

Week 1 of 4 Menu



Monday

B Cereal and organic milk

L Salmon and broccoli pasta
Chocolate and beetroot sponge

D Chickpea and couscous salad
Fruit salad

S Milk and fruit
Rice cakes and vegetable sticks

N Kcal:1032.9, Carb:177.9, Fib: 23.0, p: 31.9,
Sal: 1.0, Sug: 6.2, Vit C: 53.4

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 Pork ragu with mash and broccoli
Reduced sugar lemon sponge

D Creamy butterbean and garlic pasta
Fruit salad

S Milk and fruit
Crumpets and spread

N Kcal:994.5 Carb:146.7, Fib: 15.8, p: 38.1,
Sal: 2.0, Sug: 0.8, Vit C: 42.4

Thursday

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 chesse

N Kcal:1030.4, Carb:146.5, Fib: 13.9 p: 40.2,
Sal: 1.5, Sug: 3.1, Vit C: 57.2

Friday

B Cereal and organic milk

L Butterbean alfredo
Lime and ginger cheesecake

D Lentil, potato and spinach curry and naan
Mixed fruit platter

S Milk and fruit
Rice cakes and veg sticks/Beanie dip

N Kcal:955.7, Carb:141.5, Fib: 1.7, p: 33.4,
Sal: 1.1, Sug: 1.1, Vit C: 33.3

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

L Lemon and pepper chicken
Reduced sugar carrot cake

D Green cheesy pasta
Fruit platter

S Milk with fruit
Bagel and spread

N Kcal:959.6, Carb:141.7, Fib: 16.2, p: 42.5,
Sal: 0.9, Sug: 10.1, Vit C: 94.7

Tuesday

B Cereal and organic milk

L Beef lasagna
Brownie

D Homemade chicken nuggets with mash and 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

Wednesday

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 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

Thursday

B Cereal and organic milk

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

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

S Milk and fruit
Oatcakes and spread

N Kcal:1007.7, Carb:147.0, Fib: 17.9, p: 31.3,
Sal: 1.3, Sug: 9.2 Vit C: 30.4

Friday

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,
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 3 of 4 Menu



Monday

- B** Cereal and organic milk

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

- D** Lentils bolognaise
Fruit salad

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

- 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

- L** Chickpea sweet and sour noodles
Lemon and sultana cake

- D** Roasted black bean burgers
Chopped mixed fruit

- S** Milk and fruit
Crackers, veg sticks and beanie dip

- N** Kcal:966.7, Carb:155.8, Fib: 20.2 p: 30.9,
Sal: 2.0, Sug: 10.2, Vit C: 96.6

Wednesday

- B** Cereal and organic milk

- L** Crispy chicken katsu with whole grain rice
Reduced sugar fruit cookie

- D** Beef and black bean with noodles
Seasonal fruit salad

- S** Milk and fruit
Toasted fruit bread with spread

- N** Kcal:1012.5, Carb:147.0, Fib: 12.2, p: 45.2 Sal:
1.7, Sug: 4.2, Vit C: 46.4

Thursday

- 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

Friday

- 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 and dip

- N** Kcal:1006.9, Carb:154.7, Fib: 18.5, p: 44.3, Sal:
1.7, Sug: 1.7, Vit C: 31.3

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 4 of 4 Menu



Monday

- B** Cereal and organic milk

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

- D** Tomato pasta primavera
- D** Bananas and custard

- S** Milk and fruit
- S** 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** Chicken korma with whole grain rice
- L** Fruity pancake bars

- D** Beef calzone
- D** Mixed fruit platter

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

- N** Kcal:1052.9, Carb:134.0, Fib: 12.1, p: 44.9, Sal: 1.2, Sug: 5.6, Vit C: 38.1

Wednesday

- B** Cereal and organic milk

- L** Vegetable lasagna
- L** Fresh fruit and ice cream

- D** Mixed bean chilli with jacket potato
- D** Fruit platter

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

- N** Kcal:1009.0, Carb:170.6, Fib: 24.7, p: 38.7, Sal: 0.9 Sug: 8.5, Vit C: 51.1

Thursday

- B** Cereal and organic milk

- L** Fishcakes and baked beans
- L** Blueberry sponge cake

- D** Beef calzone
- D** Bananas and custard

- S** Milk and fruit
- S** 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

Friday

- B** Cereal and organic milk

- L** Pork tagine with rice
- L** Eve's pudding

- D** BBQ chicken with noodles
- D** Fruit salad

- S** Milk and fruit
- S** Muffin and spread

- N** Kcal:1038.0, Carb:143.4, Fib: 12.1, p: 40.5, Sal: 1.7, Sug: 5.3, Vit C: 49.3

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 1 of 4 Menu

Vegetarian



Monday

B Cereal and organic milk

L Macaroni cheese with broccoli and peas
Chocolate and beetroot sponge

D Chickpea and couscous salad
Fruit salad

Milk and fruit

S 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

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

Milk and fruit
S 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 Veggie mince ragu with mash and broccoli
Reduced sugar lemon sponge

D Creamy butterbean and garlic pasta
Fruit salad

Milk and fruit
S Crumpets and spread

N Kcal:988.1 Carb:146.8, Fib: 16.9, p: 40.2,
Sal: 2.0, Sug: 0.4, Vit C: 49.4

Thursday

B Cereal and organic milk

Coconut tofu stir fry
L Pineapple upside down cake with custard

Selection of sandwiches and vegetable sticks
D Fruit and oat sundaes

Milk and fruit

S Bagel and cream chesse

N Kcal:1038.2, Carb:147.4, Fib: 14.1 p: 31.0 Sal:
1.4, Sug: 3.6, Vit C: 58.2

Friday

B Cereal and organic milk

L Butterbean alfredo
Lime and ginger cheesecake

D Lentil, potato and spinach curry and naan
Mixed fruit platter

Milk and fruit
S Rice cakes and veg sticks/Beanie dip

N Kcal:955.7, Carb:141.5, Fib: 1.7, p: 33.4,
Sal: 1.1, Sug: 1.1, Vit C: 33.3

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)	

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Week 2 of 4 Menu

Vegetarian



Monday

B Cereal and organic milk

L Lemon and pepper Quorn
Reduced sugar carrot cake

D Green cheesy pasta
Fruit platter

S Milk with fruit
Bagel and spread

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

L Vegetable lasagna
Brownie

D Homemade chicken nuggets with mash and peas
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: 46.3

Wednesday

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 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

Thursday

B Cereal and organic milk

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

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

S Milk and fruit
Oatcakes and spread

N Kcal:1013.6, Carb:159.7, Fib: 18.5 p: 28.3
Sal: 1.1, Sug: 9.2, Vit C: 34.8

Friday

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,
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 3 of 4 Menu

Vegetarian



Monday

- B** Cereal and organic milk

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

- D** Lentils bolognaise
Fruit salad

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

- 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

- L** Chickpea sweet and sour noodles
Lemon and sultana cake

- D** Roasted black bean burgers
Chopped mixed fruit

- S** Milk and fruit
Crackers, veg sticks and beanie dip

- N** Kcal:966.7, Carb:155.8, Fib: 20.2 p: 30.9,
Sal: 2.0, Sug: 10.2, Vit C: 96.6

Wednesday

- B** Cereal and organic milk

- L** Crispy cauliflower katsu
Reduced sugar fruit cookie

- D** Quorn and black bean with noodles
Seasonal fruit salad

- S** Milk and fruit
Toasted fruit bread with spread/ Beanie dip

- N** Kcal:1043.3, Carb:167.1 Fib: 19.9 p: 41.3, Sal:
1.7, Sug: 4.2, Vit C: 48.3

Thursday

- 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

Friday

- B** Cereal and organic milk

- L** Bean and pea risotto
Fruit sorbet

- D** Jacket potato with baked beans and cheese
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

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 and red lentil Dhansak with rice and 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** Chickpea korma with brown rice
Fruity pancake bars

- D** Veggie calzone
Mixed fruit platter

- S** Milk and fruit
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** Vegetable lasagna
Fresh fruit and ice cream

- D** Mixed bean chilli with jacket potato
Fruit platter

- S** Milk and fruit
Breadsticks and dip

- N** Kcal:1009.0, Carb:170.6, Fib: 24.7, p: 38.7, Sal: 0.9 Sug: 8.5, Vit C: 51.1

Thursday

- 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

Friday

- B** Cereal and organic milk

- L** Bean tagine with rice
Eve's pudding

- D** BBQ chickpeas with noodles
Fruit salad

- S** Milk and fruit
Muffin and spread

- N** Kcal:1000.4, Carb:154.9, Fib: 15.1, p: 27.3 Sal: 1.6, Sug: 5.3, Vit C: 49.3

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)	

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