

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

WEEK 1

SNACK
8.45AMBREAKFAST - PORRIDGE, WEETABIX, OVERNIGHT OATS OR GREEK YOGURT & FRUIT WITH TOAST -
AVAILABLE BEFORE 8AM ON REQUEST THROUGH NURSERY MANAGER AS A CHARGEABLE EXTRAAPPLE, PEAR &
NATURAL
YOGURT

ALLERGENS:
DAIRYBANANA &
WHOLEGRAIN &
RICE CAKESFRESH FRUIT &
BREADSTICKS

ALLERGENS:
GLUTEN

MELON

FRESH FRUIT &
BREADSTICKS

ALLERGENS:
GLUTENLUNCH
11.30AMSPANISH CHICKPEA &
SPINACH STEW WITH
COUS COUS

ALLERGENS: GLUTENFISHERMAN'S PIE WITH
PEAS & BROCCOLI

ALLERGENS: FISH, DAIRY,
GLUTENCAPONATA SPAGHETTI
WITH LENTILS &
VEGETABLES

ALLERGENS: GLUTENMIXED BEAN, PEPPERS &
CHICKPEA BURRITOS WITH
CHEESE & SALAD

ALLERGENS: DAIRY, GLUTENSPINACH, LENTIL &
POTATO DAHL WITH
WHOLEGRAIN RICE

ALLERGENS: CELERY

DESSERT

WINTER BERRY CRUMBLE

ALLERGENS: GLUTENOAT BALLS

ALLERGENS: GLUTENHOMEMADE CHOCOLATE
SCONE

ALLERGENS: GLUTENWARM FRUIT COMPOTE &
GREEK YOGHURT

ALLERGENS: DAIRYBANANA BREAD

ALLERGENS: GLUTEN,SNACK
1.30PMCHEESE &
CRACKERS

ALLERGEN:
DAIRY, GLUTENFRUIT SLICES &
VEG STICKS WITH
HOMEMADE
CARROT HUMMUSCHEESE &
CRACKERS

ALLERGENS: DAIRY,
GLUTENHOMEMADE
WINTER BERRY
CHIA JAM &
BREADSTICKS

ALLERGENS:
GLUTENWHOLEMEAL
PITTA &
BEETROOT
HUMMUS

ALLERGENS:
GLUTENLIGHT TEA
3.30PMWINTER VEGETABLE &
BUTTERBEAN SOUP WITH
WHOLEMEAL BREAD

ALLERGENS: GLUTENSEASONAL
FRESH FRUITHOMEMADE HEALTHY
PIZZAS WITH HIDDEN
LENTIL & VEGETABLE
SAUCE & SELECTION OF
TOPPINGS.

ALLERGENS: GLUTEN, DAIRY,SEASONAL
FRESH FRUITHOMEMADE BAKED
BEANS & MINI JACKET
POTATOESBANANA & HEMP SEED
OAT BAR

ALLERGENS: GLUTENPITTA POCKETS WITH
CHEESE, VEGETABLES
STICKS & HOMEMADE
HUMMUS

ALLERGENS: DAIRY, GLUTENBANANA & FLAXSEED
OAT BAR

ALLERGENS: GLUTENTOMATO, VEGETABLE &
CHICKPEA PINWHEELS

ALLERGENS: GLUTENSEASONAL
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

SPINACH & CHICKPEAS
WINTER BERRY CRUMBLE
-
VEGETABLES & BUTTERBEAN
SOUP
MIXED FRUITFISHERMAN'S PIE WITH PEAS &
BROCCOLI
BANANA

SEASONAL VEG & BUTTERBEANS
BANANA & HEMP SEED OAT BARCAPONATA SPAGHETTI WITH
LENTILS & VEGETABLES
CHOCOLATE SCONE

BAKED BEANS & POTATO
FRUITBEANS, SPINACH & RICE WARM
FRUIT COMPOTE & GREEK
YOGURT

PITTA & HUMMUS
BANANA & FLAXSEED OAT BARLENTIL & POTATO DAHL
OATS & BANANA BREAD

CHICKPEA PINWHEELS
FRUIT

TEA

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

WEEK 2

SNACK
8.45AMSEASONAL
FRESH FRUITBREADSTICKS WITH
HUMMUS

ALLERGENS: GLUTENFRESH FRUIT &
BREADSTICKS

ALLERGENS:
GLUTENSEASONAL
FRESH FRUITWHOLEMEAL
RICE CAKES
WITH
FRESH FRUITLUNCH
11.30AMWINTER SQUASH & EDAMAME
BEAN RISOTTO

ALLERGENS: DAIRY, SOYASALMON & COURGETTE
FARFALLE PASTA

ALLERGENS: FISH, GLUTEN,
DAIRYLENTIL SHEPHERD'S PIE
WITH BROCCOLI &
SEASONAL VEGETABLES

ALLERGENS: DAIRYMASSAMAN CURRY, SWEET
POTATO, CHICKPEA & VEG
BROWN RICE

ALLERGENS: MUSTARD,
CELERYMAC 'N' CHEESE WITH
PEAS, BROCCOLI,
CAULIFLOWER & CRISPY
CHICKPEAS

ALLERGENS: GLUTEN, DAIRY

DESSERT

WINTER BERRY GRANOLA

ALLERGENS: GLUTENFRESH FRUIT & GREEK
YOGHURT

ALLERGENS: DAIRYBANANA, OAT &
FLAXSEED BAR

ALLERGENS: GLUTENHOMEMADE FRUIT SCONE

ALLERGENS: GLUTENGRANOLA OAT BAR

ALLERGENS: GLUTEN,SNACK
1.30PMBREADSTICKS
WITH HUMMUS

ALLERGENS:
GLUTENBANANA CHIA
SEED OAT BAR

ALLERGENS:
GLUTENCUCUMBER &
CARROT STICKS
BUTTERBEAN &
RED PEPPER DIPOAT & LEMON
BITES

ALLERGENS:
GLUTENSEASONAL
FRESH FRUITLIGHT TEA
3.30PMSWEET POTATO, TOMATO
& CANNELINI BEAN SOUP
WITH WHOLEMEAL
BREAD

ALLERGENS: GLUTENBEAN SAUSAGE ROLL &
SALAD

ALLERGENS: GLUTEN

HOMEMADE WINTER BERRY
CHIA JAM & BREADSTICKS

ALLERGENS: GLUTENSQUASH, RED LENTIL &
SWEET POTATO SOUP
WITH BREAD

ALLERGENS: GLUTENWARM LENTIL, CHEESE &
VEGETABLE WRAPS WITH
SALAD

ALLERGENS: GLUTEN, DAIRY

NATURAL YOGHURT & WARM
FRUIT COMPOTE

ALLERGENS: DAIRYSELECTION OF
SANDWICHES CHEESE,
TUNA, HUMMUS &
CUCUMBER

ALLERGENS: DAIRY, FISH,
GLUTEN

SEASONAL FRESH FRUIT

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LUNCH

WINTER SQUASH & EDAMAME RISOTTO
WINTER BERRY GRANOLA
FRUITVEGETABLE, CHICKPEAS &
RICE
SEASONAL FRUITFISH, VEGETABLES & RICE
MIXED BERRIES & YOGURTMIXED BEAN & VEGETABLES
BANANASPINACH & RED LENTIL
MELONCANNELINI BEAN, & SWEET POTATO SOUP
SEASONAL FRUITCHEESE & CUCUMBER
MIXED FRUITMAC 'N' CHEESE
SUMMER FRUITSSWEET POTATO WEDGES WITH
BEANS AND CARROTS
FRUITSCONE WITH VEG STICKS &
HUMMUS
SEASONAL FRUIT

TEA

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

WEEK 3

SNACK
8.45AMBANANAS &
WHOLEGRAIN
RICE CAKESSEASONAL
FRESH FRUITBREADSTICKS &
HUMMUS

ALLERGENS:
GLUTENSEASONAL
FRESH FRUITSEASONAL
FRESH FRUITLUNCH
11.30AMCAPONATA SPAGHETTI
WITH LENTILS &
VEGETABLES

ALLERGENS: GLUTENSPANISH CHICKPEA &
SPINACH STEW WITH
COUS COUS

ALLERGENS: GLUTENMIXED BEAN, PEPPERS &
CHICKPEA BURRITOS WITH
CHEESE & SALAD

ALLERGENS: GLUTEN, DAIRYSPINACH, LENTIL &
POTATO DAHL WITH
WHOLEGRAIN RICEFISHERMAN'S PIE WITH
PEAS & BROCCOLI

ALLERGENS: FISH, DAIRY,
GLUTEN

DESSERT

HOMEMADE CHOCOLATE
SCONE

ALLERGENS: GLUTENWINTER BERRY CRUMBLE

ALLERGENS: DAIRY, GLUTENWARM FRUIT COMPOTE
WITH GREEK YOGHURT

ALLERGENS: DAIRYBANANA BREAD

ALLERGENS: GLUTENOAT BALLS

ALLERGENS: GLUTENSNACK
1.30PMSEASONAL
FRESH FRUITCHEESE &
CRACKERS

ALLERGENS: DAIRY,
GLUTENWINTER BERRY
CHIA JAM
& WHOLEMEAL
TOAST

ALLERGENS:
GLUTENWHOLEMEAL
PITTA &
BEETROOT
HUMMUS

ALLERGENS:
GLUTENBREADSTICKS &
FRUIT
COMPOTE

ALLERGENS:
GLUTENLIGHT TEA
3.30PMHOMEMADE BAKED
BEANS & MINI JACKET
POTATOES

BANANA & HEMP SEED
OAT BAR

ALLERGENS: GLUTENWINTER VEGETABLE &
BUTTERBEAN SOUP WITH
WHOLEMEAL BREAD

ALLERGENS: GLUTEN

SEASONAL FRESH FRUITHOMEMADE HEALTHY
PIZZAS WITH HIDDEN
LENTIL & VEGETABLE
SAUCE & SELECTION OF
TOPPINGS,

ALLERGENS: GLUTEN,
DAIRY
BANANA & FLAXSEED OAT
BAR

ALLERGENS: GLUTENTOMATO, VEGETABLE &
CHICKPEA PINWHEELS

ALLERGENS: GLUTEN, DAIRY

SEASONAL FRESH FRUITPITTA POCKETS WITH
CHEESE, VEGETABLE
STICKS & HOMEMADE
HUMMUS

ALLERGENS: DAIRY, GLUTEN

SEASONAL FRESH FRUIT

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LUNCH

CABONATA SPAGHETTI
CHOCOLATE SCONCESPANISH CHICKPEA & SPINACH
STEW
WINTER BERRY CRUMBLEBEANS, SPINACH & RICE
WARM FRUIT & YOGHURTLENTIL & POTATO DAHL
BANANA BREADFISHERMAN'S PIE
OAT BALLS

TEA

HOMEMADE BAKED BEANS &
POTATOES
FRESH FRUITVEGETABLE & BUTTERBEAN SOUP
FRESH FRUITSEASONAL VEG & LENTILS
BANANA & OAT BARCHICKPEA PINWHEELS
FRESH FRUITPITTA BREAD & HUMMUS
FRESH FRUIT

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

WEEK 4

SNACK
8.45AMWHOLEMEAL
RICE CAKES
WITH
FRESH FRUITSEASONAL
FRESH FRUITBERRIES &
NATURAL
YOGHURTSEASONAL
FRESH FRUITBREADSTICKS
& HUMMUS

ALLERGENS:
GLUTENLUNCH
11.30AMMAC 'N' CHEESE WITH PEAS,
BROCCOLI, CAULIFLOWER &
CRISPY CHICKPEAS

ALLERGENS: GLUTEN, DAIRYLENTIL SHEPHERD'S PIE
WITH BROCCOLI &
SEASONAL VEGETABLES

ALLERGENS: DAIRYMASSAMAN CURRY,
SWEET POTATO,
CHICKPEA & VEG BROWN
RICESALMON & COURGETTE
FARFALLE PASTA

ALLERGENS: FISH, GLUTEN,
DAIRYWINTER SQUASH &
EDAMAME BEAN RISOTTO

ALLERGENS: DAIRY, SOYA

DESSERT

GRANOLA OAT BAR
ALLERGENS: GLUTENBANANA, OAT & FLAXSEED
BAR
ALLERGENS: GLUTENHOMEMADE FRUIT SCONE
ALLERGENS: GLUTENWARM FRUIT COMPOTE &
NATURAL YOGHURT
ALLERGENS: DAIRYWINTER BERRY GRANOLA
ALLERGENS: GLUTENSNACK
1.30PMSEASONAL
FRESH FRUITCUCUMBER &
CARROT STICKS
BUTTERBEAN &
RED PEPPER DIPOAT & LEMON
BITES

ALLERGENS:
GLUTENWINTER BERRY
CHIA JAM &
BREADSTICKS

ALLERGENS:
GLUTENBANANA CHIA
SEED OAT BAR

ALLERGENS:
GLUTENLIGHT TEA
3.30PMSELECTION 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: GLUTENSWEET 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: DAIRYWARM LENTIL, CHEESE &
VEGETABLE WRAPS WITH
SALAD

ALLERGENS: GLUTEN, DAIRY

SEASONAL FRESH FRUIT

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LUNCH

MAC 'N' CHEESE FRUIT
& YOGHURTSHEPHERD'S PIE
BANAN & OAT BARMASSAMAN CURRY
FRUIT SCONESALMON & COURGETTE
FARFALLE PASTA
YOGHURT & COMPOTEWINTER SQUASH, EDAMAME
RISOTTO
BERRY GRANOLA

TEA

TUNA & CHEESE
FRESH FRUITLENTIL & SWEET POTATO
SOUP
YOGHURT & FRUIT COMPOTECANNILINI BEANS & SWEET
POTATO
FRESH FRUITBEANS & TOMATO
FRESH FRUIT & CHIA JAMCANNILINI BEANS & SWEET
POTATO
FRSH FRUIT