



-A Note about our Menus-

All meals and desserts are prepared freshly on site 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	Lasagne with Peas and Sweetcorn (W/ G, D)	Fishermans Pie with Cheese Sauce and Seasonal Vegetables (F, D)	Roast Chicken Dinner with all the trimmings	Chilli Con Carne with Rice and Garlic Bread (D)	Toad in the Hole with Mash Potato and Green Beans (W/G, D, E)
Pudding	Fruit Cocktail	Fruit Jelly (GEL)	Ice Cream (D)	Jam Tart and Custard (W/G, D)	Mixed Fruit Crumble and Cream (W/G)
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	Mackerel Pate with Wholemeal Toast Fingers (W/G, D, F)	Mediterranean Platter (W/G, D)	Ham and Pepper Pizza (W/G, D)	Tuna and Sweetcorn Pasta Salad (W/G, F, E)	Beans on Wholemeal Toast (W/G)
Pudding	Flapjack (D)	Lemon Curd Sponge (D, E, W/G)	Yoghurt (D)	Chocolate Marble Loaf (W/G, D, E)	Yoghurt (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	Tuna Pasta Bake (W/G, F, D)	Chinese Chicken with Rice and Broccoli	Spaghetti Bolognese with Garlic Bread (W/G, D)	Fish Cakes with Potato Wedges, peas and tomato Salsa (W/G, F)	Roast Pork Dinner with all the trimmings
Pudding	Yoghurt (D)	Syrup Sponge and Cream (W/G, D, E)	Strawberry Mousse (D)	Fruit Jelly (GEL)	Ice Cream (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	Jacket Potato with Cheese and Beans (D)	Ham and Cheese Sandwiches with Salad (W/G, D)	Homemade Sweet Potato Soup with bread and butter (W/G, D)	Chicken Fajita Wraps (W/G)	Homemade Quiche and Potato Salad (W/G, D, E)
Pudding	Banana Loaf (W/G, D, E)	Homemade Scones and Jam (W/G, D, E)	Yoghurt (D)	Oaty Biscuits (W/G, D)	Victoria Sponge Cake (W/G, D, E)



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	Cowboy Casserole with Mash (D)	Chicken and Sweet Potato Curry with Rice and Naan Bread (W/G, D)	Sausage Plait with Mash and Seasonal Veg (W/G, D)	Roast Chicken with all the trimmings	Fishermans Pie with Green Beans and cheese Sauce (F, D)
Pudding	Homemade Rice Pudding with Jam Conserve (D)	Banana Mousse (D)	Ice Cream Sundae (D)	Yoghurt (D)	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	Tuna Sandwiches with Vegetable Sticks (W/G, F, E)	Chicken and Sweetcorn Pizza (W/G, D)	Cheese and Onion Savoury Scones with Cherry Tomatoes (W/G, D, E)	Ploughmans Platter (W/G, D)	Spaghetti on Wholemeal Toast (W/G)
Pudding	Yoghurt (D)	Peaches and Cream (D)	Gingerbread (W/G, D)	Swiss Roll (W/G, D, E)	Oaty Biscuit (W/G, D)



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	Sweet and Sour Chicken with Rice and Green Beans	Roast Gammon with all the trimmings	Chicken and Broccoli Pasta Bake (W/G, D)	Cottage Pie with Sweet Potato topping and Seasonal Veg (D)	Macaroni Cheese with Leeks and Bacon (W/G, D)
Pudding	Bananas and Custard (D)	Yoghurt (D)	Fruit Salad with Cream (D)	Ice Cream (D)	Fruit 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	Homemade Vegetable soup with Bread and Butter (W/G, D)	Chicken and Sweetcorn Pasta Salad (W/G, E)	Homemade Quiche and Salad Sticks (W/G, D, E)	Beans on Wholemeal Toast (W/G, D)	Selection of Sandwiches with Cherry Tomatoes (W/G)
Pudding	Raspberry Oat Slices (W/G, D,)	Swiss Roll (W/G, D, E)	Carrot Cake (W/G, E, D)	Yoghurt (D)	Apple Crumble Sponge (W/G, D, E)