



## Nursery Menu

### Autumn & Winter 2023 v.3 - Week 1

	Meat Free Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b> (served until 8am)	A selection of sugar-free cereals or toast with strawberry jam and milk is available every morning (2,7)				
<b>Morning Snack</b> (served from 9:30am)	Bananas and blueberries	Cheese chunks with grapes (7)	Pear slices	Carrot and apple flapjack (2,7)	Apple slices
<b>Lunch</b> (served from 11:30am) Starter	Cheese and apple sticks (7)			Homemade cheesy garlic bread (2,7,13)	
<b>Lunch</b> Main	Mushroom stroganoff with mixed rice (V) (7,9)	Toad in the hole with root vegetable mash and broccoli (1,2,4,7)	Roast chicken with roast potatoes, stuffing and root vegetables (1,2)	Vegetable lasagne with Chef's salad (VE) (1,2)	Homemade fish cake fingers with sweet potato wedges, peas and sweetcorn (2,4,5)
<b>Lunch</b> Main (Vegetarian)		Veggie toad in the hole with root vegetable mash and broccoli (V) (1,2,4,7)	Lentil loaf with roast potatoes, stuffing and root vegetables (V) (1,7)		Chickpea fritters with sweet potato wedges, peas and sweetcorn (2,4,7)
<b>Lunch</b> Dessert		Natural yoghurt with autumn berry compote (7)	Strawberry and banana smoothie or Chef's fruit platter (2)		Courgette and orange cake (2,4,7)
<b>Afternoon Tea</b> (served from 3pm)	Cheese and tomato sandwiches with cucumber and carrot sticks (V) (2,7,13)	Homemade beans on wholemeal toast (V) (2,13)	Ham salad sandwiches with cucumber and carrot sticks (2,7,13)	Sausage plait with tomato sauce (1,2,4,7)	Chicken salad sandwiches with cucumber and carrot sticks (2,4,7,13)
<b>Afternoon Snack</b> (served from 5pm)	Bananas and blueberries	Cheese chunks with grapes (2)	Pear slices	Carrot and apple flapjack (2,7)	Apple slices
This menu will be served on week's commencing 2 <sup>nd</sup> October, 23 <sup>rd</sup> October, 13 <sup>th</sup> November, 4 <sup>th</sup> December, 1 <sup>st</sup> January, 22 <sup>nd</sup> January, 12 <sup>th</sup> February, 4 <sup>th</sup> March and 25 <sup>th</sup> 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 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 chefs 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 2023 v.3 - Week 2

	Meat Free Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b> (served until 8am)	A selection of sugar-free cereals or toast with strawberry jam and milk is available every morning (2,7)				
<b>Morning Snack</b> (served from 9:30am)	Apple slices	Banana bread (VE) (2)	Bananas and blueberries	Cheese chunks with grapes (7)	Pear slices
<b>Lunch</b> (served from 11:30am) Starter			Mini papadums with mango chutney (12)		
<b>Lunch</b> Main	Baked sweet potato topped with mixed bean chilli and sour cream (V) (1,7,9)	Haddock macaroni cheese with peas and sweetcorn (2,5,7,9)	Mild chicken and mango curry with basmati rice (1,9,11)	Aubergine penne arrabbiata topped with vegan cheese (VE) (2)	Chicken and lentil shepherd's pie with broccoli (7)
<b>Lunch</b> Main (Vegetarian)		Macaroni cheese with peas and sweetcorn (2,7,9)	Vegetable curry with basmati rice (V) (1,9,11)		Lentil shepherd's pie with broccoli (V) (7)
<b>Lunch</b> Dessert	Super berry smoothie or Chef's fruit platter (2)	Cheesecake chocolate brownie (2,4,7)		Baked peaches with Greek yoghurt and honey (7)	Raspberry and white chocolate muffins (2,4,7)
<b>Afternoon Tea</b> (served from 3pm)	Cream cheese and red pesto bagels with cucumber and carrot sticks (V) (2,5,7,13)	Chive and feta scone with butter, grated carrot and chicken slices (2,4,7)	Tuna crunch sandwiches with cucumber and carrot sticks (2,5,7,13)	Homemade chicken and roasted vegetable pizza (2,7)	Ham salad sandwiches with cucumber and carrot sticks (2,7,13)
<b>Afternoon Snack</b> (served from 5pm)	Apple slices	Banana bread (VE) (2)	Bananas and blueberries	Cheese chunks with grapes (2)	Pear slices
This menu will be served on week's commencing 9 <sup>th</sup> October, 30 <sup>th</sup> October, 20 <sup>th</sup> November, 11 <sup>th</sup> December, 8 <sup>th</sup> January, 29 <sup>th</sup> January, 19 <sup>th</sup> February and 11 <sup>th</sup> March.					

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## Nursery Menu

### Autumn & Winter 2023 v.3 - Week 3

	Meat Free Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b> (served until 8am)	A selection of sugar-free cereals or toast with strawberry jam and milk is available every morning (2,7)				
<b>Morning Snack</b> (served from 9:30am)	Pear slices	Cheese chunks with grapes (7)	Apple slices	Homemade oat biscuits (2,7)	Bananas and blueberries
<b>Lunch</b> (served from 11:30am) Starter					Prawn crackers with sweet chill sauce (3)
<b>Lunch</b> Main	Vegetable and chickpea tagine with couscous (VE) (1,2)	Chicken, mushroom and leek pie with peas and sweetcorn (1,2,7)	Roast beef with roast potatoes, stuffing and root vegetables (1,2)	Vegetable cottage pie with kale and sweetcorn (V) (1,7)	Salmon egg-fried rice (2,4,5,12)
<b>Lunch</b> Main (Vegetarian)		Mushroom and leek pie with peas and sweetcorn (V) (1,2,7)	Lentil loaf with roast potatoes, stuffing and root vegetables (V) (1,7)		Tofu egg-fried rice (2,4,12)
<b>Lunch</b> Dessert	Carrot cake (2,4,7)	Orange and honey rice pudding (7)	Mango and pineapple smoothie or Chef's fruit platter (2)	Lemon and polenta cake (2,4,7)	
<b>Afternoon Tea</b> (served from 3pm)	Mini pancakes with cherry compote and crème fraiche (V) (2,7)	Baked potato topped with sour cream and chive (V) (7)	Chicken salad sandwiches with cucumber and carrot sticks (2,4,7,13)	Fish finger sandwich (roll) with tomato sauce and cucumber sticks (1,2,5,7,13)	Ham salad sandwiches with cucumber and carrot sticks (2,7,13)
<b>Afternoon Snack</b> (served from 5pm)	Pear slices	Cheese chunks with grapes (2)	Apple slices	Homemade oat biscuits (2,7)	Bananas and blueberries
This menu will be served on week's commencing 16 <sup>th</sup> October, 6 <sup>th</sup> November, 27 <sup>th</sup> November, 18 <sup>th</sup> December, 15 <sup>th</sup> January, 5 <sup>th</sup> February, 26 <sup>th</sup> February and 18 <sup>th</sup> March.					

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