



-A Note about our Menus-

All meals and desserts are prepared freshly and 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. Our menus have been curated in line with the nationwide focus of childhood obesity, and therefore we offer a combination of starters/ mains and mains/ desserts on differing days across the 4-week menu so as to limit the serving of sweet puddings to our children.

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.

Our menus may be subject to change at short notice due to possible delivery issues or other shortages beyond our control. We make every effort to follow our weekly menu as closely as possible and therefore apologise for any inconvenience that short notice changes may cause.

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.

A lot of time and love goes into the formulating of our menus, so we hope you and your child enjoy them!

(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	Cheesy Nachos W, D		Sausage rolls W		Mackerel Pate with Pitta breads F, D, W
Lunch	Chilli con Carne with rice and sweetcorn	Cheese and Potato Pie with vegetables D, W	Roast chicken With stuffing, Yorkshire pudding roast potato and gravy W, E, D	Fish cakes with Mash and veg together with homemade tomato sauce F, W, D	Ham and mushroom carbonara W, D
Pudding		Jam Tart with Natural yoghurt W, E, D		Home-made Banana Loaf W, E	
Tea	Ham and Leek with butterbean stew	Mushroom soup with home-made bread rolls W, D	Roasted vegetable pasta bake W, D	Tuna and cheese wraps F, E, W, D	Tomato, Red Lentil and Butterbean soup with cheese scones W, 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		Garlic Bread W		Cucumber sticks with pepper sticks with Hummus	
Lunch	Risotto Verde	Spaghetti Bolognese with peas W	Fish Pie with a mash Topping and Mixed Vegetables F, D	Roast gammon with all the trimmings E, W, D	Chicken and Leek pie with vegetables and mash D, W
Pudding	Sticky toffee pudding with cream W, E, D		Jamaican Ginger cake W, E, D		Apple Pie with Custard W, D
Tea	Vegetable soup with crusty bread W	Home-made Sausage Plait and beans W	Thai butternut Squash red lentil soup and cheese straws W, D	Salad Niçoise F, E	Homemade Calzone Pizza W, 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	Mackerel Pate with Pitta breads F, D, W		Vegetable sticks with Guacamole		Cucumber and sticks With pepper sticks and tzatziki
Lunch	Pork and Apple casserole	Roast Chicken with fresh vegetables, Yorkshire pudding, stuffing, Roast potatoes and gravy E, W, D	Mexican bean hot pot	Lentil, Cauliflower and Sweet Potato Curry with Rice	White Fish in parsley sauce with new potatoes and a selection of vegetables F, D, W
Pudding		Home-made Carrot and Oat biscuits E, W		Lemon cake and yogurt W, E, D	
Tea	Tomato soup and cheese scone D, W	Tuna pasta bake F, W	Vegetable lasagne W, D	Beef and veg stew with dumplings W	Spice beetroot soup and bread roll W



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		Naan bread with Mango chutney D, W		Dough balls in garlic butter W	
Lunch	Chinese chicken with wholegrain rice and broccoli	Fish curry with rice and vegetables F	Roast pork with all the trimmings E,D,W	Macaroni cheese with leeks and mushrooms W, D	Greek lasagne with vegetables W
Pudding	Apple and cinnamon crumble W		Fruit salad		Rice pudding D
Tea	Toad in the hole with green beans and gravy E, W, D	Carrot soup with a cheese scone D, W	Freshly Baked Cornish pasty with BBQ beans W	Curried parsnip soup and bread roll W	Jacket potatoes with a variety of filling D