

Week 1 of 4 Menu



Monday

B	Cereal and organic milk
L	Bean and pea risotto Fruit sorbet
D	Jacket potato, baked beans and cheese Fruit salad
S	Milk & Fruit / Bread sticks, dip & veg sticks
N	Kcal: 1015.9 P:25.4 Carb: 158.1 Sal: 1.2 Fibre: 24.2 Sugar: 1.7 Vit C: 58.4

Tuesday

B	Cereal and organic milk
L	Salmon and broccoli pasta Chocolate and beetroot sponge cake
D	Chickpea and couscous salad Fruit salad
S	Milk & Fruit / Rice cakes & vegetable sticks
N	Kcal: 1032.9 P: 31.9 Carb: 177.9 Sal: 1.0 Fibre: 23.0 Sugar: 6.2 Vit C: 53.4

Wednesday

B	Cereal and organic milk
L	Roast chicken, potatoes, vegetables & gravy Oat cookies
D	Sandwich platter with vegetable sticks Fruit platter
S	Milk & Fruit / Breadsticks, dip and fruit
N	Kcal: 1034.5 P:42.4 Carb: 159.6 Sal: 1.7 Fibre: 19.5 Sugar: 7.5 Vit C: 84.0

Thursday

B	Cereal and organic milk
L	Chickpea and vegetable biryani with naan Brownie
D	Tomato pasta with beans and peas Fruit salad
S	Milk & Fruit / Oat cakes, vegetable sticks and beanie dip
N	Kcal: 968.0 P: 26.1 Carb: 140.4 Sal: 0.9 Fibre: 18.2 Sugar: 10.1 Vit C: 54.4

Friday

B	Cereal and organic milk
L	Lamb bolognese. Blueberry sponge cake
D	Jacket potato, beans and cheese Pineapple and oranges
S	Milk & Fruit / Bagel and cream cheese
N	Kcal: 1020.3 P:36.9 Carb: 135.1 Sal: 1.5 Fibre: 16.8 Sugar: 15.2 Vit C: 76.4

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)	

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

- L** Roasted vegetable and red lentil pasta.
Applejacks

- D** Summer vegetable tart
Mixed fruit platter

- S** Milk & Fruit / Spicy chickpea dip and pitta

- N**

Kcal: 987.3	P:25.8
Carb: 153.5	Sal: 2.0
Fibre: 12.5	Sugar: 3.2
	Vit C: 64.4

Tuesday

- B** Cereal and organic milk

- L** Summer pasta
Lime and ginger cheesecake

- D** Bean and pea risotto
Yoghurt and dates

- S** Milk & Fruit / Oat cakes, vegetable sticks and beanie dip

- N**

Kcal: 998.5	P:39.1
Carb: 137.6	Sal: 1.0
Fibre: 21.5	Sugar: 11.7

Wednesday

- B** Cereal and organic milk

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

- D** Green cheesy pasta
Fruit platter

- S** Milk & Fruit / Bagel and spread.

- N**

Kcal: 959.6	P: 42.5
Carb: 141.7	Sal: 0.9
Fibre: 16.2	Sugar: 10.1
	Vit C: 94.7

Thursday

- B** Cereal and organic milk

- L** Fishcakes and baked beans
Blueberry sponge cake

- D** Lamb calzone
Bananas and custard

- S** Milk & Fruit / Oat cakes and spread.

- N**

Kcal:1026.6	P:42.0
Carb:143.7	Sal: 1.8
Fibre:12.5	Sugar: 15.7
	Vit C: 35.3

Friday

- B** Cereal and organic milk

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

- D** Lentil bolognaise
Milk & Fruit / Fruit salad

- S** Rice cakes and vegetable sticks

- N**

Kcal: 1017.1	P:35.9
Carb: 153.4	Sal: 0.8
Fibre: 19.8	Sugar: 5.3
	Vit C: 35.7

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 3 of 4 Menu



Monday

- B** Cereal and organic milk
- Sweet potato and pepper tikka with rice and naan
- L** Reduced sugar fruity flapjack.
- Cauliflower and broccoli bake.
- D** Fruit sorbet
- S** Milk & Fruit / Crackers, vegetable sticks and humous
- N** Kcal: 1011.2 P:27.5
Carb: 179.3 Sal: 1.4
Fibre: 13.1 Sugar: 4.9
Vit C: 81.6

Tuesday

- B** Cereal and organic milk
- Sardine bolognaise.
Chocolate and beetroot sponge
- L** Sweet and sour chicken with noodles
Fruit salad
- D** Milk & Fruit / Crackers and cream cheese
- S** Kcal: 1050.9 P:39.6
Carb: 163.2 Sal: 1.4
Fibre: 22.0 Sugar: 3.7
Vit C: 57.7

Wednesday

- B** Cereal and organic milk
- Lamb lasagne with peas
Fruit and ice cream
- L** Mixed bean chili and jacket potato
Fruit platter
- D** Milk & Fruit / Breadsticks & dip
- S** Kcal: 1051.3 P:43.4
Carb: 161.1 Sal: 1.0
Fibre: 22.3 Sugar: 13.1
Vit C: 48.0

Thursday

- B** Cereal and organic milk
- Vegetable and red lentil dhansak with rice and naan
- L** Reduced sugar carrot cake
- D** Tomato pasta primavera
Banana and custard
- S** Milk & Fruit / Bagel and beanie dip
- N** Kcal: 953.5 P:27.1
Carb: 166.3 Sal: 0.9
Fibre: 17.1 Sugar: 8.4
Vit C: 85.9

Friday

- B** Cereal and organic milk
- Roast chicken, potatoes, vegetables & gravy
Fruit sorbet
- L** Filled tortilla wraps with salad
Fruit platter
- D** Milk & Fruit / Breadsticks, dip and fruit
- S** Kcal: 1044.0 P:44.4
Carb: 159.5 Sal: 1.9
Fibre: 19.1 Sugar: 2.2
Vit C: 39.2

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
-
- Tuna pasta bake.
Chocolate orange sweet potato brownies
- L**
-
- Chicken and pepper risotto
- D** Banana and pears with yoghurt
-
- Milk & Fruit / Crackers and spread.
- S**
-
- N** Kcal: 1052.0 P:48.6
Carb: 154.6 Sal: 1.4
Fibre: 15.2 Sugar: 2.3
Vit C: 40.9

Tuesday

- B** Cereal and organic milk
-
- Chickpea sweet and sour noodles
Chocolate and coconut flapjack
- L**
-
- Cheese and broccoli pasta
- D** Yoghurt and dates
-
- Milk & Fruit / Rice cakes
- S**
-
- N** Kcal: 1053.8 P:31.5
Carb: 155.2 Sal: 1.3
Fibre: 17.3 Sugar: 15.5
Vit C: 67.4

Wednesday

- B** Cereal and organic milk
-
- lamb chili with rice
Oat and banana balls
- L**
-
- Pitta pizza
- D** Chopped mixed fruit.
-
- Milk & Fruit / Bagel and spread.
- S**
-
- N** Kcal: 1053.4 P:43.3
Carb: 178.9 Sal: 1.4
Fibre: 21.3 Sugar: 3.5
Vit C: 62.6

Thursday

- B** Cereal and organic milk
-
- Vegetable lasagna and garlic bread
Courgette and lime cake
- L**
-
- Chickpea and vegetable rice salad
- D** Berries and yoghurt with toasted oats and cornflakes
-
- Milk & Fruit / Breadsticks and beanie dip
- S**
-
- N** Kcal: 978.7 P:33.2
Carb: 158.5 Sal: 1.0
Fibre: 16.9 Sugar: 1.5
Vit C: 44.6

Friday

- B** Cereal and organic milk
-
- Thai green chicken curry with rice
Chewy cranberry and apricot bites
- L**
-
- Wholemeal cheesy pasta with peas and carrots
- D** Fruit salad
-
- Milk & Fruit / Rice cakes and vegetable sticks
- S**
-
- N** Kcal: 1042.8 P: 43.1
Carb: 165.5 Sal: 0.9
Fibre: 17.8 Sugar: 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)	

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Week 1 of 4 Menu



Monday

B	Cereal and organic milk								
L	Bean and pea risotto Fruit sorbet								
D	Jacket potato, baked beans and cheese Fruit salad								
S	Milk & Fruit / Bread sticks & vegetable sticks								
N	<table border="0"> <tr> <td>Kcal: 1015.9</td> <td>P:25.4</td> </tr> <tr> <td>Carb: 158.1</td> <td>Sal: 1.2</td> </tr> <tr> <td>Fibre: 24.2</td> <td>Sugar: 1.7</td> </tr> <tr> <td></td> <td>Vit C: 58.4</td> </tr> </table>	Kcal: 1015.9	P:25.4	Carb: 158.1	Sal: 1.2	Fibre: 24.2	Sugar: 1.7		Vit C: 58.4
Kcal: 1015.9	P:25.4								
Carb: 158.1	Sal: 1.2								
Fibre: 24.2	Sugar: 1.7								
	Vit C: 58.4								

Tuesday

B	Cereal and organic milk								
L	Macaroni cheese with broccoli and peas Chocolate and beetroot sponge cake								
D	Chickpea and couscous salad Fruit salad								
S	Fruit & Milk / Rice cakes & vegetable sticks								
N	<table border="0"> <tr> <td>Kcal: 986.9</td> <td>P: 28.9</td> </tr> <tr> <td>Carb: 167.7</td> <td>Sal: 0.9</td> </tr> <tr> <td>Fibre: 22.0</td> <td>Sugar: 5.5</td> </tr> <tr> <td></td> <td>Vit C: 69.1</td> </tr> </table>	Kcal: 986.9	P: 28.9	Carb: 167.7	Sal: 0.9	Fibre: 22.0	Sugar: 5.5		Vit C: 69.1
Kcal: 986.9	P: 28.9								
Carb: 167.7	Sal: 0.9								
Fibre: 22.0	Sugar: 5.5								
	Vit C: 69.1								

Wednesday

B	Cereal and organic milk								
L	Roast Quorn, potatoes, vegetables & gravy Oat and sultana cookie								
D	Couscous and chickpea salad Fruit platter with yoghurt								
S	Milk & Fruit / Bagel and spread								
N	<table border="0"> <tr> <td>Kcal: 1014.5</td> <td>P:40.5</td> </tr> <tr> <td>Carb: 176.4</td> <td>Sal: 1.9</td> </tr> <tr> <td>Fibre: 20.7</td> <td>Sugar: 9.2</td> </tr> <tr> <td></td> <td>Vit C: 43.7</td> </tr> </table>	Kcal: 1014.5	P:40.5	Carb: 176.4	Sal: 1.9	Fibre: 20.7	Sugar: 9.2		Vit C: 43.7
Kcal: 1014.5	P:40.5								
Carb: 176.4	Sal: 1.9								
Fibre: 20.7	Sugar: 9.2								
	Vit C: 43.7								

Thursday

B	Cereal and organic milk								
L	Chickpea and vegetable biryani with naan Brownie								
D	Tomato pasta with beans and peas Fruit salad								
S	Milk & Fruit / Oat cakes, vegetable sticks and beanie dip								
N	<table border="0"> <tr> <td>Kcal: 968.0</td> <td>P: 26.1</td> </tr> <tr> <td>Carb: 140.4</td> <td>Sal: 0.9</td> </tr> <tr> <td>Fibre: 18.2</td> <td>Sugar: 10.1</td> </tr> <tr> <td></td> <td>Vit C: 54.1</td> </tr> </table>	Kcal: 968.0	P: 26.1	Carb: 140.4	Sal: 0.9	Fibre: 18.2	Sugar: 10.1		Vit C: 54.1
Kcal: 968.0	P: 26.1								
Carb: 140.4	Sal: 0.9								
Fibre: 18.2	Sugar: 10.1								
	Vit C: 54.1								

Friday

B	Cereal and organic milk								
L	Lentil bolognaise. Blueberry sponge cake								
D	Jacket potato, beans and cheese Pineapple and oranges								
S	Milk & Fruit / Crackers & beanie dip								
N	<table border="0"> <tr> <td>Kcal: 958.3</td> <td>P:33.9</td> </tr> <tr> <td>Carb: 139.4</td> <td>Sal: 1.4</td> </tr> <tr> <td>Fibre: 16.7</td> <td>Sugar: 8.8</td> </tr> <tr> <td></td> <td>Vit C: 36.0</td> </tr> </table>	Kcal: 958.3	P:33.9	Carb: 139.4	Sal: 1.4	Fibre: 16.7	Sugar: 8.8		Vit C: 36.0
Kcal: 958.3	P:33.9								
Carb: 139.4	Sal: 1.4								
Fibre: 16.7	Sugar: 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 2 of 4 Menu



Monday

B	Cereal and organic milk								
L	Roasted vegetable and red lentil pasta. Applejacks								
D	Summer vegetable tart Mixed fruit platter								
S	Milk & Fruit / Spicy chickpea dip and pitta								
N	<table border="0"> <tr> <td>Kcal: 987.3</td> <td>P:25.8</td> </tr> <tr> <td>Carb: 153.5</td> <td>Sal: 2.0</td> </tr> <tr> <td>Fibre: 12.5</td> <td>Sugar: 3.2</td> </tr> <tr> <td></td> <td>Vit C: 64.4</td> </tr> </table>	Kcal: 987.3	P:25.8	Carb: 153.5	Sal: 2.0	Fibre: 12.5	Sugar: 3.2		Vit C: 64.4
Kcal: 987.3	P:25.8								
Carb: 153.5	Sal: 2.0								
Fibre: 12.5	Sugar: 3.2								
	Vit C: 64.4								

Tuesday

B	Cereal and organic milk								
L	Sumer pasta Lime and ginger cheesecake								
D	Bean and pea risotto Yoghurt and dates								
S	Milk & Fruit / Oat cakes, vegetable sticks and beanie dip								
N	<table border="0"> <tr> <td>Kcal: 998.5</td> <td>P:39.1</td> </tr> <tr> <td>Carb: 137.6</td> <td>Sal: 1.0</td> </tr> <tr> <td>Fibre: 21.5</td> <td>Sugar: 11.7</td> </tr> <tr> <td></td> <td>Vit C: 50.7</td> </tr> </table>	Kcal: 998.5	P:39.1	Carb: 137.6	Sal: 1.0	Fibre: 21.5	Sugar: 11.7		Vit C: 50.7
Kcal: 998.5	P:39.1								
Carb: 137.6	Sal: 1.0								
Fibre: 21.5	Sugar: 11.7								
	Vit C: 50.7								

Wednesday

B	Cereal and organic milk								
L	Lemon and pepper Quorn Reduced sugar carrot cake.								
D	Green cheesy pasta Fruit platter								
S	Milk & Fruit / Bagel and spread with houmous								
N	<table border="0"> <tr> <td>Kcal: 972.1</td> <td>P: 38.8</td> </tr> <tr> <td>Carb: 150.8</td> <td>Sal: 1.4</td> </tr> <tr> <td>Fibre: 18.7</td> <td>Sugar: 14.2</td> </tr> <tr> <td></td> <td>Vit C: 45.2</td> </tr> </table>	Kcal: 972.1	P: 38.8	Carb: 150.8	Sal: 1.4	Fibre: 18.7	Sugar: 14.2		Vit C: 45.2
Kcal: 972.1	P: 38.8								
Carb: 150.8	Sal: 1.4								
Fibre: 18.7	Sugar: 14.2								
	Vit C: 45.2								

Thursday

B	Cereal and organic milk								
L	Veggiecakes and baked beans Blueberry sponge cake								
D	Veggie mince calzone Bananas and custard								
S	Milk & Fruit / Oat cakes and spread.								
N	<table border="0"> <tr> <td>Kcal:1037.8</td> <td>P:40.8</td> </tr> <tr> <td>Carb:155.5</td> <td>Sal: 1.7</td> </tr> <tr> <td>Fibre:17.0</td> <td>Sugar: 15.7</td> </tr> <tr> <td></td> <td>Vit C: 35.3</td> </tr> </table>	Kcal:1037.8	P:40.8	Carb:155.5	Sal: 1.7	Fibre:17.0	Sugar: 15.7		Vit C: 35.3
Kcal:1037.8	P:40.8								
Carb:155.5	Sal: 1.7								
Fibre:17.0	Sugar: 15.7								
	Vit C: 35.3								

Friday

B	Cereal and organic milk								
L	Moroccan veggie mince with couscous Chocolate and coconut flapjack								
D	Lentil bolognaise Fruit salad								
S	Milk & Fruit / Rice cakes & vegetable sticks								
N	<table border="0"> <tr> <td>Kcal: 1036.7</td> <td>P:38.9</td> </tr> <tr> <td>Carb: 148.2</td> <td>Sal: 1.3</td> </tr> <tr> <td>Fibre: 21.4</td> <td>Sugar: 6.9</td> </tr> <tr> <td></td> <td>Vit C: 30.4</td> </tr> </table>	Kcal: 1036.7	P:38.9	Carb: 148.2	Sal: 1.3	Fibre: 21.4	Sugar: 6.9		Vit C: 30.4
Kcal: 1036.7	P:38.9								
Carb: 148.2	Sal: 1.3								
Fibre: 21.4	Sugar: 6.9								
	Vit C: 30.4								

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 3 of 4 Menu



Monday

- B** Cereal and organic milk

- Sweet potato and pepper tikka with rice and naan
- L** Reduced sugar fruity flapjack.

- Cauliflower and broccoli bake.
- D** Fruit sorbet

- Milk & Fruit / Crackers, vegetable sticks and humous

- N** Kcal: 1011.2 P:27.5
 Carb: 179.3 Sal: 1.4
 Fibre: 13.1 Sugar: 4.9
 Vit C: 81.6

Tuesday

- B** Cereal and organic milk

- Lentil bolognaise.
Chocolate and beetroot sponge
- L** Sweet and sour Quorn with noodles

- D** Fruit salad

- Milk & Fruit / Crackers and cream cheese

- S** Kcal: 961.0 P:34.8
 Carb: 163.1 Sal: 1.7

- N** Fibre: 25.8 Sugar: 7.1
 Vit C: 51.1

Wednesday

- B** Cereal and organic milk

- Vegetable lasagne with peas
Fruit and ice cream
- L** Mixed bean chili and jacket potato

- D** Fruit platter

- Milk & Fruit / Breadsticks & dip

- S** Kcal: 1009.0 P:38.7
 Carb: 170.6 Sal: 0.9

- N** Fibre: 24.7 Sugar: 8.5
 Vit C: 51.1

Thursday

- B** Cereal and organic milk

- Vegetable and red lentil dhansak with rice and naan
- L** Reduced sugar carrot cake

- Tomato pasta primavera
- D** Banana and custard

- Milk & Fruit / Bagel and beanie dip

- N** Kcal: 953.5 P:27.1
 Carb: 166.3 Sal: 0.9
 Fibre: 17.1 Sugar: 8.4
 Vit C: 85.9

Friday

- B** Cereal and organic milk

- Lentil roast, potatoes, vegetables and gravy
Courgette and lime cake
- L** Filled pitta with homemade dip & veg sticks

- D** Fruit platter

- Milk & Fruit / Bagel, spread and chopped plum

- S** Kcal: 1006.0 P:44.1
 Carb: 183.3 Sal: 1.3

- N** Fibre: 28.5 Sugar: 7.8
 Vit C: 56.4

B – Breakfast **L** – Lunch **D** – Dinner **S** – Snacks **N** – Nutrition

Nutrition guide

Calories (Kcal)	Carbohydrates (Carb)
Protein (P)	Salt (Sal)
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Vitamin C (Vit C)	

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Week 4 of 4 Menu



Monday

- B** Cereal and organic milk
-
- L** Tofu pasta bake.
Chocolate orange sweet potato brownies
-
- L** Bean and pepper risotto
-
- D** Banana and pears with yoghurt
-
- S** Milk & Fruit / Crackers and spread
-
- N** Kcal: 955.1 P:38.9
Carb: 137.4 Sal: 1.3
Fibre: 21.9 Sugar: 2.3
Vit C: 45.9

Tuesday

- B** Cereal and organic milk
-
- L** Chickpea sweet and sour noodles
Chocolate and coconut flapjack
-
- D** Cheese and broccoli pasta
Yoghurt and dates
-
- S** Milk & Fruit / Rice cakes
-
- N** Kcal: 1053.8 P:31.5
Carb: 155.2 Sal: 1.2
Fibre: 17.3 Sugar: 15.5
Vit C: 67.4

Wednesday

- B** Cereal and organic milk
-
- L** Vegetable chili with rice
Fairy cakes
-
- D** Quorn and sweetcorn wraps
Chopped mixed fruit.
-
- S** Milk & Fruit / Rice cakes
-
- N** Kcal: 1045.8 P:46.8
Carb: 167.3 Sal: 0.9
Fibre: 22.0 Sugar: 4.8
Vit C: 60.6

Thursday

- B** Cereal and organic milk
-
- L** Vegetable lasagne and garlic bread
Courgette and lime cake
-
- L** Chickpea and vegetable rice salad
-
- D** Berries and yoghurt with toasted oats and cornflakes
-
- S** Milk & Fruit / Breadsticks and beanie dip
-
- N** Kcal: 978.7 P:33.2
Carb: 158.5 Sal: 1.0
Fibre: 16.9 Sugar: 1.5
Vit C: 44.6

Friday

- B** Cereal and organic milk
-
- L** Thai green Quorn curry with rice
Chocolate & raspberry chia seed pudding
-
- D** Whole meal cheesy pasta with peas & carrots
Fruit salad
-
- S** Milk & Fruit / Rice cakes and vegetable sticks with houmous
-
- N** Kcal: 1018.0 P: 37.2
Carb: 161.1 Sal: 1.3
Fibre: 20.9 Sugar: 1.5
Vit C: 54.2

B – Breakfast **L** – Lunch **D** – Dinner **S** – Snacks **N** – Nutrition

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Protein (P)	Salt (Sal)
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Vitamin C (Vit C)	

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