

Week 1 of 4 Menu



Monday

B Cereal and Organic Milk

L Vegetarian Jambalya
Gingerbread Sponge

D Vegetarian Pesto Pasta
Bananas and pears with natural yoghurt

S Fruit and Milk / 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

Tuesday

B Cereal and Organic Milk

L Salmon and broccoli pasta
Chocolate and beetroot sponge

D Chickpea and cous cous salad
Fruit Salad

S Fruit and Milk / 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

Wednesday

B Cereal and Organic Milk

L Lamb Bolognaise
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

Thursday

B Cereal and Organic Milk

L Roast Chicken with roast potatoes and gravy
Fruit sorbet

D Filled tortilla wraps with salad
Fruit Platter

S Fruit and milk / 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

Friday

B Cereal and Organic Milk

L Vegetable and red lentil Dhansak with rice and naan

D Reduced sugar carrot cake
Tomato pasta primavera

D 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

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** Moroccan lamb with couscous
L Chocolate and coconut flapjack

- D** Lentil Bolognese
D 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** Butterbean Alfredo
L Lime and Ginger Cheesecake

- D** Lentil, Potato & Spinach Curry & Naan Bread
D Mixed Fruit Platter

- S** Fruit and Milk / Rice cakes & Veg sticks /
Beanie Dip

- N** Kcal 955.7 Carb 141.5 Fib. 17 P 33.4
Sal 1.1 Sug 1.1 Vit C 33.3

Wednesday

- B** Cereal and Organic Milk

- L** Chicken Jambalaya
L Reduced Sugar Gingerbread

- D** White fish pesto pasta
D Bananas and pears with natural yogurt

- S** Fruit and milk / pitta bread and cream
cheese

- N** Kcal 954.5 Carb 414.3 Fib. 14.1 P 45.9
Sal 1.1 Sug 5.2 Vit C 68.5

Thursday

- B** Cereal and Organic Milk

- L** Sweet Potato Pepper Tikka with rice and
naan
L Reduced Sugar fruity flapjack

- D** Cauliflower and Broccoli Bake
D Fruit Sorbet

- S** Milk and Fruit / Crackers and veg sticks with
houmous

- N** Kcal 1011.2 Carb 179.3 Fib. 15.2 P 48.6
Sal 1.4 Sug 2.3 Vit C 40.9

Friday

- B** Cereal and Organic Milk

- L** Tuna pasta bake
Chocolate orange sweet potato brownies

- D** Chicken and pepper risotto
D Bananas and pears

- S** Milk and Fruit / Crackers and spread

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

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 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 Milk
-
- L** Roast Chicken with roast potatoes and gravy
Oat Cookies
-
- D** Sandwich Platter with vegetable sticks
Fruit Platter
-
- S** Fruit and milk / 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

Wednesday

- B** Cereal and 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

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 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

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 Milk

Salmon and pea Risotto
Fruit Sorbet

L

Jacket Potato with baked beans and cheese
Fruit Salad

D

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

Vegetarian Chickpea sweet & sour with noodles

L Chocolate & coconut flapjack

Cheese & Broccoli Pasta

D Yoghurt & Dates

Fruit and Milk / Rice Cakes

S

N Kcal 1053.8 Carb 155.2 Fib. 17.3 P 31.5
Sal 1.3 Sug 15.5 Vit C 67.4

Wednesday

B Cereal and Organic Milk

Beef Ragu with broccoli
Reduced sugar carrot cake

L White fish and pesto pasta
Fruit salad

D

Milk and fruit / Crumpet and spread

S

N Kcal 994.7 Carb 162.9 Fib. 17.6 P 44.7
Sal 1.9 Sug 13.7 Vit C 55.2

Thursday

Cereal and Organic Milk

B

Chickpea and vegetable biryani with naan

L Brownie

Tomato pasta with beans and peas

D 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

Friday

B Cereal and Organic Milk

Chicken Alfredo
Lime and Ginger Cheesecake

L

Cod, potato and spinach curry with couscous and naan

D Fruit Salad

S Fruit and Milk / Rice cakes and veg sticks

N Kcal 959.0 Carb 139.3 Fib. 13.7 P 46.9
Sal 0.8 Sug 13.7 Vit C 35.2

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 Vegetarian Jambalya
Gingerbread Sponge

D Vegetarian Pesto Pasta
Bananas and pears with natural yoghurt

S Fruit and Milk / 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

Tuesday

B Cereal and Organic Milk

L Macaroni cheese with broccoli & peas
Chocolate and beetroot sponge

D Chickpea and cous cous salad
Fruit Salad

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

Wednesday

B Cereal and Organic Milk

L Lentil Bolognaise
Blueberry sponge cake

D Jacket Potato with baked beans and cheese
Pineapple and oranges

S Milk and fruit / Bagel and cream cheese

N Kcal 958.3 Carb 139.4 Fib. 16.7 P 33.9
Sal 1.4 Sug 8.8 Vit C 36.0

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 Fruit and milk / bagel & spread and 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 and red lentil Dhansak with rice
and naan

D Reduced sugar carrot cake
Tomato pasta primavera

S 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

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 Moroccan Veggie Mince with couscous
Chocolate and coconut flapjack

D Lentil 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 Butterbean Alfredo
Lime and Ginger Cheesecake

D Lentil, Potato & Spinach Curry & Naan Bread
Mixed Fruit Platter

S Fruit and Milk / Rice cakes & Veg sticks /
Beanie Dip

N Kcal 955.7 Carb 141.5 Fib. 17 P 33.4
Sal 1.1 Sug 1.1 Vit C 33.3

Wednesday

B Cereal and Organic Milk

L Vegetarian Jambalaya
Reduced Sugar Gingerbread

D Vegetarian pesto pasta
Bananas and pears with natural yogurt

S Fruit and milk / 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

Thursday

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

Friday

B Cereal and Organic Milk

L Tofu Tuna pasta bake
Chocolate orange sweet potato brownies

D Bean and pepper risotto
Bananas and pears with yogurt

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

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

Nutrition guide

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Week 3 of 4 Menu

VEGETARIAN



Monday

- B** Cereal and Organic Milk
-
- Chickpea and Vegetable Biryani with naan
Brownie
- L**
-
- Tomato pasta with beans and peas
- D** Fruit Salad
-
- Fruit and Milk / Oatcakes, veg sticks and
beanie dip
- S**
-
- 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 Milk
-
- Quorn Roast with Vegetables and gravy
Oat and sultana cookies
- L**
-
- Couscous and chickpea salad
- D** Seasonal Fruit Salad with Yoghurt
-
- Fruit and milk / Bagel and Spread
- S**
-
- N** Kcal 1014.5 Carb 176.4 Fib. 20.7 P 40.5
Sal 1.7 Sug 9.2 Vit C 43.7

Wednesday

- B** Cereal and Milk
-
- Vegetable and red lentil Dhansak with rice
and naan
- L** Reduced sugar carrot cake
-
- Tomato pasta primavera
- D** Bananas and custard
-
- Milk and fruit / 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

Thursday

- B** Cereal and Organic Milk
-
- Fishless Fingers, mash and peas
Apple, chia seed and cinnamon muffins
- L**
-
- Cauliflower and chickpea curry, naan and
wholegrain rice
- D** Fruit platter
-
- Milk and fruit
- S** 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 Milk
-
- Vegetable Chilli with rice
- L** Fairy Cakes
-
- Quorn and sweetcorn wraps
- D** Chopped mixed fruit
-
- 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

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

Nutrition guide

| | |
|-------------------|----------------------|
| Calories (Kcal) | Carbohydrates (Carb) |
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Week 4 of 4 Menu

VEGETARIAN



Monday

B Cereal and Milk

Bean and pea Risotto
Fruit Sorbet

L

Jacket Potato with baked beans and cheese
Fruit Salad

D

S Milk and Fruit / Breadsticks

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

Vegetarian Chickpea sweet & sour with
noodles

L Chocolate & coconut flapjack

Cheese & Broccoli Pasta
Yoghurt & Dates

D

S Fruit and Milk / Rice Cakes

N Kcal 1053.8 Carb 155.2 Fib. 17.3 P 31.5
Sal 1.3 Sug 15.5 Vit C 67.4

Wednesday

B Cereal and Organic Milk

Veggie Ragu with broccoli
Reduced sugar carrot cake

L

Vegetarian pesto pasta
Fruit salad

D

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

Chickpea and vegetable biryani with naan
Brownie

L

Tomato pasta with beans and peas
Fruit Salad

D

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

Friday

B Cereal and Organic Milk

Butterbean Alfredo

L

Lime and Ginger Cheesecake

D Lentil, Potato & Spinach Curry & Naan Bread
Mixed Fruit Platter

D

S Fruit and Milk / Rice cakes & Veg sticks /
Beanie Dip

N Kcal 955.7 Carb 141.5 Fib. 17 P 33.4
Sal 1.1 Sug 1.1 Vit C 33.3

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| NME sugars (Sug) | NSP fibre (Fib) |
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