

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

Curried sweet potato & coconut soup with pitta fingers

Carb
Protein
Dairy
Veg/Fruit

4
3
3
8

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

Ham, humous & salad wraps with pepper sticks

4
2
2
6

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

Tomato & basil soup with petit pain

5
2
3
8

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

Cheese & tomato muffin pizza with cucumber sticks

4
3
4
7

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

Tuna mayo & mozzarella bagel melt with carrot sticks

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

Veggie Cumberland pie
Melon slices

MID AFTERNOON SNACK

Breadsticks and milk

AFTERNOON TEA

Baked jacket potato
with beans & grated cheddar

Carb
Protein
Dairy
Veg/Fruit

3
3
8
3

Tuesday

BREAKFAST

A choice of Rice Krispies, Weetabix, fruit and toast

MID MORNING SNACK

Portion of fruit

LUNCH

Vegetable dhansak
with brown rice
Overnight oats

MID AFTERNOON SNACK

Banana balls and milk

AFTERNOON TEA

Turkey & sweetcorn crumpet pizza
with quartered cherry tomatoes

2
3
7
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

Crumpets and milk

AFTERNOON TEA

Parsnip, butterbean & apple soup
with bread & butter

3
4
8
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

Ham & coleslaw baguette
with carrot sticks

2
4
7
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

Butternut squash & tomato soup
with garlic croutons

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

Chicken Noodle Soup

4
2
2
8

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

Pepper, tomato & edam pitta melt with carrot sticks

4
2
2
7

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 & spring onion bagels with carrot sticks

4
3
3
8

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

Naan bread and dahl

4
2
3
7

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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

Caribbean chicken stew with steamed rice
Satsumas

MID AFTERNOON SNACK

Carrot sticks, cracker and milk

AFTERNOON TEA

Margherita pitta melts with tzatziki & 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
Peach crumble

MID AFTERNOON SNACK

Veggie scone, banana slices and milk

AFTERNOON TEA

Homemade baked beans with toast & grated cheddar

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 rolls with tomato salsa & cucumber sticks

5
3
3
6

Thursday

BREAKFAST

A choice of Rice Krispies, Weetabix, fruit and toast

MID MORNING SNACK

Portion of fruit

LUNCH

Veggie 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

Savoury mince with root veg mash served with cabbage & garden peas
Peaches (tinned)

MID AFTERNOON SNACK

Breadsticks and milk

AFTERNOON TEA

Leek & potato soup with toasted crumpets

4
2
3
6

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