



Nursery Menu

Autumn & Winter 2021 v.2 - 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 (2,7)	Pear slices	Cheese chunks with grapes (2)	Apple slices
Lunch (served from 11:30am) Starter	Cheese and apple sticks (7)				
Lunch Main	Vegetable cottage pie with kale and sweetcorn (V) (1,7)	Bangers and root vegetable mash with broccoli (1,7)	Roast chicken with roast potatoes, stuffing and root vegetables (1,2)	Quorn spaghetti bolognese (V) (1,2,4,7)	Oven-baked cod with sweet potato mash and roasted winter vegetables (7)
Lunch Dessert		Apple crumble with vanilla custard (2,7)	Strawberry and banana smoothie (2)	Natural yoghurt with autumn berry compote (7)	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 a toasted wholemeal muffin (V) (1,2,7)	Tuna crunch sandwiches with cucumber and carrot sticks (2,5,7)	Sausage plait with tomato sauce (2,7)	Chicken salad sandwiches with cucumber and carrot sticks (2,7)
Afternoon Snack (served from 5pm)	Bananas and blueberries	Carrot and apple flapjack (2,7)	Pear slices	Cheese chunks with grapes (2)	Apple slices
This menu will be served on week's commencing 4 th October, 25 th October, 8 th November, 29 th November, 20 th December, 17 th January, 7 th February, 28 th February and 21 st 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 2021 v.2 - 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	Cheese chunks with grapes (2)	Bananas and blueberries	Banana bread (VE) (2)	Pear slices
Lunch (served from 11:30am) Starter			Mini papadums with mango chutney		
Lunch Main	Mixed bean chilli with homemade potato wedges (1,7)	Haddock macaroni cheese with peas and sweetcorn (2,5,7,9)	Mild chicken and mango curry with basmati rice (1,9,11)	Spinach and ricotta stuffed pasta shells (2,4,7)	Roast pork with roast potatoes, stuffing and root vegetables (1,2)
Lunch Dessert	Baked pineapple with crème fraiche (7)	Carrot cake (2,4,7)		Super berry smoothie (2)	Yoghurt pot cake (2,7)
Afternoon Tea (served from 3pm)	Cheese and tomato sandwiches with cucumber and carrot sticks (2,7)	Baked potato topped with sour cream and chive (7)	Chicken salad sandwiches with cucumber and carrot sticks (2,7)	Roasted carrot and red pepper soup with a toasted wholemeal muffin (1,2,7,13)	Tuna crunch sandwiches with cucumber and carrot sticks (2,5,7)
Afternoon Snack (served from 5pm)	Apple slices	Cheese chunks with grapes (2)	Bananas and blueberries	Banana bread (VE) (2)	Pear slices

This menu will be served on week's commencing 11th October, 1st November, 15th November, 6th December, 3rd January, 24th January, 14th February, 7th March and 28th March.

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Nursery Menu

Autumn & Winter 2021 v.2 - 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	Homemade oat biscuits (2,7)	Apple slices	Cheese chunks with grapes (2)	Bananas and blueberries
Lunch (served from 11:30am) Starter					Homemade rosemary focaccia (2)
Lunch Main	Mediterranean vegetable wellington with broccoli (2,4,7)	Chicken, mushroom and leek pie with peas and sweetcorn (1,2,7)	Roast gammon with roast potatoes, stuffing and root vegetables (1,2)	Mushroom stroganoff with mixed rice (7,9)	Salmon and asparagus tagliatelle (2,7)
Lunch Dessert	Blueberry and oat muffins (2,4,7)	Baked peaches with natural yoghurt (7)	Mango and pineapple smoothie (2)	Lemon and poppy seed loaf (2,4,7)	
Afternoon Tea (served from 3pm)	Cheese and tomato sandwiches with cucumber and carrot sticks (2,7)	Scrambled egg with wholemeal pitta bread and cherry tomatoes (2,4,7)	Tuna crunch sandwiches with cucumber and carrot sticks (2,5,7)	Homemade tomato soup with a toasted wholemeal muffin (V) (1,2,7)	Chicken salad sandwiches with cucumber and carrot sticks (2,7)
Afternoon Snack (served from 5pm)	Pear slices	Homemade oat biscuits (2,7)	Apple slices	Cheese chunks with grapes (2)	Bananas and blueberries

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

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