

# Week 1 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 & 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** Roast chicken with roast potatoes & gravy  
Fruit sorbet

**D** Filled tortilla wraps with salad  
Fruit platter

**S** Milk and fruit / breadsticks & fruit

**N** Kcal 1044.0 Carb 159.5 Fib 19.1 P 44.4  
Sal 1.9 Sug 2.2 Vit C 39.2

## Wednesday

**B** Cereal and organic milk

**L** Salmon and pea risotto  
Fruit sorbet

**D** Jacket potato with baked beans & 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

## 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** Summer pasta  
Lime and ginger cheesecake

**D** Bean and pea risotto  
Yoghurt and dates

**S** Milk and fruit / Oat cakes & 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)	

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** Roast vegetable and red lentil pasta  
Applejacks

**D** Summer vegetable tart  
Mixed fruit platter

**S** Milk and fruit / spicy chickpea dip & pitta

**N** Kcal 987.3 Carb 153.5 Fib 12.5 P 25.8  
Sal 2.0 Sug 3.2 Vit C 64,4

## Tuesday

**B** Cereal and organic milk

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

**D** Chicken and pepper risotto  
Bananas and pears with yoghurt

**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

## Wednesday

**B** Cereal and organic milk

**L** Beef ragu with broccoli  
Reduced sugar carrot cake

**D** White fish and pesto pasta  
Fruit salad

**S** Milk and fruit / Crumpet and spread

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

## Thursday

**B** Cereal and organic milk

**L** Sweet potato pepper tikka with rice & naan  
Reduced sugar fruity flapjack

**D** Cauliflower and broccoli bake  
Fruit sorbet

**S** Milk and fruit / Crackers & 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** Sweet and sour chicken noodles  
Chocolate and coconut flapjack

**D** Broccoli and tuna pasta  
Yoghurt and dates

**S** Milk and fruit / Oatcakes and spread

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

**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

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- L** Chickpea & vegetable biryani with naan  
Brownie

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- D** Tomato pasta with beans and peas  
Fruit salad

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- S** Milk and fruit / Oatcakes, veg sticks and beanie dip

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- 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

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- L** Beef lasagne with peas  
Fresh fruit and ice cream

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

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- S** Milk and fruit / Breadsticks

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- N** Kcal 1051.3 Carb 161.1 Fib 22.3 P 43.4  
Sal 1.0 Sug 13.1 Vit C 48.0

## Wednesday

- B** Cereal and organic milk

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- L** Fishcakes and baked beans  
Blueberry sponge cake

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- D** Beef calzone  
Bananas and custard

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- S** Milk and fruit / Oatcakes and spread

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- N** Kcal 1026.6 Carb 143.7 Fib 12.5 P 42.0  
Sal 1.8 Sug 15.7 Vit C 35.3

## Thursday

- 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** Milk and fruit / Breadsticks 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

## Friday

- B** Cereal and organic milk

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- L** Vegetable Bolognese with spaghetti  
Tofu trifle

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- D** Mushroom risotto  
Mixed fruit platter

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- S** Fruit and milk / beanie dip and breadsticks

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- 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 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** Sardine bolognese  
Chocolate and beetroot sponge
- 
- D** Sweet and sour chicken with noodles  
Fruit salad
- 
- S** Milk and fruit / Crackers and cream cheese
- 
- N** Kcal 1050.9 Carb 163.2 Fib 22.0 P 39.6  
Sal 1.4 Sug 3.7 Vit C 57.7

## Wednesday

- B** Cereal and organic milk
- 
- L** Lamb moussaka  
Cranberry and apricot squares
- 
- D** Fish fingers, mash potato and peas  
Fruit and yoghurt
- 
- S** Milk and fruit / Crumpet and spread with vegetable sticks
- 
- N** Kcal 976.4 Carb 441.7 Fib 17.9 P 40.9  
Sal 1.8 Sug 6.6 Vit C 54.8

## Thursday

- B** Cereal and organic milk
- 
- L** Chicken jambalaya  
Reduced sugar gingerbread
- 
- D** White fish pesto pasta  
Banana and pears with natural yoghurt
- 
- S** Milk and fruit / Pitta bread and cream cheese
- 
- N** Kcal 954.5 Carb 141.3 Fib 14.1 P 45.9  
Sal 1.1 Sug 5.2 Vit C 68.5

## Friday

- B** Cereal and organic milk
- 
- L** Chickpea korma with whole grain rice & naan  
Reduced sugar fruity flapjacks
- 
- D** Mushroom noodle broth  
Rippled smoothie
- 
- S** Milk and fruit / Bagel and houmous
- 
- N** Kcal 992.0 Carb 180.2 Fib 18.1 P 29.1  
Sal 1.9 Sug 9.7 Vit C 41.2

**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

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

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- D** Tomato pasta primavera  
Bananas and custard

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- S** Milk and fruit / bagel & beanie dip

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- 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

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- L** Lentil roast with roast potatoes & gravy  
Courgette and lime cake

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- D** Filled pitta with homemade dip & veg sticks  
Fruit salad & yoghurt

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- S** Milk and fruit / bagel & spread with chopped plum

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- N** Kcal 1006.0 Carb 183.3 Fib 28.5 P 44.1  
Sal 1.3 Sug 7.8 Vit C 56.4

### Wednesday

- 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 & cheese  
Fruit salad

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- S** Milk and fruit / breadsticks & veg sticks

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

### Thursday

- B** Cereal and organic milk

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- L** Vegetable chilli with rice  
Fairy cakes

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- D** Quorn and sweetcorn wraps  
Chopped mixed fruit

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- S** Milk and fruit / Rice cakes

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- 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** Summer pasta  
Lime and ginger cheesecake

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- D** Bean and pea risotto  
Yoghurt and dates

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- S** Milk and fruit / Oat cakes & 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 2 of 4 Menu

## VEGETARIAN



### Monday

**B** Cereal and organic milk

**L** Roast vegetable and red lentil pasta  
Applejacks

**D** Summer vegetable tart  
Mixed fruit platter

**S** Milk and fruit / spicy chickpea dip & pitta

**N** Kcal 987.3 Carb 153.5 Fib 12.5 P 25.8  
Sal 2.0 Sug 3.2 Vit C 64,4

### Tuesday

**B** Cereal and organic milk

**L** Tofu tuna pasta bake  
Chocolate orange sweet potato brownies

**D** Bean and pepper risotto  
Bananas and pears with yoghurt

**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

### Wednesday

**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

### Thursday

**B** Cereal and organic milk

**L** Sweet potato pepper tikka with rice & naan  
Reduced sugar fruity flapjack

**D** Cauliflower and broccoli bake  
Fruit sorbet

**S** Milk and fruit / Crackers & 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** Vegetarian chickpea sweet and sour noodles  
Chocolate and coconut flapjack

**D** Broccoli and cheese pasta  
Yoghurt and dates

**S** Milk and fruit / 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

**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** Chickpea & 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

### Tuesday

- B** Cereal and organic milk
- 
- L** Vegetable lasagne with peas  
Fresh fruit and ice cream
- 
- D** Mixed bean chilli and 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

### Wednesday

- 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

### Thursday

- B** Cereal and organic milk
- 
- L** Quorn roast with vegetables and gravy  
Oat and sultana cookie
- 
- D** Couscous and chickpea salad  
Seasonal fruit salad with yoghurt
- 
- S** Milk and fruit / 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

### Friday

- B** Cereal and organic milk
- 
- L** Vegetable Bolognese with spaghetti  
Tofu trifle
- 
- D** Mushroom risotto  
Mixed fruit platter
- 
- S** Fruit and milk / 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 4 of 4 Menu

## VEGETARIAN



### Monday

- 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 & yoghurt with toasted oats & 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 1.5 Vit C 44.6

### Tuesday

- B** Cereal and organic milk

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- L** Lentil bolognese  
Chocolate and beetroot sponge

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- D** Sweet and sour quorn with noodles  
Fruit salad

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- S** Milk and fruit / Crackers and cream cheese

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- N** Kcal 961.0 Carb 163.1 Fib 25.8 P 34.8  
Sal 1.7 Sug 7.1 Vit C 51.1

### Wednesday

- B** Cereal and organic milk

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- L** Lentil moussaka  
Cranberry and apricot squares

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- D** Fishless fingers, mash potato and peas  
Fruit and yoghurt

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- S** Milk and fruit / Crumpet and spread with vegetable sticks and houmous

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- N** Kcal 993.5 Carb 142.1 Fib 16.2 P 37.9  
Sal 1.7 Sug 3.9 Vit C 34.9

### Thursday

- B** Cereal and organic milk

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- L** Vegetarian jambalaya  
Reduced sugar gingerbread sponge

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- D** Vegetarian pesto pasta  
Banana and pears with natural yoghurt

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- S** Milk and fruit / Spicy chickpea dip with pitta

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- N** Kcal 967.5 Carb 160.7 Fib 19.8 P 32.6  
Sal 1.2 Sug 5.7 Vit C 61.9

### Friday

- B** Cereal and organic milk

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- L** Chickpea korma with whole grain rice & naan  
Reduced sugar fruity flapjacks

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- D** Mushroom noodle broth  
Rippled smoothie

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- S** Milk and fruit / Bagel and houmous

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- N** Kcal 992.0 Carb 180.2 Fib 18.1 P 29.1  
Sal 1.9 Sug 9.7 Vit C 41.2

**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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