fib. 15.8, P 38.1, Sal. 2.0, Sug. 0.8, Vit C. 42.4

Friday

- B** Cereal and organic milk

- 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
- 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 Jambalaya
Reduced sugar gingerbread
- D** White fish pesto pasta
Banana and pears with natural yoghurt
- S** Fruit and milk / 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** 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** 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** 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

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** 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

Tuesday

- 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

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** Chickpea and vegetable biryani with nann
Brownie

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

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

- N** Kcal 968, Carb 140.4, Fib 18.2, P26.1,
Sal 0.9, Sug 10.1, Vit C 54.1

Friday

- 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

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

Vegetarian jambalaya
Reduced sugar gingerbread sponge

L
Vegetarian pesto pasta
D Banana and pears with natural yoghurt

S Milk and fruit / Spicy chickpea dip with pitta

Kcal 967.5 Carb 160.7 Fib 19.8 P 32.6
N Sal 1.2, Sug 5.7 Vit C 61.9

Tuesday

B Cereal and organic milk

Vegetarian chickpea sweet and sour noodles
Chocolate and coconut flapjack

L
Broccoli and cheese pasta
D Yoghurt and dates

S Milk and fruit / Rice cakes

Kcal 1053.8 Carb 155.2 Fib 17.3 P 31.5
N Sal 1.3 Sug 15.5 Vit C 67.4

Wednesday

B Cereal and organic milk

Vegetable lasagne with peas
Fresh fruit and ice cream

L
Mixed bean chilli and jacket potato
D Fruit platter

S Milk and fruit / Breadsticks & dip

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

Thursday

B Cereal and organic milk

Golden bean bake
Fruity pancake bars

L
Broccoli minestrone with brown bread roll
D Fruit salad

S Milk and fruit / breadsticks & dips

Kcal 1054.5, Carb 175.1 Fib 27.2 P 45.4
N Sal 1.43, Sug 2.6, Vit C 58.7

Friday

B Cereal and organic milk

Lentil, potato and spinach curry with
couscous & naan bread

L Pineapple upside down cake with custard

D Veggie mince with salad flatbread
Fruit salad

S Milk and fruit / Rice cake

Kcal 968.9, Carb 172.8, Fib. 17.8, P 38.3,
N Sal. 1.5, Sug. 1.3, Vit C.42.9

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

VEGETARIAN



Monday

B Cereal and organic milk

Vegetable lasagne with peas
Fresh fruit and ice cream

L
Mixed bean chilli and jacket potato
D 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

Tuesday

B Cereal and organic milk

Butterbean Alfredo
Lime and Ginger Cheesecake

L
Lentil, Potato & Spinach Curry & Naan Bread
D Mixed Fruit Platter

S Fruit and Milk/
Rice Cakes & Veg Sticks/Beanie Dip

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

Wednesday

B Cereal and organic milk

Lentil Bolognese
Blueberry sponge cake

L
Jacket potato with baked beans and cheese
D 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

Thursday

B Cereal and organic milk

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

L
Tomato pasta primavera
D Bananas and custard

S Milk and fruit / Bagel and beanie dip

N Kcal 953.5, Carb 166.3, Fib 17.1, P27.1,
Sal 0.9, Sug 8.4, Vit C 85.9

Friday

B Cereal and organic milk

Bean and vegetable pie
Banana pancakes

L
Pitta pizza
D Fruit salad

S Milk /fruit / breadsticks & dip

N Kcal 1047, Carb 174.9, Fib 26, P49.7,
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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Week 4 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 & beanie dip

- N** Kcal 968, Carb 140.4, Fib 18.2, P26.1,
Sal 0.9, Sug 10.1, Vit C 54.1

Tuesday

- 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

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** 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, P46.8,
Sal 0.9, Sug 4.8, Vit C 60.6

Friday

- B** Cereal and organic milk

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

- D** Chickpea and couscous salad
Fruit platter

- S** Fruit and milk/ 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

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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