



Fresh, tasty, and
nutritious meals
and snacks

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Nutritious delight with every bite





Menu - Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of oats, Weetabix and cornflakes	Selection of oats, Weetabix and cornflakes	Selection of oats, Weetabix and cornflakes	Selection of oats, Weetabix and cornflakes	Selection of oats, Weetabix and cornflakes
Lunch	Paneer and Pea curry	Lamb and Chickpea Stew	Roast chicken with potato's, peas and gravy	Lentil Bolognese	Cheesy Peasy Pasta
Alternate (dietary requirements)	Vegetable Chilli	Vegetable dippers or chicken bites with mash potato and beans	Squash and seed roast, with potato's and peas	Lentil Bolognese	GF Pasta with free from cheese and vegetable sauce
Dessert	Natural yogurt with fruit	Watermelon	Natural yogurt with fruit	Watermelon	Melon
Tea	Bean Cassoulet	GF pasta with red pepper and butternut squash sauce	Creamy tomato and mascarpone pasta	Butternut squash and butterbean stew	Homemade baked beans and Jacket potato
Alternate (dietary requirements)	Bean Cassoulet	GF pasta with red pepper and butternut squash sauce	GF pasta fagioli	Butternut squash and butterbean stew	Homemade baked beans and Jacket potato
Dessert	Oranges	Lemon Cake	Banana	Oranges	Sugar free Jelly



Menu - Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of oats, Weetabix and cornflakes	Selection of oats, Weetabix and cornflakes	Selection of oats, Weetabix and cornflakes	Selection of oats, Weetabix and cornflakes	Selection of oats, Weetabix and cornflakes
Lunch	Roast chicken with potato's, carrots and gravy	Smokey BBQ beef	Chicken Korma Curry	Cauliflower and chickpea Balti	Broccoli and sweet potato bake
Alternate (dietary requirements)	Squash and seed roast, with potato's and carrots	Vegetable couscous	Vegetable fingers with mash potato	Cauliflower and chickpea Balti	Quran meatballs, mash potato and beans
Dessert	Pineapple	Natural yogurt with fruit	Oranges	Natural yogurt with fruit	Pineapple
Tea	Ratatouille with GF pasta	Spanish Cod	Bean Cassoulet	Homemade baked beans and Jacket potato	Tomato Pasta
Alternate (dietary requirements)	Ratatouille with GF pasta	Spanish Cod	Bean Cassoulet	Homemade baked beans and Jacket potato	Tomato Pasta
Dessert	Banana Cake	Apple	Vanilla Cake	Banana	Sugar free jelly



Menu - Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of oats, Weetabix and cornflakes	Selection of oats, Weetabix and cornflakes	Selection of oats, Weetabix and cornflakes	Selection of oats, Weetabix and cornflakes	Selection of oats, Weetabix and cornflakes
Lunch	Swish Fish Pie and carrots	Lamb Hotpot with sweetcorn	Roast chicken with potato's, broccoli and gravy	Cheese and Broccoli pasta bake	Italian Beef Pasta
Alternate (dietary requirements)	Fish Fingers, wedges and carrots	Farmer Reggie's stewed veggies	Squash and seed roast, with potato's and broccoli	GF Pasta with free from cheese and vegetable sauce	Fish Fingers, wedges and Vegetables
Dessert	Natural yogurt with fruit	Pineapple	Oranges	Natural yogurt with fruit	Melon
Tea	Sweet Potato Lentil Dhal	Spanish Paprika potato stew	Butternut and butterbean stew	Potato Bake	Homemade baked beans and Jacket potato
Alternate (dietary requirements)	Sweet Potato Lentil Dhal	Jacket potato with cheese and beans	Butternut and butterbean stew	Potato Bake	Homemade baked beans and Jacket potato
Dessert	Banana	Melon	Lemon Cake	Melon	Sugar free Jelly