



-A Note about our Menus-

All meals and desserts are prepared freshly on site at Heath House daily by our two Nursery Chefs. The menus are changed according to the seasons. Unless otherwise specified, all meals are served with fresh seasonal vegetables.

Water stations are available to the children at all times.

We provide a balance of hot and cold teas throughout the week and this is designed with the seasons in mind. It is advised that children should eat a small snack with parents after leaving nursery at 6pm to keep blood sugar levels regulated during the night.

All meals shown are our standard menu. On a daily basis we also cook vegetarian, gluten free, dairy free and soya free alternatives according to the dietary requirements, intolerances and cultural preferences of our children. If your child has any dietary requirements, please alert us to them during your settling in sessions.

We have a strict **No Nut Policy** within the setting and also refrain from using celery, sesame, crustaceans, mustard or molluscs as these are recognised as allergens.

We have coded our menu so that parents can quickly see any meals that contain potential allergens for your child.

(W/G)- Wheat and Gluten (D)- Dairy (E)- Eggs (F)- Fish (Gel)- Gelatine



Menu: Week 1

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	A selection of cereals and toast with milk or water to drink				
Snack AM	Raisins, Rice Cakes, Bread Sticks Selection of Fruit including: Banana, Pear, Orange, Melon, Apple, Plums, Kiwis, or a Vegetable Selection including: Carrot Sticks, Cucumber, Tomatoes, Peppers				
Lunch	Spaghetti Bolognese (W/G)	Roast Dinner with Roast Potatoes, Yorkshire Puddings and Mixed Veg	Cheese and Potato Pie with Cannellini and Haricot Beans (D)	Moroccan Chicken with Cous Cous (W/G)	Jacket Potato with Tuna Mayonnaise and Vegetable Sticks (D, E, F)
Pudding	Ginger Bread (W/G, D, E)	Yoghurts (D)	Ice Cream Sundae (D)	Sultana Sponge (W/G, D, E)	Jelly (Gel)
Snack PM	Raisins, Rice Cakes, Bread Sticks Selection of Fruit including: Banana, Pear, Orange, Melon, Apple, Plums, Kiwis, or a Vegetable Selection including: Carrot Sticks, Cucumber, Tomatoes, Peppers				
Tea	Selection of Wraps (W/G)	Spaghetti on Wholemeal Toast (W/G)	Pitta Bread with Vegetable Sticks and Dip (W/G, D)	Quiche with Vegetable Crudités (G, E, D)	Red Pepper Muffins (W/G, D, E)
Pudding	Fruit Flan (W/G)	Oat Biscuits (W/G, D)	Pears with Chocolate Sauce	Yoghurts (D)	Banana Bread (W/G, E, D)



Menu: Week 2

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	A selection of cereals and toast with milk or water to drink				
Snack AM	Raisins, Rice Cakes, Bread Sticks Selection of Fruit including: Banana, Pear, Orange, Melon, Apple, Plums, Kiwis, or a Vegetable Selection including: Carrot Sticks, Cucumber, Tomatoes, Peppers				
Lunch	Vegetable Pasta Bake (W/G, D)	Chicken and Sweet Potato Curry with Rice	Sausage Casserole (W/G)	Roast Pork	Fisherman's Pie with Sweet Potato topping (F, D)
Pudding	Yoghurts (D)	Mixed Fruit Crumble (W/G, D)	Banana Split (D)	Fruit Cocktails	Peach Greek Yoghurt Tart (W/G, D)
Snack PM	Raisins, Rice Cakes, Bread Sticks Selection of Fruit including: Banana, Pear, Orange, Melon, Apple, Plums, Kiwis, or a Vegetable Selection including: Carrot Sticks, Cucumber, Tomatoes, Peppers				
Tea	Ploughmans Cracker Platter (W/G, D)	Beans on Toast with Cheese Cubes (W/G, D)	Deep Filled Baguettes (W/G, D, E)	Tuna Pasta Salad (W/G, F, E)	Soup with Bread and Butter (W/G, D)
Pudding	Coco and Beetroot Cake (W/G, D, E)	Jelly (Gel)	Homemade Half and Half Cookies (W/G, D, E)	Ice Cream (D)	Homemade Flapjack (D)



Menu: Week 3

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	A selection of cereals, and toast with milk or water to drink				
Snack AM	Raisins, Rice Cakes, Bread Sticks Selection of Fruit including: Banana, Pear, Orange, Melon, Apple, Plums, Kiwis, or a Vegetable Selection including: Carrot Sticks, Cucumber, Tomatoes, Peppers				
Lunch	Fishcakes with Creamed Potatoes and Haricot Beans (W/G, F)	Lasagne with Garlic Bread and Vegetable Sticks (W/G, D)	Roast Gammon with Seasonal Vegetables (W/G)	Sweet and Sour Pork	Chicken Casserole with New Potatoes (W/G)
Pudding	Apples with a Maple and Cinnamon dip Yoghurt (D)	Bananas and Custard (D)	Homemade Frozen Yoghurt (D)	Pineapple Upside Down Cake (W/G, D, E)	Fruit Cocktail
Snack PM	Raisins, Rice Cakes, Bread Sticks Selection of Fruit including: Banana, Pear, Orange, Melon, Apple, Plums, Kiwis, or a Vegetable Selection including: Carrot Sticks, Cucumber, Tomatoes, Peppers				
Tea	Quesadillas (W/G)	Homemade Soup with Bread Rolls (W/G)	Selection of Sandwiches (W/G, D)	Pizza (W/G, D)	Quiche (W/G, D, E)
Pudding	Yoghurts (D)	Carrot Cake (W/G, E, D)	Fruit Flan (W/G, D)	Peaches and Cream (D)	Fruit Jelly (Gel)



Menu: Week 4

Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	A selection of cereals, and toast with milk or water to drink				
Snack AM	Raisins, Rice Cakes, Bread Sticks Selection of Fruit including: Banana, Pear, Orange, Melon, Apple, Plums, Kiwis, or a Vegetable Selection including: Carrot Sticks, Cucumber, Tomatoes, Peppers				
Lunch	Savoury Mince and Mash Potato (W/G)	Jacket Potatoes with Chilli and Garlic Bread (W/G)	Mexican Bean Hotpot	Chicken and Vegetable Pasta Bake (W/G, D)	Roast Dinner with all the Trimmings
Pudding	Fruit and Natural Yoghurt (D)	Homemade Rice Pudding with Jam Conserve (D)	Stewed Fruit and Custard (D)	Fruit Jelly (Gel)	Fruit Cocktail
Snack PM	Raisins, Rice Cakes, Bread Sticks Selection of Fruit including: Banana, Pear, Orange, Melon, Apple, Plums, Kiwis, or a Vegetable Selection including: Carrot Sticks, Cucumber, Tomatoes, Peppers				
Tea	Warm Tomato and Vegetable Pasta Bake (W/G, D)	Savoury Vegetable Muffins and Vegetable Sticks (W/G, E, D)	Meat Sandwiches with Tomatoes (W/G, D, E, F)	Homemade Soup with Bread and Butter (W/G, D)	Homemade Pizzas with Cucumber Sticks (D)
Pudding	Homemade Peach Swirl Cake (W/G, D, E)	Ice Cream Sundae (D)	Choc-chip Flapjack (D)	Swiss Roll (D, E)	Yoghurts with Fruit Puree (D)