

WEEK 1

SNACK 8.45AM

LUNCH 11.30AM

DESSERT

SNACK 1.30PM

LIGHT TEA 3.30PM

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

BREAKFAST - PORRIDGE, WEETABIX, OVERNIGHT OATS OR GREEK YOGURT & FRUIT WITH TOAST -
AVAILABLE BEFORE 8AM ON REQUEST THROUGH NURSERY MANAGER AS A CHARGEABLE EXTRA

APPLE, PEAR &
NATURAL
YOGURT

ALLERGENS:
DAIRY

BANANA &
WHOLEGRAIN &
RICE CAKES

FRESH FRUIT &
BREADSTICKS

ALLERGENS:
GLUTEN

MELON

FRESH FRUIT &
BREADSTICKS

ALLERGENS:
GLUTEN

SPANISH CHICKPEA &
SPINACH STEW WITH
COUS COUS

ALLERGENS: GLUTEN

WINTER BERRY CRUMBLE
ALLERGENS: GLUTEN

FISHERMAN'S PIE WITH
PEAS & BROCCOLI

ALLERGENS: FISH, DAIRY,
GLUTEN

OAT BALLS

ALLERGENS: GLUTEN

CAPONATA SPAGHETTI
WITH LENTILS &
VEGETABLES

ALLERGENS: GLUTEN

HOMEMADE CHOCOLATE
SCONE

ALLERGENS: GLUTEN

MIXED BEAN, PEPPERS &
CHICKPEA BURRITOS WITH
CHEESE & SALAD

ALLERGENS: DAIRY, GLUTEN

WARM FRUIT COMPOTE &
GREEK YOGHURT
ALLERGENS: DAIRY

SPINACH, LENTIL &
POTATO DAHL WITH
WHOLGRAIN RICE

ALLERGENS: CELERY

BANANA BREAD
ALLERGENS: GLUTEN,

CHEESE &
CRACKERS

ALLERGEN:
DAIRY, GLUTEN

FRUIT SLICES &
VEG STICKS WITH
HOMEMADE
CARROT HUMMUS

CHEESE &
CRACKERS

ALLERGENS: DAIRY,
GLUTEN

HOMEMADE
WINTER BERRY
CHIA JAM &
BREADSTICKS

ALLERGENS:
GLUTEN

WHOLEMEAL
PITTA &
BEETROOT
HUMMUS

ALLERGENS:
GLUTEN

WINTER VEGETABLE &
BUTTERBEAN SOUP WITH
WHOLEMEAL BREAD

ALLERGENS: GLUTEN

SEASONAL
FRESH FRUIT

HOMEMADE HEALTHY
PIZZAS WITH HIDDEN
LENTIL & VEGETABLE
SAUCE & SELECTION OF
TOPPINGS,

ALLERGENS: GLUTEN, DIARY,

SEASONAL
FRESH FRUIT

HOMEMADE BAKED
BEANS & MINI JACKET
POTATOES

BANANA & HEMP SEED
OAT BAR
ALLERGENS: GLUTEN

PITTA POCKETS WITH
CHEESE, VEGETABLES
STICKS & HOMEMADE
HUMMUS

ALLERGENS: DAIRY, GLUTEN

BANANA & FLAXSEED
OAT BAR
ALLERGENS: GLUTEN

TOMATO, VEGETABLE &
CHICKPEA PINWHEELS

ALLERGENS: GLUTEN

SEASONAL
FRESH FRUIT

WEANING / COMPLIMENTARY FEEDING

WEANING/COMPLEMENTARY FEEDING AROUND 6 MONTHS IS A SEMI-PUREE/CHOPPED VERSION OF THE MAIN MENU. WEANING MENUS ARE A GUIDELINE AND CAN BE ADJUSTED TO SUIT EVERY CHILD'S INDIVIDUAL NEEDS. WE SUPPORT BABY-LED WEANING

LUNCH

TEA

SPINACH & CHICKPEAS
WINTER BERRY CRUMBLE
-
VEGETABLES & BUTTERBEAN
SOUP
MIXED FRUIT

FISHERMAN'S PIE WITH PEAS &
BROCCOLI
BANANA

SEASONAL VEG & BUTTERBEANS
BANANA & HEMP SEED OAT BAR

CAPONATA SPAGHETTI WITH
LENTILS & VEGETABLES
CHOCOLATE SCONES

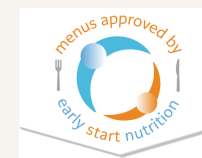
BAKED BEANS & POTATO
FRUIT

BEANS, SPINACH & RICE WARM
FRUIT COMPOTE & GREEK
YOGURT

PITTA & HUMMUS
BANANA & FLAXSEED OAT BAR

LENTIL & POTATO DAHL
OATS & BANANA BREAD

CHICKPEA PINWHEELS
FRUIT



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



WEEK 2

BREAKFAST - PORRIDGE, WEETABIX, OVERNIGHT OATS OR GREEK YOGURT & FRUIT WITH TOAST -
AVAILABLE BEFORE 8AM ON REQUEST THROUGH NURSERY MANAGER AS A CHARGEABLE EXTRA

SNACK
8.45AM

SEASONAL
FRESH FRUIT

BREADSTICKS WITH
HUMMUS
ALLERGENS: GLUTEN

FRESH FRUIT &
BREADSTICKS
ALLERGENS: GLUTEN

SEASONAL
FRESH FRUIT

WHOLEMEAL
RICE CAKES
WITH
FRESH FRUIT

LUNCH
11.30AM

WINTER SQUASH & EDAMAME
BEAN RISOTTO
ALLERGENS: DAIRY, SOYA

WINTER BERRY GRANOLA
ALLERGENS: GLUTEN

SALMON & COURGETTE
FARFALLE PASTA
**ALLERGENS: FISH, GLUTEN,
DAIRY**

FRESH FRUIT & GREEK
YOGHURT
ALLERGENS: DAIRY

LENTIL SHEPHERD'S PIE
WITH BROCCOLI &
SEASONAL VEGETABLES
ALLERGENS: DAIRY

BANANA, OAT &
FLAXSEED BAR
ALLERGENS: GLUTEN

MASSAMAN CURRY, SWEET
POTATO, CHICKPEA & VEG
BROWN RICE
**ALLERGENS: MUSTARD,
CELERY**

HOMEMADE FRUIT SCONE
ALLERGENS: GLUTEN

MAC 'N' CHEESE WITH
PEAS, BROCCOLI,
CAULIFLOWER & CRISPY
CHICKPEAS
ALLERGENS: GLUTEN, DAIRY

GRANOLA OAT BAR
ALLERGENS: GLUTEN,

DESSERT

SNACK
1.30PM

BREADSTICKS
WITH HUMMUS
ALLERGENS: GLUTEN

BANANA CHIA
SEED OAT BAR
ALLERGENS: GLUTEN

CUCUMBER &
CARROT STICKS
BUTTERBEAN &
RED PEPPER DIP

OAT & LEMON
BITES
ALLERGENS: GLUTEN

SEASONAL
FRESH FRUIT

LIGHT TEA
3.30PM

SWEET POTATO, TOMATO
& CANNILINI BEAN SOUP
WITH WHOLEMEAL
BREAD
ALLERGENS: GLUTEN

SEASONAL FRESH FRUIT

BEAN SAUSAGE ROLL &
SALAD
ALLERGENS: GLUTEN

HOMEMADE WINTER BERRY
CHIA JAM & BREADSTICKS
ALLERGENS: GLUTEN

SQUASH, RED LENTIL &
SWEET POTATO SOUP
WITH BREAD
ALLERGENS: GLUTEN

SEASONAL FRESH FRUIT

WARM LENTIL, CHEESE &
VEGETABLE WRAPS WITH
SALAD
ALLERGENS: GLUTEN, DAIRY

NATURAL YOGHURT & WARM
FRUIT COMPOTE
ALLERGENS: DAIRY

SELECTION OF
SANDWICHES CHEESE,
TUNA, HUMMUS &
CUCUMBER
**ALLERGENS: DAIRY, FISH,
GLUTEN**

SEASONAL FRESH FRUIT

WEANING / COMPLIMENTARY FEEDING

WEANING/COMPLEMENTARY FEEDING AROUND 6 MONTHS IS A SEMI-PUREE/CHOPPED VERSION OF THE MAIN MENU. WEANING MENUS ARE A GUIDELINE AND CAN BE ADJUSTED TO SUIT EVERY CHILD'S INDIVIDUAL NEEDS. WE SUPPORT BABY-LED WEANING

LUNCH

WINTER SQUASH & EDAMAME RISOTTO
WINTER BERRY GRANOLA
FRUIT

VEGETABLE, CHICKPEAS &
RICE
SEASONAL FRUIT

FISH, VEGETABLES & RICE
MIXED BERRIES & YOGURT

MIXED BEAN & VEGETABLES
BANANA

SPINACH & RED LENTIL
MELON

TEA

CANNILINI BEAN, & SWEET POTATO SOUP
SEASONAL FRUIT

CHEESE & CUCUMBER
MIXED FRUIT

MAC 'N' CHEESE
SUMMER FRUITS

SWEET POTATO WEDGES WITH
BEANS AND CARROTS
FRUIT

SCONE WITH VEG STICKS &
HUMMUS
SEASONAL FRUIT



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



WEEK 3

BREAKFAST - PORRIDGE, WEETABIX, OVERNIGHT OATS OR GREEK YOGURT & FRUIT WITH TOAST - AVAILABLE BEFORE 8AM ON REQUEST THROUGH NURSERY MANAGER AS A CHARGEABLE EXTRA

SNACK
8.45AM

BANANAS &
WHOLEGRAIN
RICE CAKES

SEASONAL
FRESH FRUIT

BREADSTICKS &
HUMMUS

ALLERGENS:
GLUTEN

SEASONAL
FRESH FRUIT

SEASONAL
FRESH FRUIT

LUNCH
11.30AM

CAPONATA SPAGHETTI
WITH LENTILS &
VEGETABLES

ALLERGENS: GLUTEN

SPANISH CHICKPEA &
SPINACH STEW WITH
COUS COUS

ALLERGENS: GLUTEN

MIXED BEAN, PEPPERS &
CHICKPEA BURRITOS WITH
CHEESE & SALAD

ALLERGENS: GLUTEN, DAIRY

SPINACH, LENTIL &
POTATO DAHL WITH
WHOLEGRAIN RICE

FISHERMAN'S PIE WITH
PEAS & BROCCOLI

ALLERGENS: FISH, DAIRY,
GLUTEN

HOMEMADE CHOCOLATE
SCONE
ALLERGENS: GLUTEN

WINTER BERRY CRUMBLE
ALLERGENS: DAIRY, GLUTEN

WARM FRUIT COMPOTE
WITH GREEK YOGHURT
ALLERGENS: DAIRY

BANANA BREAD
ALLERGENS: GLUTEN

OAT BALLS
ALLERGENS: GLUTEN

DESSERT

SEASONAL
FRESH FRUIT

CHEESE &
CRACKERS

ALLERGENS: DAIRY,
GLUTEN

WINTER BERRY
CHIA JAM
& WHOLEMEAL
TOAST
ALLERGENS:
GLUTEN

WHOLEMEAL
PITTA &
BEETROOT
HUMMUS
ALLERGENS:
GLUTEN

BREADSTICKS &
FRUIT
COMPOTE

ALLERGENS:
GLUTEN

SNACK
1.30PM

HOMEMADE BAKED
BEANS & MINI JACKET
POTATOES

BANANA & HEMP SEED
OAT BAR
ALLERGENS: GLUTEN

WINTER VEGETABLE &
BUTTERBEAN SOUP WITH
WHOLEMEAL BREAD

ALLERGENS: GLUTEN

SEASONAL FRESH FRUIT

HOMEMADE HEALTHY
PIZZAS WITH HIDDEN
LENTIL & VEGETABLE
SAUCE & SELECTION OF
TOPPINGS,

ALLERGENS: GLUTEN,
DAIRY

BANANA & FLAXSEED OAT
BAR
ALLERGENS: GLUTEN

TOMATO, VEGETABLE &
CHICKPEA PINWHEELS

ALLERGENS: GLUTEN, DAIRY

SEASONAL FRESH FRUIT

PITTA POCKETS WITH
CHEESE, VEGETABLE
STICKS & HOMEMADE
HUMMUS

ALLERGENS: DAIRY, GLUTEN

SEASONAL FRESH FRUIT

LIGHT TEA
3.30PM

WEANING / COMPLIMENTARY FEEDING

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LUNCH

CAPONATA SPAGHETTI
CHOCOLATE SCONES

SPANISH CHICKPEA & SPINACH
STEW
WINTER BERRY CRUMBLE

BEANS, SPINACH & RICE
WARM FRUIT & YOGHURT

LENTIL & POTATO DAHL
BANANA BREAD

FISHERMAN'S PIE
OAT BALLS

TEA

HOMEMADE BAKED BEANS &
POTATOES
FRESH FRUIT

VEGETABLE & BUTTERBEAN SOUP
FRESH FRUIT

SEASONAL VEG & LENTILS
BANANA & OAT BAR

CHICKPEA PINWHEELS
FRESH FRUIT

PITTA BREAD & HUMMUS
FRESH FRUIT



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



WEEK 4

BREAKFAST - PORRIDGE, WEETABIX, OVERNIGHT OATS OR GREEK YOGURT & FRUIT WITH TOAST - AVAILABLE BEFORE 8AM ON REQUEST THROUGH NURSERY MANAGER AS A CHARGEABLE EXTRA

SNACK
8.45AM

WHOLEMEAL
RICE CAKES
WITH
FRESH FRUIT

SEASONAL
FRESH FRUIT

BERRIES &
NATURAL
YOGHURT

ALLERGENS: DAIRY

SEASONAL
FRESH FRUIT

BREADSTICKS
& HUMMUS

**ALLERGENS:
GLUTEN**

LUNCH
11.30AM

MAC 'N' CHEESE WITH PEAS,
BROCCOLI, CAULIFLOWER &
CRISPY CHICKPEAS

ALLERGENS: GLUTEN, DAIRY

LENTIL SHEPHERD'S PIE
WITH BROCCOLI &
SEASONAL VEGETABLES

ALLERGENS: DAIRY

MASSAMAN CURRY,
SWEET POTATO,
CHICKPEA & VEG BROWN
RICE

SALMON & COURGETTE
FARFALLE PASTA

**ALLERGENS: FISH, GLUTEN,
DAIRY**

WINTER SQUASH &
EDAMAME BEAN RISOTTO

ALLERGENS: DAIRY, SOYA

DESSERT

GRANOLA OAT BAR
ALLERGENS: GLUTEN

BANANA, OAT & FLAXSEED
BAR
ALLERGENS: GLUTEN

HOMEMADE FRUIT SCONES
ALLERGENS: GLUTEN

WARM FRUIT COMPOTE &
NATURAL YOGHURT
ALLERGENS: DAIRY

WINTER BERRY GRANOLA
ALLERGENS: GLUTEN

SNACK
1.30PM

SEASONAL
FRESH FRUIT

CUCUMBER &
CARROT STICKS
BUTTERBEAN &
RED PEPPER DIP

OAT & LEMON
BITES

**ALLERGENS:
GLUTEN**

WINTER BERRY
CHIA JAM &
BREADSTICKS

**ALLERGENS
GLUTEN**

BANANA CHIA
SEED OAT BAR

**ALLERGENS:
GLUTEN**

LIGHT TEA
3.30PM

SELECTION OF
SANDWICHES: CHEESE,
CUCUMBER, TUNA &
HUMMUS
**ALLERGENS: GLUTEN, FISH
DAIRY**

SEASONAL FRESH FRUIT

SQUASH, RED LENTIL &
SWEET POTATO SOUP
WITH WHOLEMEAL
BREAD

ALLERGENS: GLUTEN

HOMEMADE WINTER BERRY
CHIA JAM & BREADSTICKS
ALLERGENS: GLUTEN

SWEET POTATO, TOMATO &
CANNILINI BEAN SOUP WITH
WHOLEMEAL BREAD

ALLERGENS: GLUTEN

SEASONAL FRESH FRUIT

BEAN SAUSAGE ROLL &
SALAD

ALLERGENS: GLUTEN

NATURAL YOGHURT &
WARM FRUIT COMPOTE
ALLERGENS: DAIRY

WARM LENTIL, CHEESE &
VEGETABLE WRAPS WITH
SALAD

ALLERGENS: GLUTEN, DAIRY

SEASONAL FRESH FRUIT

WEANING / COMPLIMENTARY FEEDING

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LUNCH

MAC 'N' CHEESE FRUIT
& YOGHURT

SHEPHERD'S PIE
BANAN & OAT BAR

MASSAMAN CURRY
FRUIT SCONES

SALMON & COURGETTE
FARFALLE PASTA
YOGHURT & COMPOTE

WINTER SQUASH, EDAMAME
RISOTTO
BERRY GRANOLA

TEA

TUNA & CHEESE
FRESH FRUIT

LENTIL & SWEET POTATO
SOUP
YOGHURT & FRUIT COMPOTE

CANNILINI BEANS & SWEET
POTATO
FRESH FRUIT

BEANS & TOMATO
FRESH FRUIT & CHIA JAM

CANNILINI BEANS & SWEET
POTATO
FRSH FRUIT

