

# Week 1 of 4 Menu



## Monday

**B** Cereal and organic milk

**L** Chickpea and vegetable biryani with Naan  
Fruit salad

**D** Tomato pasta with beans and peas  
Brownie

**S** Fruit and milk  
Oatcakes, veg sticks and beanie dip

**N** Kcal 968.0 / Carb 140.0 / Fib 18.2 / P 26.1,  
Sal 0.9 / Sug 10.1 / Vit C 54.1

## Tuesday

**B** Cereal and organic milk

**L** Lamb chilli with rice  
Chopped mixed fruit

**D** Pitta pizza  
Oat and banana balls

**S** Fruit and milk  
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

## Wednesday

**B** Cereal and organic milk

**L** Salmon and broccoli pasta  
Fruit Salad

**D** Chickpea and couscous salad  
Chocolate and beetroot sponge

**S** Fruit and milk  
Ricecakes 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

## Thursday

**B** Cereal and organic milk

**L** Sweet potato pepper tikka with rice and naan  
Fruit sorbet

**D** Cauliflower and broccoli bake  
Reduced sugar fruity flapjack

**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** Roast Chicken with roast potatoes and gravy  
Fruit Platter

**D** Sandwich platter with vegetable sticks  
Oat Cookies

**S** Fruit and milk  
Breadsticks, dip 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

**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** Veggie ragu with broccoli  
Fruit salad

---

- D** Vegetarian pesto pasta  
Reduced sugar carrot cake

---

- S** Milk and fruit  
Rice cake with houmous

---

- N** Kcal 986.3 / Carb 142.5 / Fib 19.0 / P 35.6  
Sal 1.0 / Sug 13.7 / Vit C 48.0

## Tuesday

- B** Cereal and organic milk

---

- L** Chicken Korma with wholegrain rice  
Mixed fruit platter

---

- D** Lamb Calzone  
Fruity pancake bars

---

- S** Fruit and milk  
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** Quorn roast with vegetables and gravy  
Seasonal fruit salad with yoghurt

---

- D** Couscous and chickpea salad  
Oat and sultana cookie

---

- S** Fruit and milk  
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

## Thursday

- B** Cereal and organic milk

---

- L** Sardine Bolognese  
Fruit salad

---

- D** Sweet and sour chicken with noodles  
Chocolate and beetroot sponge

---

- S** Fruit and milk  
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

## Friday

- B** Cereal and organic milk

---

- L** Lamb Lasagne  
Pineapple slices

---

- D** Homemade chicken nuggets with mash & peas  
Brownie

---

- 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

**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 3 of 4 Menu



## Monday

- B** Cereal and organic milk

---

- L** Thai green chicken curry with rice  
Fruit salad

---

- D** Wholemeal cheesy pasta with peas & carrots  
Chewy cranberry and apricot bites

---

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

---

- N** Kcal 1042.8 / Carb 165.5 / Fib 17.8 / P 43.1 /  
Sal 0.9 / Sug 2.2 / Vit C 48.9

## Tuesday

- B** Cereal and organic milk

---

- L** Moroccan lamb with couscous  
Fruit salad

---

- D** Lentil Bolognese  
Chocolate and Coconut flapjack

---

- S** Milk and fruit  
Rice cake, vegetable sticks with houmous

---

- N** Kcal 1017.1 / Carb 153.4 / Fib 19.8 / P 35.9 /  
Sal 0.8 / Sug 5.3 / Vit C 35.7

## Wednesday

- B** Cereal and organic milk

---

- L** Summer pasta  
Yoghurt and dates

---

- D** Bean and pea risotto  
Lime and ginger cheese cake

---

- S** Fruit and milk  
Oatcakes 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

## Thursday

- B** Cereal and organic milk

---

- L** Bean and vegetable pie  
Fruit Salad

---

- D** Pitta pizza  
Banana pancakes

---

- S** Milk and Fruit  
Breadsticks

---

- N** Kcal 1047.0 / Carb 174.9 / Fib 26. / P 49.7 /  
Sal 1.6 / Sug 2.1 / Vit C 36.6

## Friday

- B** Cereal and organic milk

---

- L** Tuna pasta bake  
Banana and pears with yoghurt

---

- D** Chicken and mushroom risotto  
Chocolate orange brownies

---

- S** Fruit and milk  
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)	

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 4 of 4 Menu



## Monday

- B** Cereal and organic milk
- L** Roast vegetables and red lentil pasta  
Mixed fruit platter
- D** Summer vegetable tart  
Apple jacks
- S** Milk and fruit  
Spicy chickpea dip and 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** Cauliflower and chickpea curry with  
wholegrain rice and naan  
Fruit yoghurt and milk smoothie
- D** Broccoli Minestrone  
Chocolate and orange tofu pots
- S** Fruit and milk  
Crumpets with spread
- N** Kcal 956.3 / Carb 159.3 / Fib 20.0 / P 33.6 /  
Sal 1.9 / Sug 3.4 / Vit C 31.2

## Wednesday

- B** Cereal and organic milk
- L** Sardine Bolognese  
Fruit salad
- D** Sweet and sour chicken with noodles  
Chocolate and beetroot sponge
- 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

## Thursday

- B** Cereal and organic milk
- L** Lemon and pepper chicken  
Fruit platter
- D** Green cheesy pasta  
Reduced sugar carrot cake
- S** Fruit and milk  
Bagels with spread
- N** Kcal 959.6 / Carb 141.7 / Fib 16.2 / P 42.5 /  
Sal 0.9 / Sug 10.1 / Vit C 94.7

## Friday

- B** Cereal and organic milk
- L** Lamb ragu with broccoli  
Fruit salad
- D** White fish pesto pasta  
Reduced sugar carrot cake
- S** Fruit and milk  
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

**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 1 of 4 Menu

## VEGETARIAN



### Monday

**B** Cereal and organic milk

**L** Chickpea and vegetable biryani with Naan  
Fruit salad

**D** Tomato pasta with beans and peas  
Brownie

**S** Fruit and milk  
Oatcakes, veg sticks and beanie dip

**N** Kcal 968.0 / Carb 140.0 / Fib 18.2 / P 26.1 /  
Sal 0.9 / Sug 10.1 / Vit C 54.1

### Tuesday

**B** Cereal and organic milk

**L** Vegetable chilli with rice  
Chopped mixed fruit

**D** Quorn and sweetcorn wraps  
Oat and banana balls

**S** Fruit and milk  
Bagel and spread

**N** Kcal 1045.8 / Carb 167.3 / Fib 22.0 / P 46.8  
Sal 0.9 / Sug 4.8 / Vit C 60.6

### Wednesday

**B** Cereal and organic milk

**L** Chickpea sweet and sour with noodles  
Chopped mix fruit

**D** Roasted black bean burgers  
Lemon and sultana cake

**S** Fruit and milk  
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

### Thursday

**B** Cereal and organic milk

**L** Sweet potato pepper tikka with rice and naan  
Fruit sorbet

**D** Cauliflower and broccoli bake  
Reduced sugar fruity flapjack

**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** Crispy Cauliflower katsu with wholegrain rice  
Seasonal fruit salad

**D** Quorn and black bean noodles  
Reduced sugar fruit cookie

**S** Fruit and milk  
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

**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

## VEGETARIAN



### Monday

**B** Cereal and organic milk

Veggie ragu with broccoli  
Fruit salad

**L** Vegetarian pesto pasta

**D** Reduced sugar carrot cake

Milk and fruit

**S** Rice cake with houmous

**N** Kcal 986.3 / Carb 142.5 / Fib 19.0 / P 35.6  
Sal 1.0 / Sug 13.7 / Vit C 48.0

### Tuesday

**B** Cereal and organic milk

Chickpea Korma with wholegrain rice  
Mixed fruit platter

**L** Veggie mince Calzone

**D** Fruity pancake bars

Fruit and milk

**S** Bagel and cream cheese

**N** Kcal 959.1 / Carb 138.0 / Fib 17.7 / P 34.5 /  
Sal 1.2 / Sug 4.8 / Vit C 40.5

### Wednesday

**B** Cereal and organic milk

Quorn roast with vegetables and gravy  
Seasonal fruit salad with yoghurt

**L** Couscous and chickpea salad

**D** Oat and sultana cookie

Fruit and milk

**S** Breadsticks and beanie dip

**N** Kcal 1014.5 / Carb 176.4 / Fib 20.7 / P 40.5  
Sal 1.9 / Sug 9.2 / Vit C 43.7

### Thursday

**B** Cereal and organic milk

Lentil Bolognese  
Fruit salad

**L** Sweet and sour Quorn with noodles

**D** Chocolate and beetroot sponge

Fruit and milk

**S** Crackers and cream cheese

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

### Friday

**B** Cereal and organic milk

Vegetable Lasagna  
Pineapple slices

**L** Homemade bean nuggets with mash and  
**D** peas

Brownie

**S** Milk and fruit

Rice cakes

**N** Kcal 1054.2 / Carb 141.5 / Fib 19.7 / P 34.0  
Sal 1.0 / Sug 9.9 / Vit C 46.3

**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 3 of 4 Menu

## VEGETARIAN



### Monday

- B** Cereal and organic milk
- 
- L** Thai green quorn curry with rice  
Fruit salad
- 
- D** Wholemeal cheesy pasta with peas & carrots  
Chewy cranberry and apricot bites
- 
- S** Milk and fruit  
Rice cake and veg sticks with houmous
- 
- N** Kcal 1018.0 / Carb 161.1 / Fib 20.9 / P 37.2 /  
Sal 1.3 / Sug 1.5 / Vit C 54.2

### Tuesday

- B** Cereal and organic milk
- 
- L** Moroccan veggie mince and couscous  
Fruit salad
- 
- D** Lentil Bolognese  
Chocolate and Coconut flapjack
- 
- S** Milk and fruit  
Rice cake, vegetable 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

### Wednesday

- B** Cereal and organic milk
- 
- L** Summer pasta  
Yoghurt and dates
- 
- D** Bean and pea risotto  
Lime and ginger cheese cake
- 
- S** Fruit and milk  
Oatcakes 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

### Thursday

- B** Cereal and organic milk
- 
- L** Bean and vegetable pie  
Fruit Salad
- 
- D** Pitta pizza  
Banana pancakes
- 
- S** Milk and Fruit  
Breadsticks
- 
- N** Kcal 1047.0 / Carb 174.9 / Fib 26. / P 49.7 /  
Sal 1.6 / Sug 2.1 / Vit C 36.6

### Friday

- B** Cereal and organic milk
- 
- L** Veggie cakes and baked beans  
Bananas and custard
- 
- D** Veggie mince calzone  
Blueberry sponge cake
- 
- S** Fruit and milk  
Oatcakes with spread
- 
- N** Kcal 1037.8 / Carb 155.5 / Fib 17.0 / P 40.8 /  
Sal 1.7 / Sug 15.7 / Vit C 35.3

**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 4 of 4 Menu

## VEGETARIAN



### Monday

- B** Cereal and organic milk
- Roast vegetables and red lentil pasta  
Mixed fruit platter
- L** Summer vegetable tart
- D** Apple jacks
- Milk and fruit
- S** Spicy chickpea dip and 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
- Cauliflower and chickpea curry with wholegrain rice and naan
- L** Fruit yoghurt and milk smoothie
- D** Broccoli Minestrone  
Chocolate and orange tofu pots
- Fruit and milk
- S** Crumpets with spread
- N** Kcal 956.3 / Carb 159.3 / Fib 20.0 / P 33.6 / Sal 1.9 / Sug 3.4 / Vit C 31.2

### Wednesday

- B** Cereal and organic milk
- Creamy bean and potato gratin  
Berries & yoghurt with toasted oats and cornflakes
- L** Paprika quorn with flatbread
- D** Eve's pudding
- Milk and fruit
- S** Rice cakes and vegetable sticks
- N** Kcal 1023.4 / Carb 145.7 / Fib 18.8 / P 35.8 / Sal 1.6 / Sug 5.4 / Vit C 35.3

### Thursday

- B** Cereal and organic milk
- Lemon and pepper quorn  
Fruit platter
- L** Green cheesy pasta
- D** Reduced sugar carrot cake
- Fruit and milk
- S** Bagels with spread with houmous
- N** Kcal 972.1 / Carb 150.8 / Fib 18.7 / P 38.8 / Sal 1.4 / Sug 14.2 / Vit C 45.2

### Friday

- B** Cereal and organic milk
- Veggie ragu with broccoli  
Fruit salad
- L** Vegetarian pesto pasta
- D** Reduced sugar carrot cake
- Fruit and milk
- S** Crumpet and spread
- N** Kcal 986.3 / Carb 142.5 / Fib 19.0 / P 35.6 / Sal 1.0 / Sug 13.7 / Vit C 48.0

**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)	

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.