

SAMPLE MENU

Here is an example of our varied 3-weekly menus, planned specifically to meet children's nutritional needs.

Menus are healthy and well balanced and freshly prepared by our qualified nursery chef.

MENU WEEK ONE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST 7.30 AM – 8.30 AM	WEETABIX, CORNFLAKES, RICE POPS (own brand) APPLE SLICES	WEETABIX, CORNFLAKES, RICE POPS (own brand) RASPBERRIES ½ ENGLISH MUFFIN & SPREAD	SLICED BANANA WHOLEMEAL TOAST & SPREAD	WEETABIX, CORNFLAKES, RICE POPS (own brand) MELON SLICES	WEETABIX, CORNFLAKES, RICE POPS (own brand) BLUEBERRIES ¼ BAGEL THIN & SPREAD
MORNING SNACK 10.00 AM – 10.30 AM	APPLE & PEAR SLICES	TOASTED BAGEL THIN WITH SOFT CHEESE & CUCUMBER	PINEAPPLE & CHEESE STICKS	BREADSTICKS WITH HOUMOUS & CHERRY TOMATOES	WATERMELON & SATSUMAS
LUNCH 12.00 PM	SALMON, LEEK & BROCCOLI LASAGNE OR LENTIL & VEGETABLE LASAGNE WITH MIXED SALAD	LAMB OR CHICKPEA KOFTHAS WITH MOROCCAN CARROT SALAD TZATZIKI & PITTA BREAD	ROAST CHICKEN OR QUORN, ROASTED POTATOES, MIXED GREEN VEGETABLES (CABBAGE, BROCCOLI & PEAS)	MINCED BEEF OR QUORN IN HIDDEN VEGETABLE TOMATO SAUCE WITH WHOLEMEAL SPAGHETTI	CARIBBEAN CHICKEN OR TEMPEH (Soya Beans) WITH RICE & PEAS
DESSERT	SEASONAL MELON & BERRY FRUIT SALAD WITH NATURAL YOGURT	BLUEBERRY SPONGE WITH CUSTARD	MANDARIN SEGMENTS WITH NATURAL YOGHURT	BLACK BEAN & AVOCADO BROWNIES (Gluten Free)	CREAMY CINNAMON RICE PUDDING
AFTERNOON SNACK 2.30 PM – 3.00 PM	RICE CAKE WITH GUACAMOLE & VEGETABLE STICKS	HONEYDEW MELON & PLUMS	BAKED MATZO CRACKERS TUNA MAYONNAISE (Tuna with dairy free mayonnaise and cucumber cubes)	BLUEBERRIES & RASPBERRIES	½ TOASTED CRUMPET APPLE & CELERY WITH CHEESE STICKS
TEA 5.00 PM	SHREDDED CHICKEN OR VEGETABLE & BEAN WITH MIXED BEAN SALAD PETIT FILOUS YOGHURT	BUTTER BEAN & VEGETABLE CREAMY PASTA PRIMAVERA SEASONAL FRUIT PLATTER	SWEETCORN/BLACK BEAN & RED PEPPER FRITTERS WITH VEGETABLE STICKS & SOUR CREAM DIP FRUIT KEBABS	STEAMED WHITE FISH OR TOFU WITH PEPPERS & TOMATO NEW POTATOES & GREEN BEANS GREEK YOGHURT WITH MIXED BERRIES	LEEK, POTATO & SPLIT PEA SOUP WITH CRUSTY BREAD & SPREAD FRUIT YOGHURT



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MENU WEEK TWO	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST 7.30 AM – 8.30 AM	WEETABIX, CORNFLAKES RICE POPS (own brand) SLICED STRAWBERRIES	BANANA SLICES WHOLEMEAL TOAST & SPREAD	WEETABIX, CORNFLAKES, RICE POPS (own brand) RASPBERRIES ½ TOASTED ENGLISH MUFFIN	WEETABIX, CORNFLAKES, RICE POPS (own brand), BLUEBERRIES WHOLEMEAL TOAST & SPREAD	APPLE SLICES TOASTED CRUMPET WITH SPREAD
MORNING SNACK 10.00 AM – 10.30 AM	¼ BAGEL THIN WITH SOFT CHEESE & PEPPER STICKS	APPLE & PEAR SLICES	PITTAS WITH TZATZIKI & CUCUMBER STICKS	NECTARINE SLICES WITH BANANA STICKS	TOASTED ENGLISH MUFFIN WITH SPREAD & CHEESE STICKS
LUNCH 12.00 PM	BEEF OR QUORN MINCE COTTAGE PIE WITH BROCCOLI & RED CABBAGE	HOMEMADE CHICKEN GOJONS OR BREADED TOFU WITH SWEET POTATO WEDGES & MEDITERRANEAN SALAD	THAI RED FISH CURRY OR TOFU CURRY WITH RICE & BROCCOLI SPEARS	LAMB OR VEGETABLE & BUTTER BEAN TAGINE WITH COUSCOUS & MOROCCAN CARROT SALAD	CHICKEN PESTO WHOLEMEAL PASTA BAKE OR VEGETABLE & GREEN LENTIL PESTO BAKE WITH GARLIC BREAD & MIXED SALAD
DESSERT	RICE PUDDING WITH PEACH SLICES	CARROT CAKE WITH RASPBERRY PUREE	FRUIT FOOL (RHUBARB, MANGO, STRAWBERRY)	APPLE & PEAR FRUIT WHOLEMEAL CRUMBLE WITH GREEK YOGHURT	BANANA WHIP
AFTERNOON SNACK 2.30 PM – 3.00 PM	HONEYDEW MELON WITH RASPBERRIES	TUNA PATE (Tuna with Vegan Mayonnaise) & CUCUMBER WITH BAKED CRACKERS	SATSUMAS AND APPLE SLICES	RICE CAKE WITH GUACAMOLE & VEGETABLE STICKS	PINEAPPLE & PLUMS
TEA 5.00 PM	SHAKSHUKA (BAKED EGGS) WITH CRUSTY BREAD SEASONAL FRUIT SALAD	SALMON & PEA RISOTTO RED LENTIL & PEA RISOTTO STRAWBERRIES WITH NATURAL YOGHURT	FRESH ROASTED VEGETABLE & GREEN LENTIL SOUP WITH GARLIC BREAD PETIE FILOUS YOGHURT	CHICKEN OR SOYA BEAN & VEGETABLE STIR-FRY WITH RICE NOODLES SEASONAL FRUIT SALAD	SAUSAGE PLAIT (pork or chicken meat) OR EGG, CHEESE & ONION PLAIT WITH POTATO SALAD FRUIT & NATURAL YOGHURT



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MORNING SNACK 10.00 AM – 10.30 AM	PLUM & SATSUMAS	½ BREADSTICK WITH HOUMOUS	BLUEBERRIES & RASPBERRIES	RICE CAKE WITH GUACAMOLE & PEPPER & CUCUMBER STICKS	PINEAPPLE & CHEESE STICKS
LUNCH 12.00 PM	KEEMA (Lamb or Quorn) CURRY WITH PEAS & RICE & POPPADUMS	CHICKEN & CHORIZO OR TOFU JAMBALAYA WITH GARLIC FLATBREAD	SCOTCH EGGS OR FALAFEL BALLS WITH NEW POTATO SALAD & TAHINI SAUCE	MEXICAN CHICKEN OR TEMPEH (soya beans) PASTA BAKE WITH CORN/BLACK BEAN/TOMATO SALAD	COD, POTATO & SPINACH CURRY OR CHICKPEA & SPINACH CURRY WITH COUSCOUS
DESSERT	SUMMER BERRY CLAFOUTIS (BAKED EGG CUSTARD)	SPICED APPLE & PEAR STREUSEL CAKE	THAI BAKED RICE PUDDING	FRUIT FOOL (rhubarb, mango strawberry)	SEASONAL FRUIT SALAD
AFTERNOON SNACK 2.30 PM – 3.00 PM	½ ENGLISH MUFFIN & CELERY WITH CHEESE STICKS	STRAWBERRIES & APPLE SLICES	BAKED MATZO CRACKERS WITH TZATZIKI & CHERRY TOMATO	WATERMELON & BLUEBERRIES	TOASTED CRUMPET WITH SOFT CHEESE
TEA 5.00 PM	TUNA FISHCAKES OR SWEETCORN/BLACK BEAN/RED PEPPER FRITTERS WITH TOMATO SLICES, CUCUMBER STICKS & TZATZIKI SEASONAL FRUIT KEBABS	HOMEMADE PIZZA (MUFFINS OR FLATBREAD) GARLIC POTATO WEDGES FRUIT YOGHURT	CAULIFLOWER CHEESE RAREBIT ON WHOLEMEAL TOAST WITH MIXED BEAN SALAD & VEGETABLE STICKS SEASONAL FRUIT SALAD	FRESH LENTIL & BACON SOUP OR TOMATO & LENTIL SOUP WITH GARLIC BREAD STRAWBERRIES & GREEK YOGHURT	BARBEQUE CHICKEN OR TOFU WITH CORN ON THE COB, SWEET POTATO FRIES & CUCUMBER STICKS MELON PLATTER

