

Week 1 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 Milk and fruit / oatcakes, veg sticks & 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 Thai green chicken curry and rice
Chewy cranberry and apricot bites

D Wholemeal cheesy pasta with peas and carrots
Fruit salad

S Milk and fruit / 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

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 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

Friday

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

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

- L** Vegetable & red lentil Dhansak with rice & 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

Tuesday

- B** Cereal and organic milk

- L** Salmon and pea risotto
Fruit sorbet

- D** Jacket potato with baked beans and 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

Wednesday

- B** Cereal and organic milk

- L** Roast chicken with roast potatoes and gravy
Oat cookies

- D** Sandwich platter with vegetable sticks
Fruit platter

- S** Milk and fruit / Breadsticks and fruit

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

Thursday

- B** Cereal and organic milk

- L** Beef lasagne
Brownie

- D** Homemade chicken nuggets with mash & peas
Pineapple slices

- S** Milk and fruit / rice cakes

- N** Kcal 1050.4 Carb 134.3 Fib 12.5 P 34.3
Sal 0.8 Sug 23.5 Vit C 30.4

Friday

- B** Cereal and organic milk

- L** Lentil Bolognese
Blueberry sponge cake

- D** Jacket potato with baked beans and cheese
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

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** Salmon and pea risotto
Fruit sorbet
-
- D** Jacket potato with baked beans and cheese
Fruit salad
-
- S** Milk and fruit / breadsticks
-
- N** Kcal 1006.9 Carb 154.7 Fib 18.5 P 44.3
Sal 1.7 Sug 1.7 Vit C 31.3

Tuesday

- 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

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** Milk and fruit / breadsticks and 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** 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** Vegetable and red lentil Dhansak with rice and naan
Reduced sugar carrot cake
-
- D** Tomato 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
Sal 0.9 Sug 8.4 Vit C 85.9

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 4 of 4 Menu



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** Fishcakes and baked beans
Blueberry sponge cake
-
- D** Beef Calzone
Bananas and custard
-
- S** Milk and fruit / Oatcakes and spread
-
- N** Kcal 1026.6 Carb 143.7 Fib 12.5 P 42.0
Sal 1.8 Sug 15.7 Vit C 35.3

Wednesday

- 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 and beanie dip
-
- N** Kcal 953.5 Carb 166.3 Fib 17.1 P 27.1
Sal 0.9 Sug 0.9 Vit C 85.9

Thursday

- B** Cereal and organic milk
-
- L** Roast chicken with roast potatoes and gravy
Oat cookies
-
- D** Sandwich platter with vegetable sticks
Fruit platter
-
- S** Milk and fruit / Breadsticks and fruit
-
- 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** Beef lasagne with peas
Fresh fruit and ice cream
-
- D** Mixed bean chilli and jacket potato
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

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** 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** Thai green Quorn curry and rice
Chocolate and raspberry chia seed pudding

- D** Wholemeal cheesy pasta with peas and carrots
Fruit salad

- S** Fruit and milk / Rice cake, vegetable sticks and houmous

- N** Kcal 1018.0 Carb 161.1 Fib 20.9 P 37.2
Sal 1.3 Sug 1.5 Vit C 54.2

Wednesday

- B** Cereal and organic milk

- L** Bean and vegetable pie
Banana pancakes

- D** Pitta pizza
Fruit salad

- S** Milk and fruit / breadsticks

- N** Kcal 1047.0 Carb 174.9 Fib 26.0 P 49.7
Sal 1.6 Sug 2.1 Vit C 36.6

Thursday

- B** Cereal and organic milk

- L** Lentil Bolognese
Blueberry sponge cake

- D** Jacket potato with baked beans and cheese
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

Friday

- 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 and cornflakes

- S** Fruit and milk / bread sticks 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

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

Vegetable and red lentil dhansak with rice and naan

L 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

Tuesday

B Cereal and organic milk

Bean and pea risotto
Fruit sorbet

L Jacket potato, baked beans and cheese
D 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

Wednesday

B Cereal and organic milk

Lentil roast with roast potatoes and gravy
Courgette and lime cake

L Filled pitta with homemade dip & vegetable sticks
D Fruit salad and yoghurt

S Milk and fruit / bagel and spread & 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

Vegetable lasagne
Brownie

L Homemade bean nuggets with mash and peas
D Pineapple slices

S Milk and fruit / Rice cakes and spicy chickpea dip

N Kcal 1054.2 Carb 141.5 Fib 19.7 P 34.0
Sal 1.0 Sug 9.9 Vit C 46.8

Friday

B Cereal and organic milk

Vegetable Bolognese with spaghetti
Tofu trifle

L Mushroom risotto
D Mixed fruit platter

S Milk and fruit / 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 3 of 4 Menu

VEGETARIAN



Monday

B Cereal and organic milk

Bean and pea risotto
Fruit sorbet

L

Jacket potato, baked beans and cheese
Fruit salad

D

Milk and fruit / breadsticks and veg sticks

S

N Kcal 1015.9 Carb 158.1 Fib 24.2 P 25.4
Sal 1.2 Sug 1.7 Vit C 58.4

Tuesday

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

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

Wednesday

B Cereal and organic milk

Quorn roast with vegetables and gravy
Oat and sultana cookie

L

Couscous and chickpea salad
Seasonal fruit salad with yoghurt

D

Milk and fruit / bagel and spread

S

N Kcal 1014.5 Carb 176.4 Fib 20.7 P 40.5
Sal 1.9 Sug 9.2 Vit C 43.7

Thursday

B Cereal and organic milk

Vegetable chilli with rice
Fairy cakes

L

Quorn and sweetcorn wraps
Chopped mixed fruit

D

Milk and fruit / rice cakes

S

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

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

L

Tomato pasta Primavera
Bananas and custard

D

Fruit and milk / Bagel and beanie dip

S

N Kcal 953.5 Carb 166.3 Fib 17.1 P 27.1
Sal 0.9 Sug 8.4 Vit C 85.9

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 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** 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

Wednesday

- B** Cereal and organic milk
-
- L** Vegetable & red lentil Dhansak with rice & naan
Reduced sugar carrot cake
-
- D** Tomato pasta primavera
Banana 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 and organic milk
-
- L** Lentil roast with roast potatoes and gravy
Courgette and lime cake
-
- D** Filled pitta with homemade dip & vegetable sticks
Fruit salad and yoghurt
-
- S** Milk and fruit / bagel and spread & chopped plum
-
- N** Kcal 1006.0 Carb 183.3 Fib 283.5 P 44.1
Sal 1.3 Sug 7.8 Vit C 56.4

Friday

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

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Nutrition guide

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Protein (P)	Salt (Sal)
NME sugars (Sug)	NSP fibre (Fib)
Vitamin C (Vit C)	

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