

Week 1 of 4 Menu



Monday

- B** Cereal and organic milk

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

- D** Tomato pasta primavera
Reduced sugar carrot cake

- 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** Roast chicken with roast potatoes & gravy
Fruit sorbet

- D** Filled tortilla wraps with cheese and salad
Fruit platter

- S** Milk and fruit / 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

Wednesday

- B** Cereal and organic milk

- L** Salmon and pea risotto
Fruit sorbet

- D** Jacket potato with baked beans & cheese
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 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

Friday

- B** Cereal and organic milk

- L** Summer pasta
Lime and ginger cheesecake

- D** Bean and pea risotto
Cheese cake

- 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)	

All the eggs we serve are free range.



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Week 2 of 4 Menu



Monday

- B** Cereal and organic milk
-
- Roast vegetable and red lentil pasta
Applejacks
- L**
-
- Summer vegetable tart
Mixed fruit platter
- D**
-
- Milk and fruit / spicy chickpea dip & pitta
- S**
-
- Kcal 987.3 Carb 153.5 Fib 12.5 P 25.8
N Sal 2.0 Sug 3.2 Vit C 64,4

Tuesday

- B** Cereal and organic milk
-
- Tuna pasta bake
Bananas and pears with yoghurt
- L**
-
- Milk and fruit / Crackers and spread
- D**
-
- Kcal 1052.0 Carb 154.6 Fib 15.2 P 48.6
S Sal 1.4 Sug 2.3 Vit C 40.9
-
- N**

Wednesday

- B** Cereal and organic milk
-
- Lamb 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 44.7
N Sal 1.9 Sug 13.7 Vit C 55.2

Thursday

- B** Cereal and organic milk
-
- Chickpea Korma with whole grain rice and naan
- L** Reduced sugar fruity flapjack
-
- Mushroom noodle broth
Rippled smoothie
- D**
-
- Milk and fruit / bagels with houmous
- S**
-
- Kcal 1011.2 Carb 179.3 Fib 13.1 P 27.5
N Sal 1.4 Sug 4.9 Vit C 81.6

Friday

- B** Cereal and organic milk
-
- Coconut chicken stir fry
Pineapple upside down cake and custard
- L**
-
- Selection of sandwiches and vegetable sticks
Fruit and oat sundaes.
- D**
-
- Milk and fruit / Oatcakes and spread
- S**
-
- Kcal 1033.0 Carb 134.2 Fib 16.6 P 39.8
N 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)	

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Week 3 of 4 Menu



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** 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

Wednesday

- B** Cereal and organic milk

- L** Fish pie and runner beans
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

Thursday

- 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 1034.5 Carb 159.6 Fib 19.5 P 42.4
Sal 1.7 Sug 7.5 Vit C 84.0

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

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** Cauliflower and chickpea curry with wholegrain rice and naan
Chocolate orange tofu puddings
-
- D** Milk and fruit / crackers and cream cheese
-
- S** Kcal 956.3 Carb 163 Fib 20 P 33.6
Sal 1.4 Sug 3.7 Vit C 57.7
-
- N**

Tuesday

- 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
-
- Kcal 1050.9 Carb 163.2 Fib 22.0 P 39.6
N Sal 1.4 Sug 3.7 Vit C 57.7

Wednesday

- B** Cereal and organic milk
-
- L** Moroccan lamb with couscous
Chocolate and beetroot sponge
-
- D** Sweet and sour chicken with noodles
Milk and fruit crackers with cream cheese
-
- Kcal 1050.9 Carb 163.2 Fib 22.0 P 29.6
S Sal 1.4 Sug 3.7 Vit C 57.7
-
- N**

Thursday

- B** Cereal and organic milk
-
- L** Chicken jambalaya
Pears with natural yoghurt
White fish pesto pasta
Reduced sugar gingerbread
-
- D** Milk and fruit / Pitta bread and cream cheese
-
- S** Kcal 954.5 Carb 141.3 Fib 14.1 P 45.9
Sal 1.1 Sug 5.2 Vit C 68.5
-
- N**

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
-
- Kcal 992.0 Carb 180.2 Fib 18.1 P 29.1
N Sal 1.9 Sug 9.7 Vit C 41.2

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 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** Chickpea Korma with whole grain rice and naan
Reduced sugar fruity flapjacks

- D** Mushroom noodle broth
Rippled smoothie

- S** Milk and fruit / Bagel and houmous

- N** Kcal 99.2 Carb 180.2 Fib 18.1 P 29.1
Sal 1.9 Sug 9.7 Vit C 41.2

Friday

- B** Cereal and organic milk

- L** Coconut tofu stir fry
Pineapple upside down cake and custard

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

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

- N** Kcal 1053.8 Carb 147.4 Fib 14.1 P 31.0
Sal 1.4 Sug 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 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
Lentil Bolognese
Blueberry sponge cake
-
- L** Jacket potato cheese and beans
Pineapple and oranges.
-
- D** Fruit platter
-
- S** Crackers and beanie dip
-
- N** Kcal 958.3 Carb 139.4 Fib 15.7 P 32.9
Sal 1.4 Sug 8.8 Vit C 36.0

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** Lemon and pepper Quorn
Reduced sugar carrot cake
-
- D** Green cheesy pasta
Fruit plater
-
- S** Milk and fruit
Bagel and spread with houmous
-
- 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

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** Cauliflower and chickpea curry with wholegrain rice and naan
Chocolate and beetroot sponge
- D** Broccoli minestrone
Fruit, yoghurt and milk smoothie
- S** Milk and fruit / crackers and cream cheese
- N** Kcal 956.3 Carb 159.3 Fib 20.0 P 33.6
Sal 1.9 Sug 3.4 Vit C 31.2

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** Moroccan veggie mince couscous
Chocolate and coconut flapjack
- D** Sweet and sour Quorn with noodles
Fruit salad
- S** Kcal 961 Carb 163.1 Fib 25.8 P 34.8
Sal 1.7 Sug 7.1 Vit C 51.1
- N**

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

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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