

# Week 1 of 4 Menu



## Monday

**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 & dip

**N** Kcal 1051.3 Carb 161.1 Fib 22.3 P 43.4  
Salt 1.0 Sugar 13.1 Vit C 48.0

## Tuesday

**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  
Salt 1.0 Sugar 11.7 Vit C 50.7

## Wednesday

**B** Cereal and organic milk

**L** Golden fish bake  
Fruity pancake bars

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

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

**N** Kcal 1039.9 Carb 170.6 Fib 12.8 P 49.8  
Salt 1.5 Sugar 2.6 Vit C 50.6

## Thursday

**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  
Salt 0.6 Sugar 5.2 Vit C 84.6

## Friday

**B** Cereal and organic milk

**L** Coconut chicken stir fry  
Pineapple upside down cake with custard

**D** Selection of sandwiches and vegetable sticks  
Fruit and oat sundaes

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

**N** Kcal 1030.4 Carb 146.5 Fib 13.9 P 40.2 Salt  
1.5 Sugar 3.1 Vit C 57.2

**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)	

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

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- L** Roast chicken with roast potatoes and gravy  
Fruit sorbet

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- D** Filled tortilla wraps with salad  
Fruit platter

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- S** Fruit and milk / breadsticks, dip & fruit

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- N** Kcal 1044.0 Carb 159.5 Fib 19.1 P 44.4  
Salt 1.9 Sugar 2.2 Vit C 39.2

## Tuesday

- B** Cereal and organic milk

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- L** Salmon and pea risotto  
Fruit sorbet

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

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- S** Fruit and milk / breadsticks & dip

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- N** Kcal 1006.9 Carb 154.7 Fib 18.5 P 44.3  
Salt 1.7 Sugar 1.7 Vit C 31.3

## Wednesday

- B** Cereal and organic milk

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- L** Roast vegetable and lentil pasta  
Applejacks

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- D** Summer vegetable tart  
Mixed fruit platter

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- S** Fruit and milk / spicy chickpea dip and pitta

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- N** Kcal 987.3 Carb 153.5 Fib 12.5 P 25.8  
Salt 2.0 Sugar 3.2 Vit C 64.4

## Thursday

- B** Cereal and organic milk

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- L** Moroccan lamb with couscous  
Chocolate and coconut flapjack

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- D** Lentil bolognese  
Fruit Salad

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

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- N** Kcal 1017.1 Carb 153.4 Fib 19.8 P 35.9  
Salt 0.8 Sugar 5.3 Vit C 35.7

## Friday

- B** Cereal and organic milk

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- L** Chickpea and vegetable biryani with naan  
Brownie

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

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

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- N** Kcal 968.0 Carb 140.4 Fib 18.2 P 26.1  
Salt 0.9 Sugar 10.1 Vit C 54.1

**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 3 of 4 Menu



## Monday

- B** Cereal and organic milk

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

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- L** Paprika chicken with flatbread

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- D** Berries and yoghurt with toasted oats and cornflakes

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

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- N** Kcal 1047.9 Carb 138.9 Fib 13.3 P 45.8  
Salt 1.5 Sugar 5.0 Vit C 35.3

## Tuesday

- B** Cereal and organic milk

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

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- L** Green cheesy pasta

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- D** Fruit platter

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- S** Fruit and milk / Bagel and spread

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- N** Kcal 959.6 Carb 141.7 Fib 16.2 P 42.5  
Salt 0.9 Sugar 10.1 Vit C 94.7

## Wednesday

- B** Cereal and organic milk

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- L** Lamb Moussaka  
Cranberry and apricot squares

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- D** Fish fingers, mash potato and peas  
Fruit and yoghurt

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- S** Fruit and milk / crumpet and spread with vegetable sticks

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- N** Kcal 976.4 Carb 441.7 Fib 17.9 P 40.9  
Salt 1.8 Sugar 6.6 Vit C 54.8

## Thursday

- B** Cereal and organic milk

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

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

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- S** Fruit and milk / Breadsticks and beanie dip

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- N** Kcal 978.7 Carb 158.5 Fib 16.9 P 33.2  
Salt 1.0 Sugar 1.5 Vit C 44.6

## Friday

- B** Cereal and organic milk

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- L** Cauliflower and chickpea curry with wholegrain rice and naan

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- D** Chocolate orange tofu pots

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- D** Broccoli minestrone

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- D** Fruit, Yogurt, and milk smoothie

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- S** Fruit and milk / crumpet and spread

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- N** Kcal 956.3 Carb 159.3 Fib 20.0 P 33.6  
Salt 1.9 Sugar 3.4 Vit C 31.2

**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 4 of 4 Menu



## Monday

- B** Cereal and organic milk
- 
- Vegetable and red lentil Dhansak with rice and naan
- L** Reduced sugar carrot cake
- 
- Tomato pasta primavera
- D** Bananas and custard
- 
- S** Fruit and milk / Bagel and beanie dip
- 
- N** Kcal 953.5 Carb 166.3 Fib 17.1 P 27.1  
Salt 0.9 Sugar 8.4 Vit C 85.9

## Tuesday

- B** Cereal and organic milk
- 
- Lamb Bolognaise  
Blueberry sponge cake
- L**
- 
- Jacket potato with baked beans and cheese
- D** Pineapple and oranges
- 
- Fruit and milk / Bagel and cream cheese
- S**
- 
- N** Kcal 1020.3 Carb 135.1 Fib 16.8 P 36.9  
Salt 1.5 Sugar 15.2 Vit C 76.4

## 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
- 
- Fruit and milk / crackers and veg sticks with houmous
- S**
- 
- N** Kcal 1011.2 Carb 179.3 Fib 13.1 P 27.5  
Salt 1.4 Sugar 4.9 Vit C 81.6

## Thursday

- B** Cereal and organic milk
- 
- Salmon and broccoli pasta
- L** Chocolate and beetroot sponge
- 
- Chickpea and couscous salad
- D** Fruit salad
- 
- Fruit and milk / Rice cakes and vegetable sticks
- S**
- 
- N** Kcal 1032.9 Carb 177.9 Fib 23.0 P 31.9  
Salt 1.0 Sugar 6.2 Vit C 53.4

## Friday

- B** Cereal and organic milk
- 
- Chicken Jambalaya  
Reduced sugar gingerbread
- L**
- 
- White fish pesto pasta
- D** Banana and pears with natural yogurt
- 
- Fruit and milk / Pitta bread and cream cheese
- S**
- 
- N** Kcal 954.5 Carb 141.3 Fib 14.1 P 45.9  
Salt 1.1 Sugar 5.2 Vit C 68.5

**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



## Monday

**B** Cereal and organic milk

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

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

**S** Fruit and milk / Breadsticks & dip

**N** Kcal 1009.0 Carb 170.6 Fib 24.7 P 38.7  
Salt 0.9 Sugar 8.5 Vit C 51.1

## Tuesday

**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  
Salt 1.0 Sugar 11.7 Vit C 50.7

## Wednesday

**B** Cereal and organic milk

**L** Golden bean bake  
Fruity pancake bars

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

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

**N** Kcal 1054.5 Carb 175.1 Fib 27.2 P 45.4  
Salt 1.3 Sugar 2.6 Vit C 58.7

## Thursday

**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  
Salt 0.6 Sugar 5.2 Vit C 84.6

## Friday

**B** Cereal and organic milk

**L** Coconut tofu stir fry  
Pineapple upside down cake with custard

**D** Selection of sandwiches and vegetable sticks

**S** Fruit and oat sundaes  
Milk and fruit / Bagel and cream cheese

**N** Kcal 1038.2 Carb 147.4 Fib 14.1 P 31.0  
Salt 1.4 Sugar 3.6 Vit C 58.2

**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 2 of 4 Menu



## Monday

- B** Cereal and organic milk

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- L** Lentil Roast with roast potatoes and gravy  
Courgette and lime cake.

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- L** Filled pitta with homemade dip & vegetable sticks

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- D** Fruit salad & yoghurt

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- S** Fruit and milk / bagel & spread and chopped plum

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- N** Kcal 1006.0 Carb 183.3 Fib 28.5 P 44.1  
Salt 1.3 Sugar 7.9 Vit C 56.4

## Tuesday

- B** Cereal and organic milk

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

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- L** Paprika Quorn with flatbread

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- D** Berries and yogurt with toasted oats and cornflakes

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

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- N** Kcal 1023.4 Carb 145.7 Fib 18.8 P 35.8  
Salt 1.6 Sugar 5.4 Vit C 35.3

## Wednesday

- B** Cereal and organic milk

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- L** Roast vegetable and lentil pasta  
Applejacks

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- D** Summer vegetable tart  
Mixed fruit platter

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- S** Fruit and milk / spicy chickpea dip and pitta

---

- N** Kcal 987.3 Carb 153.5 Fib 12.5 P 25.8  
Salt 2.0 Sugar 3.2 Vit C 64.4

## Thursday

- B** Cereal and organic milk

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- L** Moroccan veggie mince with couscous  
Chocolate and coconut flapjack

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- D** Lentil Bolognaise  
Fruit Salad

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- S** Milk and fruit/ Rice cakes and veg sticks with houmous.

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- N** Kcal 1036.7 Carb 148.2 Fib 21.4 P 38.9  
Salt 1.3 Sugar 6.9 Vit C 30.4

## Friday

- B** Cereal and organic milk

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- L** Chickpea and vegetable biryani with naan  
Brownie

---

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

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

---

- N** Kcal 968.0 Carb 140.4 Fib 18.2 P 26.1  
Salt 0.9 Sugar 10.1 Vit C 54.1

**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 3 of 4 Menu



## Monday

- B** Cereal and organic milk

---

- L** Bean and pea risotto  
Fruit Sorbet

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

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- S** Milk and fruit/ breadsticks & veg sticks

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- N** Kcal 1015.9 Carb 158.1 Fib 24.2 P 25.4  
Salt 1.2 Sugar 1.7 Vit C 58.4

## Tuesday

- B** Cereal and organic milk

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

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- D** Green cheesy pasta  
Fruit platter

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

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- N** Kcal 972.1 Carb 150.81 Fib 18.7 P 38.8  
Salt 1.4 Sugar 14.2 Vit C 45.2

## Wednesday

- B** Cereal and organic milk

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- L** Lentil moussaka  
Cranberry and Apricot Squares

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

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- S** Milk and fruit / crumpet and spread with veg sticks and houmous

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- N** Kcal 993.5 Carb 142.1 Fib 16.2 P 37.9  
Salt 1.7 Sugar 3.9 Vit C 34.9

## Thursday

- B** Cereal and organic milk

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

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

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- S** Fruit and milk / Breadsticks and beanie dip

---

- N** Kcal 978.7 Carb 158.5 Fib 16.9 P 33.2  
Salt 1.0 Sugar 1.5 Vit C 44.6

## Friday

- B** Cereal and organic milk

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- L** Cauliflower and chickpea curry with wholegrain rice and naan  
Chocolate orange tofu pots

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- D** Broccoli minestrone  
Fruit, Yogurt, and milk smoothie

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- S** Fruit and milk / crumpet and spread

---

- N** Kcal 956.3 Carb 159.3 Fib 20.0 P 33.6  
Salt 1.9 Sugar 3.4 Vit C 31.2

**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 4 of 4 Menu



## Monday

- B** Cereal and organic milk
- 
- Vegetable and red lentil Dhansak with rice and naan
- L** Reduced sugar carrot cake
- 
- D** Tomoato 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  
Salt 0.9 Sugar 8.4 Vit C 85.9

## Tuesday

- B** Cereal and organic milk
- 
- Lentil Bolognese  
Blueberry sponge cake
- L**
- 
- Jacket potato with baked beans and cheese  
Pineapple and oranges
- D**
- 
- Milk and fruit / Crackers and beanie dip
- S**
- 
- Kcal 958.3 Carb 139.4 Fib 16.7 P 33.9  
Salt 1.4 Sugar 8.8 Vit C 36.0
- N**

## Wednesday

- B** Cereal and organic milk
- 
- Sweet potato pepper tikka with rice and naan  
Reduced sugar fruity flapjack
- L**
- 
- Cauliflower and broccoli bake  
Fruit sorbet
- D**
- 
- Fruit and milk / crackers and veg sticks with houmous
- S**
- 
- Kcal 1011.2 Carb 179.3 Fib 13.1 P 27.5  
Salt 1.4 Sugar 4.9 Vit C 81.6
- N**

## Thursday

- B** Cereal and organic milk
- 
- Macaroni cheese with broccoli and peas  
Chocolate and beetroot sponge
- L**
- 
- Chickpea and couscous salad  
Fruit platter
- D**
- 
- Fruit and milk/ rice cakes and vegetable sticks
- S**
- 
- Kcal 986.9 Carb 167.7 Fib 22.0 P 28.9  
Salt 0.9 Sugar 5.5 Vit C 69.1
- N**

## Friday

- B** Cereal and organic milk
- 
- Vegetarian Jambalaya  
Gingerbread sponge
- L**
- 
- Vegetarian Pesto Pasta  
Bananas & Pears with natural yogurt
- D**
- 
- Fruit and milk / Spicy Chickpea Dip and Pitta
- S**
- 
- Kcal 967.5 Carb 160.7 Fib 19.8 P 32.6  
Salt 1.2 Sugar 5.7 Vit C 61.9
- 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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