



Nursery Menu

Autumn & Winter 2021 - Week 1

	Meat Free Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast (served until 8am)	A selection of cereals or toast with milk is available every morning (2,7)				
Morning Snack (served from 9:30am)	Bananas and blueberries	Carrot and apple flapjack (2)	Pear slices	Oat biscuits (2,7)	Apple slices
Lunch (served from 11:30am) Starter		Garlic bread (2,12)		Cheese straws (2,4,7,9)	
Lunch Main	Vegetable and red lentil Dhansak (VE)	Spaghetti Bolognese (1,2,7)	Roast chicken with roast potatoes, stuffing and root vegetables (1,2)	Vegetable cottage pie with kale and sweetcorn (V) (1,7)	Oven-baked cod with sweet potato mash and roasted winter vegetables (V) (7)
Lunch Dessert	Beetroot chocolate brownie (2,4,7)		Strawberry and banana smoothie (2)		Courgette and orange cake (2,4,7)
Afternoon Tea (served from 3pm)	Cheese and tomato sandwiches with cucumber and carrot sticks (V) (2,7)	Homemade vegetable soup with crusty bread (V) (1,2,7)	BLT (Bacon, Lettuce and Tomato) sandwiches with pepper sticks (2,7)	Sausage plait with tomato sauce (2,7)	Chicken salad sandwiches with cucumber and carrot sticks (2,7)
Afternoon Snack (served from 5pm)	Cream crackers with soft cheese (2,7)	Bread sticks with beetroot and mint dip (2,7,12,13)	Carrot and cucumber sticks	Cheese chunks with grapes (7)	Cream crackers with soft cheese (2,7)

This menu will be served on week's commencing 4th October, 25th October, 8th November, 29th November, 20th December, 17th January, 7th February, 28th February and 21st March.

Our nursery menus incorporate lots of different flavours, textures and colours to make meal times exciting (along with some child-favourites too). Where possible, we try to incorporate "5 a Day" taking into account morning snack, lunch and afternoon tea. Children have access to water and milk throughout the day. Vegetarian dishes are marked with a (V) and Vegan with a (VE). Allergens are displayed in brackets next to each dish. Children with dietary requirements and allergies are catered for separately but our nursery chef will do their best to keep their meal as close to the menu as possible. Whilst our chef's do their best to cater for those with allergies or intolerances, we cannot guarantee the total absence of nuts or allergens in our food.



Nursery Menu

Autumn & Winter - Week 2

	Meat Free Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast (served until 8am)	A selection of cereals or toast with milk is available every morning (2,7)				
Morning Snack (served from 9:30am)	Apple slices	Hummus with rice cakes (12)	Bananas and blueberries	Bread sticks with pea and ricotta dip (2,7,12,13)	Pear slices
Lunch (served from 11:30am) Starter	Papadums with homemade raita (2,7)				Homemade rosemary focaccia (2)
Lunch Main	Tofu and chickpea curry with mixed rice (VE) (13)	Bangers and root vegetable mash with broccoli (1,7)	Italian aubergine traybake (2,7)	Chicken and leek pie with peas and sweetcorn (1,2,7)	Salmon and asparagus tagliatelle (2,7)
Lunch Dessert		Baked peaches with natural yoghurt (7)	Super berry smoothie (2)	Carrot cake (2,4,7)	
Afternoon Tea (served from 3pm)	Cheese and tomato sandwiches with cucumber and carrot sticks (2,7)	Roasted carrot and red pepper soup with a toasted wholemeal muffin (1,2,7,13)	Chicken salad sandwiches with cucumber and carrot sticks (2,7)	Beetroot and red onion tarte tatin (2,7)	BLT (Bacon, Lettuce and Tomato) sandwiches with pepper sticks (2,7)
Afternoon Snack (served from 5pm)	Cheese chunks with grapes (7)	Cream crackers with soft cheese (2,7)	Carrot and cucumber sticks	Cream crackers with soft cheese (2,7)	Bread sticks with beetroot and mint dip (2,7,12,13)
This menu will be served on week's commencing 11 th October, 1 st November, 15 th November, 6 th December, 3 rd January, 24 th January, 14 th February, 7 th March and 28 th March.					

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Nursery Menu

Autumn & Winter 2021 - Week 3

	Meat Free Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast (served until 8am)	A selection of cereals or toast with milk is available every morning (2,7)				
Morning Snack (served from 9:30am)	Pear slices	Oat biscuits (2,7)	Apple slices	Carrot and apple flapjack (2)	Bananas and blueberries
Lunch (served from 11:30am) Starter		Naan bread or chapati (2,7)		Guacamole with homemade tortilla chips (2)	
Lunch Main	Mediterranean vegetable wellington with broccoli (2,4,7)	Mild chicken and mango curry with basmati rice (1,9,11)	Roast gammon with roast potatoes, stuffing and root vegetables (1,2)	Mixed bean chilli (1,7)	Haddock macaroni cheese with peas and sweetcorn (2,5,7,9)
Lunch Dessert	Lemon and poppy seed loaf (2,4,7)		Mango and pineapple smoothie (2)		Yoghurt pot cake (2,7)
Afternoon Tea (served from 3pm)	Cheese and tomato sandwiches with cucumber and carrot sticks (2,7)	Scrambled egg with pitta bread and cherry tomatoes	BLT (Bacon, Lettuce and Tomato) sandwiches with pepper sticks (2,7)	Homemade tomato soup with crusty bread (1,2,7)	Chicken salad sandwiches with cucumber and carrot sticks (2,7)
Afternoon Snack (served from 5pm)	Cream crackers with soft cheese (2,7)	Cheese chunks with grapes (2)	Carrot and cucumber sticks	Bread sticks with beetroot and mint dip (2,7,12,13)	Cream crackers with soft cheese (2,7)

This menu will be served on week's commencing 18th October, 22nd November, 13th December, 10th January, 31st January, 21st February and 14th March.

Our nursery menus incorporate lots of different flavours, textures and colours to make meal times exciting (along with some child-favourites too). Where possible, we try to incorporate "5 a Day" taking into account morning snack, lunch and afternoon tea. Children have access to water and milk throughout the day. Vegetarian dishes are marked with a (V) and Vegan with a (VE). Allergens are displayed in brackets next to each dish. Children with dietary requirements and allergies are catered for separately but our nursery chef will do their best to keep their meal as close to the menu as possible. Whilst our chef's do their best to cater for those with allergies or intolerances, we cannot guarantee the total absence of nuts or allergens in our food.