



-A Note about our Menus-

All meals and desserts are freshly prepared each day on site by our inhouse cooks. 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	Breadsticks with hummous, Rice Cakes with fresh fruit pieces, Homemade Oaty biscuits, Selection of fruit Veg sticks with sour cream and chive dip, Pineapple and cheese chunks, raisins, sandwiches, tortilla chips and dip.				
Starter		Cheesy Nachos W/G, D	Sausage rolls W/G		Mackerel Pate with Pitta bread F,D,W/G
Lunch	Fish cakes with mash and selection of vegetables with homemade tomato sauce F	Macaroni Cheese with peas W/G, D	Roast Chicken with stuffing, Yorkshire pudding, roast potato and gravy W/G, E, D	Sweet and sour chicken	Ham and Mushroom carbonara W/G,D
Pudding	Jam Tart with Natural yoghurt W/G, E, D			Home-made banana loaf W/G, E, D	
Tea	Tomato soup with crusty roll W/G	Loaded potato skins D	Pitta Pockets with filling W/G	Pizza and garlic bread W/G, D	Baked beans on toast with cheese twists or cubes W/G, 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	Breadsticks with hummous, Rice Cakes with fresh fruit pieces, Homemade Oaty biscuits, Selection of fruit Veg sticks with sour cream and chive dip, Pineapple and cheese chunks, raisins, sandwiches, tortilla chips and dip.				
Starter		Garlic Bread W/G		Cucumber, pepper sticks with Hummous S	
Lunch	Cheese and Potato Pie with mixed vegetables D	Spaghetti Bolognese with peas W/G	Mild chicken curry with vegetables and turmeric rice	Roast Gammon with all the trimmings E, W/G,D	Chicken, Leek and pasta bake W/G, D
Pudding	Sticky Toffee pudding with ice cream D, W/G, E		Jamaican Ginger cake W,E,D		Apple Pie with custard D, E, W/G
Tea	Vegetable soup with crusty roll W/G	Chicken fajita W/G	Cheese and tuna Puffs D,F	Pasta Salad W/G	Cheese triangles with tomato sauce W/G, D



Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	A selection of cereals and wholemeal toast with milk or water to drink				
Snack Time AM & PM	Breadsticks with hummous, Rice Cakes with fresh fruit pieces, Homemade Oaty biscuits, Selection of fruit Veg sticks with sour cream and chive dip, Pineapple and cheese chunks, raisins, sandwiches, tortilla chips and dip.				
Starter	Mackerel pate with pitta bread W/G, F		Vegetable sticks with guacamole		Cucumber sticks with pepper sticks and tzatziki D
Lunch	Tuna pasta bake with mixed vegetables W/G, F, D	Roast chicken, Yorkshire pudding, stuffing, roast potatoes, gravy and vegetables	Mexican bean hotpot	Cottage pie with a selection of vegetables	Sausage plait / or sausage casserole (subject to availability) W/G, D
Pudding		Homemade carrot and oaty biscuits E,W/G, D		Lemon cake and yogurt W/G,E,D	
Tea	Tomato soup and cheese scones D,W/G	Selection of wraps W/G	Vegetable quiche and salad W/G, E	Quesidillas W/G, D	Pasta salad W/G



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	Breadsticks with hummous, Rice Cakes with fresh fruit pieces, Homemade Oaty biscuits, Selection of fruit Veg sticks with sour cream and chive dip, Pineapple and cheese chunks, raisins, sandwiches, tortilla chips and dip.				
Starter	Dough balls in garlic butter W/G, D	Naan bread with Mango chutney D, W/G			
Lunch	Chilli con carne with mixed vegetables and rice	Cowboy casserole with mash	Chinese chicken with rice and broccoli	Vegetable Lasagna W/G, D	Roast pork Yorkshire pudding, stuffing, roast potatoes, gravy and vegetables W/G, E, D
Pudding			Apple and cinnamon crumble W/G, D	Rice Pudding D	Fruit salad
Tea	Quiche Lorraine with salad W/G, E, D	Leek and potato soup with cheese scone W/G, D	Baked beans on toast W/G, D	Quesidillas W/G, D	Tuna mayonnaise with jacket potato F, E