

# Week 1 of 4 Menu



## Monday

- B** Cereal and organic milk

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- L** Sweet potato pepper tikka with rice and naan  
Fruit sorbet

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- D** Cauliflower and broccoli bake.  
Reduced sugar flapjack.

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- S** Milk and fruit/ Crackers and veg with houmous.

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- 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

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- L** Pork tagine with rice  
Fruit salad

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- D** BBQ chicken noodles  
Eve's pudding

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- S** Milk and fruit / muffin and spread.

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- N** Kcal 1038.0, Carb 143.4, Fib 12.1, P 40.5,  
Sal 1.7, Sug 5.3, Vit c 49.3

## Wednesday

- B** Cereal and organic milk

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

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- D** Sandwich platter with vegetable sticks  
Fruit platter

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- S** Fruit and milk/ Bread sticks, dip and fruit

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- 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

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- L** Tuna pasta bake.  
Banana and pears with yoghurt

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- D** Chicken and pepper risotto  
Chocolate orange sweet potato brownies

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- S** Milk and fruit / crackers and spread.

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- N** Kcal 1052.0, Carb 154.6, Fib 15.2, P 48.6,  
Sal 1.4, Sug 2.3, Vit c 40.9

## Friday

- B** Cereal and organic milk

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- L** Vegetable lasagne  
Pineapple slices

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- D** Homemade bean nuggets with mash & peas  
Brownie

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- S** Milk and fruit/ Rice cakes with chickpea dip

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- N** Kcal 1054.2, Carb 141.5, Fib 19.7, P 34.0,  
Sal 1.0 Sug 9.9 Vit c 46.3

**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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- Moroccan lamb with cous cous
- L** Fruit salad

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- D** Lentil bolognese.  
Chocolate and coconut flapjack

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

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- N** Kcal 1017.1, Carb 153.4, Fib 19.8, P 35.9,  
Sal 0.8, sug 5.3, vit c 35.7

## Tuesday

- B** Cereal and organic milk

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- Chickpea and korma with brown rice.
- L** Mixed fruit platter

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- D** Veggie calzone  
Fruity pancake bars

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

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- N** Kcal 959.1, Carb 138, Fib 17.7, P 34.5, Sal  
1.2 Sug 4.8, vit c 40.5

## Wednesday

- B** Cereal and organic milk

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- Sweet and sour chicken noodles  
Yoghurt and dates
- L**

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- Broccoli and tuna pasta
- D** Chocolate and coconut flapjack

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- S** Fruit and milk / Oatcakes and spread

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

## Thursday

- B** Cereal and organic milk

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- Vegetable chilli and rice
- L** Chopped mixed fruit.

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- D** Quorn and sweetcorn wraps  
Fairy cakes

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- S** Milk and fruit / Rice cakes

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- 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

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- Fish pie and runner beans
- L** Fruit salad

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- D** Pitta pizza  
Coconut and chia seed loaf

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- S** Milk and fruit / Bagel and spread

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- 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 3 of 4 Menu



## Monday

- B** Cereal and organic milk

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- L** Lemon and pepper Quorn  
Fruit Platter

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- D** Green cheesy pasta  
Reduced sugar carrot cake.

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

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- N** Kcal 972.1, Carb 150.8, Fib 18.7, P 38.8, Sal 1.4, Sug 14.2, Vit c 45.2

## Tuesday

- B** Cereal and organic milk

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- L** Crispy chicken katsu with wholegrain rice  
Seasonal fruit salad

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- D** Beef in black bean with noodles  
Reduced sugar fruit cookie

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- S** Fruit and milk/ toasted fruit bread with spread

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- N** Kcal 1012.5, Carb 147.0, Fib 12.2, P 45.2, Sal 1.7 Sug 4.2, Vit c46.4

## Wednesday

- B** Cereal and organic milk

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- L** Lamb chilli with rice  
Oat and banana balls

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- D** Pitta pizza  
Chopped mixed fruit

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- S** Milk and fruit/ Bagel and spread

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- N** Kcal 1053.4, Carb 178.9, Fib 21.38, P 43.3, Sal 1.4, Sug 3.5, Vit c 62.6

## Thursday

- 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** Milk and fruit / breadsticks & dip

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- N** Kcal 1006.9, Carb 154.7, Fib 18.5, P44.3  
Sal 1.7, Sug 1.7, Vit c 31.3

## Friday

- B** Cereal and organic milk

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- L** Summer pasta  
Lime and ginger cheesecake

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- D** Bean and pea risotto  
Yoghurt and dates

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- S** Fruit and milk / Oat Cakes and veg sticks with beanie dip

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- 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 4 of 4 Menu



## Monday

- B** Cereal and organic milk

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- L** Fish fingers, mash and peas  
Apple, chia seed and cinnamon muffins

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- D** Cauliflower and chickpea curry, naan and wholegrain rice  
Fruit platter

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- S** Milk and fruit/ oatcakes and spread

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- N** Kcal 1007.7, Carb 147.0, Fib 17.9, P 31.3, Sal 1.3, Sug 9.2, Vit c 30.4

## Tuesday

- 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 and yoghurt with toasted oats and cornflakes

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

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- N** Kcal 978.7, Carb 158.5, Fib 16.9, P 33.2, Sal 1.0, Sug 8.4, Vit c 44.6

## Wednesday

- B** Cereal and organic milk

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

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- D** Chickpea and cous cous salad  
Fruit platter

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

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- N** Kcal 986.9, Carb 167.7, Fib 22.0, P 28.9, Sal 0.9, Sug 5.5, Vit c 69.1

## Thursday

- B** Cereal and organic milk

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- L** Roast beef dinner  
Oaty muffins

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- D** Mushroom and chicken cacciatore  
Banana and pears in yoghurt

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

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- N** Kcal 988.7, Carb 135.4, Fib 16.5, P 49.7, Sal 1.8 Sug 0.6, Vit c 82.1

## Friday

- B** Cereal and organic milk

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

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- D** Whole meal cheesy pasta & peas with carrots  
Fruit salad

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- S** Fruit and milk/ rice cake and vegetables sticks

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- N** Kcal 1042.8, Carb 165.5, Fib 17.8, P 43.1, Sal 0.9, sug 2.2, Vit c 48.9

**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)	

All the eggs we serve are free range.



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# Week 1 of 4 Menu

## Monday

**B** Cereal and organic milk

**L** Sweet potato pepper tikka with rice and naan  
Fruit sorbet

**D** Cauliflower and broccoli bake.  
Reduced sugar flapjack.

**S** Milk and fruit/ crackers and veg 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** Bean tagine with rice  
Fruit salad

**D** BBQ chickpeas with noodles  
Eves pudding

**S** Milk and fruit/ muffin and spread.

**N** Kcal 1038.0, carb 143.4, fib 12.1, p 40.5, sal 1.7, sug 5.3, bit c 49.3

## Wednesday

**B** Cereal and organic milk

**L** Quorn roast with vegetables and gravy  
Oat and sultana cookie

**D** Cous cous and chickpea salad  
Seasonal fruit salad with yoghurt

**S** Fruit and milk/ 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

# VEGETARIAN



## Thursday

**B** Cereal and organic milk

**L** Tofu tuna pasta bake.  
Bananas and pear with yoghurt

**D** Bean and pepper risotto  
Chocolate orange brownies

**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

## Friday

**B** Cereal and organic milk

**L** Vegetable lasagna  
Pineapple slices

**D** Homemade bean nuggets with mash and peas  
Brownie

**S** Milk and fruit/ Rice cakes with chickpea dip

**N** Kcal 1054.2, Carb 141.5, Fib 19.7, P 34.0  
Sal 1.0, Sug 9.9, Vit c 46.3

**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



## VEGETARIAN

### Monday

- B** Cereal and organic milk

---

- L** Moroccan veggie mince with cous cous  
Fruit salad

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- D** Lentil Bolognese  
Chocolate and coconut flapjack

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- S** Milk and fruit/ Rice cakes and veg sticks

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- N** Kcal 1036.7, Carb 148.2, Fib 21.4, P 38.9,  
Sal 1.3, Sug 6.9, Vit c 30.4

### Tuesday

- B** Cereal and organic milk

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- L** Chickpea and korma with brown rice  
Mixed fruit platter

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- D** Veggie Calzone  
Fruity pancake bars

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

---

- N** Kcal 959.1, Carb 138, Fib 17.7, P 34.5, Sal 1.2, Sug 4.8, Vit c 40.5

### Wednesday

- B** Cereal and organic milk

---

- L** Chickpea sweet and sour noodles  
Yoghurt and dates

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- D** Cheese and broccoli Pasta  
Chocolate and coconut flapjack

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- S** Fruit and milk/ Oatcakes and spread

---

- N** Kcal 1053.8, Carb 155.2, Fib 17.3, P 31.5,  
Sal 1.3, Sug 15.5, Vit c 67.4

### Thursday

- B** Cereal and organic milk

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- L** Vegetable chilli and rice  
Chopped mixed fruit

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- D** Quorn and sweetcorn wraps  
Fairy cakes

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- 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

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- L** Bean and vegetable pie  
Fruit salad

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- D** Pitta pizza  
Banana pancakes

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- S** Milk and fruit/ Breadsticks

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- N** Kcal 1047.0, Carb 174.9, Fib 26.0, P 49.7,  
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)	

All the eggs we serve are free range.



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# Week 3 of 4 Menu



## VEGETARIAN

### Monday

- B** Cereal and organic milk

---

- L** Lemon and pepper Quorn  
Fruit platter

---

- L** Green cheesy pasta

---

- D** Reduced sugar carrot cake

---

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

---

- N** Kcal 972.1, Carb 150.8, Fib 18.7, P 38.8  
Sal 1.4, Sug 14.2, Vit c 45.2

### Tuesday

- B** Cereal and organic milk

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- L** Crispy Cauliflower katsu  
Seasonal Fruit salad

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- D** Quorn and black bean with noodles  
Sugar free fruit cookie

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- S** Fruit and milk/ Toasted fruit bread with spread

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- N** Kcal 1043.3, Carb 167.1, Fib 19.9, P 41.3,  
Sal 1.7, Sug 4.2, Vit c 48.3

### Wednesday

- B** Cereal and organic milk

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- L** Veggie chili with rice  
Oat and banana balls

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- D** Quorn and sweetcorn wraps  
Chopped mixed fruit.

---

- S** Milk and fruit/ Bagel and spread.

---

- N** Kcal 1045.8, Carb 167.3, Fib 22.0, P 46.8,  
Sal 0.9, Sug 4.8, Vit c 60.6

### Thursday

- B** Cereal and organic milk

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- L** Bean and pea risotto  
Fruit sorbet

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

---

- S** Milk and fruit/ Breadsticks & dip

---

- N** Kcal 1015.9, Carb 158.1, Fib 24.2, p 25.4  
Sal 1.2, Sug 1.7, Vit c 58.4

### Friday

- B** Cereal and organic milk

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- L** Summer pasta  
Lime and ginger cheesecake

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- 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,  
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 4 of 4 Menu

# VEGETARIAN



## Monday

- B** Cereal and organic milk

---

- L** Fishless fingers, mash, and peas  
Apple, chia seed and cinnamon muffins

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- D** Cauliflower and chickpea curry, naan and wholegrain rice  
Fruit platter

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- S** Milk and fruit/ oatcakes and spread.

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- N** Kcal 1013.6, Carb 159.7, Fib 18.5, P 28.3, Sal 1.1, Sug 9.2, Vit c 34.8

## Tuesday

- B** Cereal and organic milk

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

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

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- 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 8.4, Vit c 44.6

## Wednesday

- B** Cereal and organic milk

---

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

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- D** Chickpea and cous cous 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

## Thursday

- B** Cereal and organic milk

---

- L** Lentil roast dinner  
Oaty muffins

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- D** Mushroom and chickpea cacciatore  
Bananas and pears in yoghurt

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- S** Milk and fruit/ Oat cakes and spread with beanie dip.

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- N** Kcal 992.8, Carb 146.3, Fib 27.2, P 36.7, Sal 0.9, Sug 0.6, Vit c 85.5

## Friday

- B** Cereal and organic milk

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- L** Thai green Quorn curry and rice  
Chewy cranberry and apricot bites

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

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

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

**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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