

# Week 1 of 4 Menu



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

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- D** Filled tortilla wraps with salad  
Fruit platter

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- S** Milk and fruit / breadsticks & fruit

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- 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

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- L** Salmon and pea rice  
Fruit sorbet

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- D** Jacket potato with baked beans & 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 P 44.3  
Sal 1.7 Sug 1.7 Vit C 31.3

## Thursday

- 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 21.3 P 43.3  
Sal 1.4 Sug 3.5 Vit C 62.6

## 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 rice  
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)	

All the eggs we serve are free range.



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# Week 2 of 4 Menu



## Monday

**B** Cereal and organic milk

Vegetable lasagne and garlic bread  
Courgette and lime cake

**L**

Chickpea and vegetable rice salad  
**D** Berries and yogurt with toasted oats and 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

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

**D** Chicken and pepper rice  
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

Beef ragu with broccoli  
**L** 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

Sweet potato pepper tikka with rice & naan  
**L** 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

Sweet and sour chicken noodles  
**L** 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** Fish fingers, mash and peas  
Apple, chia seed and cinnamon muffins

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

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- S** Milk and fruit / Oatcakes and spread

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- N** Kcal 1007.7 Carb 147 Fib 17.9 P 31.3  
Sal 1.3 Sug 9.2 Vit C 30.4

## 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 rice  
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** Vegetable Bolognese with spaghetti  
Tofu trifle
- 
- D** Mushroom rice  
Mixed fruit platter
- 
- S** Milk and fruit / 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

## 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** Fish pie and runner beans  
Coconut and chia loaf
- 
- D** Pitta pizza  
Fruit salad
- 
- S** Milk and fruit / Bagel and spread
- 
- N** Kcal 1002.1 Carb 166 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 1 of 4 Menu

## VEGETARIAN



### Monday

- B** Cereal and organic milk

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

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- 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

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- Roast lentils with roast potatoes & gravy
- Fruit sorbet
- L** Filled tortilla wraps with salad
- D** Fruit platter

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- Milk and fruit / breadsticks & fruit

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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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- Bean and pea rice
- Fruit sorbet
- L** Jacket potato with baked beans & cheese
- Fruit salad
- D** Milk and fruit / breadsticks, dip & veg sticks

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- S** 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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- Vegetable chilli with rice
- Oat and banana balls
- L** Quorn and sweetcorn wraps
- D** Chopped mixed fruit

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- Milk and fruit / bagel and spread

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- S** 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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- Summer pasta
- Lime and ginger cheesecake
- L** Bean and pea rice
- D** Yoghurt and dates

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- 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)	

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** Vegetable lasagne and garlic bread  
Courgette and lime cake

---

- D** Chickpea and vegetable rice salad  
Berries and yogurt 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 1.5 Vit C 44.6

## Tuesday

- B** Cereal and organic milk

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

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- D** Bean and pepper rice  
Bananas and pears with yoghurt

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- S** Milk and fruit / Crackers and spread

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- 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

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- L** Veggie ragu with broccoli  
Reduced sugar carrot cake

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- D** Vegetarian pesto pasta  
Fruit salad

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- S** Milk and fruit / Crumpet and spread

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- N** Kcal 986.3 Carb 142.5 Fib 19 P 35.6  
Sal 1.0 Sug 13.7 Vit C 48

## Thursday

- B** Cereal and organic milk

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

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- D** Cauliflower and broccoli bake  
Fruit sorbet

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

## Friday

- B** Cereal and organic milk

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- L** Sweet and sour chickpea noodles  
Chocolate and coconut flapjack

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- D** Broccoli and cheese pasta  
Yoghurt and dates

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- S** Milk and fruit / Oatcakes and spread

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- 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

---

- L** Tomato pasta with beans and peas

---

- D** 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

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- L** Mixed bean chilli and jacket potato

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- D** Fruit platter

---

- S** Milk and fruit / Breadsticks & dip

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- N** Kcal 1009 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** Fishless fingers, mash and peas  
Apple, chia and cinnamon muffins

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- L** Cauliflower and chickpea curry, naan and rice

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- D** 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

## Thursday

- B** Cereal and organic milk

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

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- L** Couscous and chickpea salad

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- D** Fruit platter with yoghurt

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- S** Milk and fruit / Breadsticks and fruit

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- 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

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- L** Vegetable Bolognese with spaghetti  
Tofu trifle

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- L** Mushroom rice

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- D** 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

## VEGETARIAN



### Monday

- B** Cereal and organic milk

---

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

---

- L** Chickpea and vegetable rice salad

---

- D** Berries & yoghurt with toasted oats & 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 1.5 Vit C 44.6

### Tuesday

- B** Cereal and organic milk

---

- L** Vegetable Bolognese with spaghetti  
Tofu trifle

---

- D** Mushroom rice  
Mixed fruit platter

---

- S** Milk and fruit / 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

### Wednesday

- B** Cereal and organic milk

---

- L** Lentil moussaka  
Cranberry and apricot squares

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

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- D** Milk and fruit / Crumpet and spread with vegetable sticks

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- S** Kcal 993.5 Carb 142.1 Fib 16.2 P 37.9

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- N** Sal 1.7 Sug 3.9 Vit C 34.9

### Thursday

- B** Cereal and organic milk

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- B** Vegetarian jambalaya  
Reduced sugar gingerbread

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- L** Vegetable pesto pasta

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- D** Banana and pears with natural yoghurt

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- D** Milk and fruit / Pitta bread and cream cheese

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

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- N**

### Friday

- B** Cereal and organic milk

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- L** Bean and vegetable pie  
Coconut and chia loaf

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- D** Pitta pizza  
Fruit salad

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- S** Milk and fruit / Bagel and spread

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- N** Kcal 1047 Carb 174.9 Fib 26 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)	

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