

# Menu Week 1

Freshly cooked, delicious, healthy meals that allow children to explore tastes and textures.

## Monday

### BREAKFAST

A choice of Rice Krispies, Weetabix, fruit and toast

### MID MORNING SNACK

Portion of fruit

### LUNCH

Basil & spinach pesto pasta bake with roasted courgette, peppers & garlic flatbread

Creamy apricot dessert

### MID AFTERNOON SNACK

Oat cake and milk

### AFTERNOON TEA

Pitta fingers with cheddar & apple slaw & vegetable sticks

## Tuesday

### BREAKFAST

A choice of Rice Krispies, Weetabix, fruit and toast

### MID MORNING SNACK

Portion of fruit

### LUNCH

Chicken Roast with carrots and parsnip  
Cooked plum and rice snaps

### MID AFTERNOON SNACK

Veggie scone and milk

### AFTERNOON TEA

Cheese & tomato muffin pizzas with cucumber sticks

## Wednesday

### BREAKFAST

A choice of Rice Krispies, Weetabix, fruit and toast

### MID MORNING SNACK

Portion of fruit

### LUNCH

Beef and mushroom bolognese  
Rice pudding

### MID AFTERNOON SNACK

Seeded toast and milk

### AFTERNOON TEA

Salmon and cream cheese wrap with grated carrot

## Thursday

### BREAKFAST

A choice of Rice Krispies, Weetabix, fruit and toast

### MID MORNING SNACK

Portion of fruit

### LUNCH

Tuna and sweetcorn pasta  
Apple slices

### MID AFTERNOON SNACK

Crumpet and milk

### AFTERNOON TEA

Ham, humous & salad sandwiches with pepper sticks

## Friday

### BREAKFAST

A choice of Rice Krispies, Weetabix, fruit and toast

### MID MORNING SNACK

Portion of fruit

### LUNCH

Jacket potato with beans and coleslaw  
Pear slices

### MID AFTERNOON SNACK

Banana pancake and milk

### AFTERNOON TEA

Chicken sandwich and cucumber sticks

Carb  
Protein  
Dairy  
Veg/Fruit

5  
3  
3  
5

4  
2  
2  
5

5  
2  
3  
5

5  
3  
3  
6

4  
2  
2  
5

All our food is freshly prepared on a daily basis using fresh ingredients. Copies of all our recipes are available from the nursery manager.  
Fresh drinking water is available for all children throughout the day and with all meals.

# Menu Week 2

Freshly cooked, delicious, healthy meals that allow children to explore tastes and textures.

## Monday

### BREAKFAST

A choice of Rice Krispies, Weetabix, fruit and toast

### MID MORNING SNACK

Portion of fruit

### LUNCH

Lentil shepherd's pie  
Melon slices

### MID AFTERNOON SNACK

Breadsticks and milk

### AFTERNOON TEA

Cheddar ploughmans with crusty roll, sweet pickle, quartered grapes & apple slices

Carb  
Protein  
Dairy  
Veg/Fruit

3  
3  
7  
4

## Tuesday

### BREAKFAST

A choice of Rice Krispies, Weetabix, fruit and toast

### MID MORNING SNACK

Portion of fruit

### LUNCH

Vegetable and red lentil dhansak with brown rice  
Overnight oats

### MID AFTERNOON SNACK

Crumpet and milk

### AFTERNOON TEA

Sardine pate, bagel with cucumber sticks

2  
3  
5  
4

## Wednesday

### BREAKFAST

A choice of Rice Krispies, Weetabix, fruit and toast

### MID MORNING SNACK

Portion of fruit

### LUNCH

Chicken cous cous with cooked beetroot  
Grapes

### MID AFTERNOON SNACK

Banana balls and milk

### AFTERNOON TEA

Selection of filled rolls; cheddar, egg mayo, tuna mayo or ham with veggie sticks

4  
3  
6  
3

## Thursday

### BREAKFAST

A choice of Rice Krispies, Weetabix, fruit and toast

### MID MORNING SNACK

Portion of fruit

### LUNCH

Turkey & mushroom fricassee with steamed rice & green beans  
Creamy apricot dessert

### MID AFTERNOON SNACK

Sunflower flapjack and milk

### AFTERNOON TEA

Chicken wrap with tomato

3  
4  
6  
4

## Friday

### BREAKFAST

A choice of Rice Krispies, Weetabix, fruit and toast

### MID MORNING SNACK

Portion of fruit

### LUNCH

Pasta and white fish in tomato sauce  
Fruit choice

### MID AFTERNOON SNACK

Oatcake and milk

### AFTERNOON TEA

Ham & coleslaw baguette with carrot sticks

6  
3  
5  
4

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# Menu Week 3

Freshly cooked, delicious, healthy meals that allow children to explore tastes and textures.

## Monday

### BREAKFAST

A choice of Rice Krispies, Weetabix, fruit and toast

### MID MORNING SNACK

Portion of fruit

### LUNCH

Vegetable Mac'n'Cheese  
Peach crumble

### MID AFTERNOON SNACK

Banana balls and milk

### AFTERNOON TEA

Smokey Joe's beans with warm baguette & butter

Carb  
Protein  
Dairy  
Veg/Fruit

6  
2  
4  
7

## Tuesday

### BREAKFAST

A choice of Rice Krispies, Weetabix, fruit and toast

### MID MORNING SNACK

Portion of fruit

### LUNCH

Risotto primavera  
Melon Slices

### MID AFTERNOON SNACK

Sundried tomato pinwheel and milk

### AFTERNOON TEA

Naan bread and dhal

4  
2  
2  
5

## Wednesday

### BREAKFAST

A choice of Rice Krispies, Weetabix, fruit and toast

### MID MORNING SNACK

Portion of fruit

### LUNCH

Jacket potato with tuna and sweetcorn  
Kiwi slices

### MID AFTERNOON SNACK

Seeded toast and milk

### AFTERNOON TEA

Chicken sandwich and cucumber sticks

5  
2  
2  
5

## Thursday

### BREAKFAST

A choice of Rice Krispies, Weetabix, fruit and toast

### MID MORNING SNACK

Portion of fruit

### LUNCH

Chicken and vegetable casserole  
Pear slices

### MID AFTERNOON SNACK

Cheese biscuit and milk

### AFTERNOON TEA

Cheddar, mayo & spring onion bagels with pepper & carrot sticks

5  
3  
3  
6

## Friday

### BREAKFAST

A choice of Rice Krispies, Weetabix, fruit and toast

### MID MORNING SNACK

Portion of fruit

### LUNCH

Shepherd's Pie  
Rice pudding

### MID AFTERNOON SNACK

Cucumber sticks, scone and milk

### AFTERNOON TEA

Salmon and cream cheese wrap with grated carrot

4  
2  
3  
5

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# Menu Week 4

Freshly cooked, delicious, healthy meals that allow children to explore tastes and textures.

## Monday

### BREAKFAST

A choice of Rice Krispies, Weetabix, fruit and toast

### MID MORNING SNACK

Portion of fruit

### LUNCH

Jacket potato with beans and courgette  
Peach crumble

### MID AFTERNOON SNACK

Carrot sticks, cracker and milk

### AFTERNOON TEA

Margherita pitta melts with onion & garlic dip & carrot sticks

Carb  
Protein  
Dairy  
Veg/Fruit

5  
3  
3  
6

## Tuesday

### BREAKFAST

A choice of Rice Krispies, Weetabix, fruit and toast

### MID MORNING SNACK

Portion of fruit

### LUNCH

Sardine pasta with broccoli  
Fruit choice

### MID AFTERNOON SNACK

Veggie scone, banana slices and milk

### AFTERNOON TEA

Sliced chicken, cucumber & mango mayo sandwiches

4  
3  
3  
6

## Wednesday

### BREAKFAST

A choice of Rice Krispies, Weetabix, fruit and toast

### MID MORNING SNACK

Portion of fruit

### LUNCH

Turkey con carne with steamed rice & green beans  
Cheese biscuit

### MID AFTERNOON SNACK

Cucumber sticks, scone and milk

### AFTERNOON TEA

Grilled fish fingers with bread & butter, tomato salsa & carrot sticks

5  
3  
3  
6

## Thursday

### BREAKFAST

A choice of Rice Krispies, Weetabix, fruit and toast

### MID MORNING SNACK

Portion of fruit

### LUNCH

Lentil bolognese  
Cooked plum and rice snaps

### MID AFTERNOON SNACK

Sunflower flapjack and milk

### AFTERNOON TEA

BBQ chicken salad wrap with quatered cherry tomatoes

5  
3  
3  
6

## Friday

### BREAKFAST

A choice of Rice Krispies, Weetabix, fruit and toast

### MID MORNING SNACK

Portion of fruit

### LUNCH

Chilli con carne  
Peaches (tinned)

### MID AFTERNOON SNACK

Breadsticks and milk

### AFTERNOON TEA

Tuna mayo pitta with sweetcorn

4  
2  
2  
5

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# Weaning Menu

## Monday

Carrot & Sweet  
Potato Puree

## Tuesday

Tomato & Cheesy  
Star Pasta

## Wednesday

Pea & Salmon  
Risotto

## Thursday

Broccoli and  
Cauliflower Puree

## Friday

Baby Chicken  
Korma

Week 1

Week 2

Week 3

Week 4

Minted Peas &  
Spinach

White Fish & Garlic  
Mash

Curried Lentil &  
Spinach Hash

Carrot & Chicken

Pea & Courgette  
Risotto

Smokey Joe's  
Beans Puree

Curried Chickpea &  
Lentil Dahl

Tomato &  
Courgette  
Spaghetti

Carrot & Sweet  
Potato Puree

Creamy Tuna Baby  
Pasta

Parsnip & Potato  
Hash

Pea & Courgette  
Risotto

Salmon &  
Vegetable Hash

Cheesy Spinach &  
Potato Bake

Tuna & Vegetable  
Risoto

A selection of  
weaning fruit  
ideas

Apple Compote  
Poached Pear  
Mashed Banana  
Soft Mango Slices  
Poached Mandarin  
Baby Custard  
Yoghurt  
Berry Medley  
Watermelon Fingers  
Banana Fingers  
Greek Yoghurt  
Rhubarb & Vanilla  
Compote  
Pear & Apple Purée  
Poached Apples