



MENU

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

Monday

BREAKFAST

A choice of cereal from Weetabix, Rice Crispies or Cornflakes with warm or cold milk

LUNCH

Green Green Risotto
Risotto with lots of yummy green vegetables
Ice Cream with Homemade Magic Chocolate Sauce
Water

AFTERNOON SNACK

Sunflower Flapjack Bars

AFTERNOON TEA

Root Vegetable & Lentil Casserole
Fresh Fruit
Water

Tuesday

BREAKFAST

A choice of cereal from Weetabix, Rice Crispies or Cornflakes with warm or cold milk

LUNCH

Salmon and Broccoli Pasta
Banana and Cinnamon Rice Pudding
Water

AFTERNOON SNACK

Selection of Fresh Fruit

AFTERNOON TEA

Chicken and Red Pepper Fajitas Wraps
Dried Apricots with Yoghurt
Water

Wednesday

BREAKFAST

A choice of cereal from Weetabix, Rice Crispies or Cornflakes with warm or cold milk

LUNCH

Smoked Mackerel Pate on Toast
Moussaka
Water

AFTERNOON SNACK

Salami, Sweetcorn and Tomato Muffins

AFTERNOON TEA

Smoky BBQ Buns with Cucumber Sticks
Fresh Fruit
Water

Thursday

BREAKFAST

A choice of cereal from Weetabix, Rice Crispies or Cornflakes with warm or cold milk

LUNCH

Chicken and Mushroom Pie served with peas and mash
Poached Red Fruit
Water

AFTERNOON SNACK

Selection of Fresh Fruit

AFTERNOON TEA

Cream of Cauliflower Soup with Cheese Sandwiches
Beetroot and Chocolate Cake
It's Yummy!!
Water

Friday

BREAKFAST

A choice of cereal from Weetabix, Rice Crispies or Cornflakes with warm or cold milk

LUNCH

Roast Pork Dinner with Roast Potatoes, Broccoli and Gravy
Blackberry Bakewell Pudding with Custard
Water

AFTERNOON SNACK

Cheese and Marmite Swirls

AFTERNOON TEA

Cheesy, Chicken Nacho Takeaway
Fresh Fruit
Water

All our food is freshly prepared on a daily basis using organic meat, fruit and vegetables. Copies of all our recipes are available from the nursery manager.



WEEK 2

MENU

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

Monday

BREAKFAST

A choice of cereal from Weetabix, Rice Crispies or Cornflakes with warm or cold milk

LUNCH

Cauliflower Cheese Spaghetti
Crunchy Cornflake Tart
Water

AFTERNOON SNACK

Selection of Fresh Fruit

AFTERNOON TEA

Minty Pea and Potato Soup with French Bread
Fromage Fraiss
Water

Tuesday

BREAKFAST

A choice of cereal from Weetabix, Rice Crispies or Cornflakes with warm or cold milk

LUNCH

Hoisin Chicken and Rice
Jam Sandwich Pudding with Ice Cream
Water

AFTERNOON SNACK

Lemon Curd Slices

AFTERNOON TEA

Pizzadilla
Selection of Fresh Fruit
Water

Wednesday

BREAKFAST

A choice of cereal from Weetabix, Rice Crispies or Cornflakes with warm or cold milk

LUNCH

Selection of Vegetable Sticks
Spanish Fish Pie
Water

AFTERNOON SNACK

Selection of Fresh Fruit

AFTERNOON TEA

Chicken and Salad Wraps
Zesty Avocado and Lime Cake
Water

Thursday

BREAKFAST

A choice of cereal from Weetabix, Rice Crispies or Cornflakes with warm or cold milk

LUNCH

Creamy Sausage and Mushroom Pasta Bake
Roasted Pears with Custard
Water

AFTERNOON SNACK

Banana and Coconut Muffins

AFTERNOON TEA

Bacon Badger with low sugar, low salt baked beans
Selection of Fresh Fruit
Water

Friday

BREAKFAST

A choice of cereal from Weetabix, Rice Crispies or Cornflakes with warm or cold milk

LUNCH

Melon and Ham Fingers
Roast Chicken Dinner with all the trimmings
Water

AFTERNOON SNACK

Selection of Fresh Fruit

AFTERNOON TEA

Pasta Twist Salad
Crispy Rice Cookies
Water

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WEEK 3

MENU

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Monday

BREAKFAST

A choice of cereal from Weetabix, Rice Crispies or Cornflakes with warm or cold milk

LUNCH

Magnificent Mash with Cheese and Leeks

Greek Yoghurt with Honey and Fresh Fruit

Water

AFTERNOON SNACK

Red Lentil Spread with Rice Cakes

AFTERNOON TEA

Beany, Bean Chilli

Fresh Fruit

Water

Tuesday

BREAKFAST

A choice of cereal from Weetabix, Rice Crispies or Cornflakes with warm or cold milk

LUNCH

Chinese Prawn Cracker

Sweet Orange Chicken with Broccoli

Water

AFTERNOON SNACK

Selection of Fresh Fruit

AFTERNOON TEA

Tuna Sandwiches on Wholemeal Bread

Chunky Monkey Cake

Water

Wednesday

BREAKFAST

A choice of cereal from Weetabix, Rice Crispies or Cornflakes with warm or cold milk

LUNCH

Caribbean Lamb Hot Pot

Lemon and Ginger Crunch Tart

Water

AFTERNOON SNACK

Spiced Squash and Fruit Loaf

AFTERNOON TEA

Egg Mayo Bruschetta

Fresh Fruit

Water

Thursday

BREAKFAST

A choice of cereal from Weetabix, Rice Crispies or Cornflakes with warm or cold milk

LUNCH

Toasted Naan Fingers with Minty, Yoghurt Dip

Fish Curry with Rice

Water

AFTERNOON SNACK

Selection of Fresh Fruit

AFTERNOON TEA

Chicken and Vegetable Soup

Sweet Potato and Ginger Cake

Water

Friday

BREAKFAST

A choice of cereal from Weetabix, Rice Crispies or Cornflakes with warm or cold milk

LUNCH

Roast Pork Sausages with Mash, Peas and Onion Gravy

Bananas and Custard

Water

AFTERNOON SNACK

Apple Cookies

AFTERNOON TEA

Pizza with our favourite toppings!

Fresh Fruit

Water

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WEEK 4

MENU

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Monday

BREAKFAST

A choice of cereal from Weetabix, Rice Crispies or Cornflakes with warm or cold milk

LUNCH

vegetable Mac 'N Cheese
Fruit Yoghurt
Water

AFTERNOON SNACK

Selection of Fresh Fruit

AFTERNOON TEA

Pitta Pockets
Parsnip and White Chocolate Cake
Water

Tuesday

BREAKFAST

A choice of cereal from Weetabix, Rice Crispies or Cornflakes with warm or cold milk

LUNCH

Sausage and Rosemary Cassoulet
Jelly
Water

AFTERNOON SNACK

Banana Flapjack

AFTERNOON TEA

Lentil and Sweet Potato Soup
Selection of Fresh Fruit
Water

Wednesday

BREAKFAST

A choice of cereal from Weetabix, Rice Crispies or Cornflakes with warm or cold milk

LUNCH

Vegetable Sticks with Hummus
Higgled-Piggledy Pasta Bake
Water

AFTERNOON SNACK

Selection of Seasonal Fruit

AFTERNOON TEA

Shredded Hoisin Chicken Wraps
Mandarin Orange Jelly
Water

Thursday

BREAKFAST

A choice of cereal from Weetabix, Rice Crispies or Cornflakes with warm or cold milk

LUNCH

Alladin's Chicken with Lemon Couscous
Jasmine's Orange Cake
Water

AFTERNOON SNACK

Bumpy Bean Dip with Tortillas

AFTERNOON TEA

Ham and Cheese Savoury Muffins
Fresh Fruit
Water

Friday

BREAKFAST

A choice of cereal from Weetabix, Rice Crispies or Cornflakes with warm or cold milk

LUNCH

Smoked Haddock Bake
Vanilla Ice Cream with Homemade Berry Sauce
Water

AFTERNOON SNACK

Apple Chunks with Raisins

AFTERNOON TEA

Chicken Chowder with Cream Crackers
Fruit Yoghurt
Water

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