



-A Note about our Menus-

All meals and desserts are prepared freshly on site daily by our Nursery Chefs. The menus are changed according to the seasons. Unless otherwise specified, all meals are served with a selection of 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 medically certified allergies, intolerances and cultural guidelines of our children. If your child has any medically supported 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, 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 (S)- Sesame



Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	A selection of cereals and wholemeal toast with milk or water to drink				
Snack Times AM & PM	Raisins, Rice Cakes, Bread Sticks, Cream Crackers Selection of Fruit including: Banana, Pear, Orange, Melon, Apple, Plums, Kiwis, or a Vegetable Selection including: Carrot Sticks, Cucumber, Tomatoes, Peppers				
Starter	Garlic Bread (W/G, D)		Cucumber sticks with Hummus (S)		Tortillas with a Sour Cream and Chive Dip (W/G, D)
Lunch	Spaghetti Bolognese (beef or vegetarian) (W/G)	Cheese and Potato Pie with vegetables or baked beans (D)	Roast Gammon with all the trimmings	Chinese Style Chicken with Rice and Vegetables	Tuna Pasta Bake with Sweetcorn (W/G, D, F)
Pudding		Fruit Salad in Natural Fruit Juice		Fruit Bread Pudding & Cream (W/G, D, E)	
Starter		Cucumber sticks with Salsa or Sour Cream Dip (D,)		Oatcakes and Cream Cheese (D, W/G)	
Tea	Chicken or Ploughman Wraps with Pepper Stick Selection (W/D/G)	Mackerel or Tuna Pate on Wholemeal Toast and carrot Sticks (W/G)	Spaghetti Hoops on Wholemeal Toast (W/G)	Cauliflower and Broccoli Cheese bake (D)	Homemade Soup of the Day
Pudding	Natural Yoghurt with Fruit (D)		Homemade Sponge and Custard (W/G, E, D)		Fruit Yoghurts (D)



Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	A selection of cereals and wholemeal toast with milk or water to drink				
Snack Times AM & PM	Raisins, Rice Cakes, Bread Sticks, Cream Crackers Selection of Fruit including: Banana, Pear, Orange, Melon, Apple, Plums, Kiwis, or a Vegetable Selection including: Carrot Sticks, Cucumber, Tomatoes, Peppers				
Starter	Mini Sausage Rolls (W/G, E, D)		Carrot Sticks with Sour Cream dip (D)		Cheese and Herbs Savouries or Roulade Wheels (E, W/G, D)
Lunch	Chilli con Carne with Rice	Fish Pie with a Sweet Potato Topping and Mixed Vegetables (F, D)	Tomato, Pepper and Leek Pasta Bake (W/G, D)	Cowboy Casserole (W/G)	Roast Chicken with Sage Stuffing, Potatoes and Seasonal Veg (W/G)
Pudding		Fruit Crumble with Cream (W/G, D)		Stewed Fruit and Custard (D)	
Starter		Cheese Wraps (W/G, D)		Garlic Bread (W/G, D)	
Tea	Sandwiches with Cucumber Sticks (E, F, W/G, D)	Homemade Soup	Pizzas with Vegetable Sticks (W/G, D)	Five Bean Pasta Salad (W/G)	Baked Beans on Wholemeal toast with (W/G,)
Pudding	Fruit Cocktail in Natural Juice		Natural Yoghurt with Fruit (D)		Oaty Biscuits (D)



Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	A selection of cereals and wholemeal toast with milk or water to drink				
Snack Times AM & PM	Raisins, Rice Cakes, Bread Sticks, Cream Crackers Selection of Fruit including: Banana, Pear, Orange, Melon, Apple, Plums, Kiwis, or a Vegetable Selection including: Carrot Sticks, Cucumber, Tomatoes, Peppers				
Starter	Naan Bread with mango Chutney (W/G, D)		Garlic Bread (W/G, D)		Vegetable sticks with Guacamole (W/G)
Lunch	Lentil, Cauliflower and Sweet Potato Curry with Rice	Roast Dinner with Potatoes and Vegetables	Lasagne and Vegetables (W/G, D, E)	Fish cakes, with Mash Potatoes and Mixed Vegetables (F, W/G, D)	Macaroni Cheese with Leeks and Bacon (W/G, D)
Pudding		Peaches and Cream (D)		Fruit Yoghurt (D)	
Starter		Potato Wedges with a Tomato Salsa		Cheese and Pineapple Cubes (D)	
Tea	Homemade Soup With Bread and Butter (W/G, D)	Pizzas With Cherry Tomatoes (W/G, D)	Quiche or Beans on Toast with Vegetable Sticks (W/G, E, D)	Sandwich Selection with Cucumber Sticks (W/G, D, E)	Tuna Pitta Pockets with Carrot Sticks (W/G, F, D)
Pudding	Natural Yogurt with Fruit Puree (D)		Apple Sponge Cake (W/G, D, E)		Flapjack (D)



Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	A selection of cereals and wholemeal toast with milk or water to drink				
Snack Times AM & PM	Raisins, Rice Cakes, Bread Sticks, Cream Crackers Selection of Fruit including: Banana, Pear, Orange, Melon, Apple, Plums, Kiwis, or a Vegetable Selection including: Carrot Sticks, Cucumber, Tomatoes, Peppers				
Starter	Breadsticks with a Dip Selection (W/G, D)		Naan Bread with Mango Chutney (W/G, D)		Tortilla Chips with Cheese Sauce (W/G, D)
Lunch	Roasted Vegetable Pasta Bake (W/G, D)	Savoury Mince and Mash Potato with Peas and Carrots	Fish Curry, Rice with Peas and Sweetcorn (F, D)	Roast Gammon with all the Trimmings	Mexican Bean Hotpot
Pudding		Pineapple Upside Down cake (W/G, D, E)		Fruit Yoghurt (D)	
Starter		Melon Slices		Hummus with Crudités (D)	
Tea	Ham and Chicken Sandwiches with a Vegetable Selection (D, W/G)	Quesadillas with Cherry Tomatoes (W/G, D)	Spaghetti on Wholemeal Toast (W/G, D)	Homemade Soup with Wholemeal Bread and Butter (W/G, D)	Macaroni Cheese or Savoury Scones (W/G, D)
Pudding	Fruit Cocktail and Ice-Cream (D)		Lemon Sponge Cake (W/G, E, D)		Gingerbread (W/G, E, D)