

**WEEK 1**

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**BREAKFAST - PORRIDGE, WEETABIX, OVERNIGHT OATS OR GREEK YOGURT & FRUIT -  
AVAILABLE BEFORE 8AM ON REQUEST THROUGH NURSERY MANAGER**



**SNACK  
8.45AM**

BERRY CHIA JAM ON WHOLEMEAL TOAST  
**ALLERGENS: GLUTEN,**

SEASONAL FRESH FRUIT

ORANGES & RICE CAKES

SEASONAL FRESH FRUIT

BANANAS & BREADSTICKS  
**ALLERGENS: GLUTEN**

**LUNCH  
11.30AM**

PUTTANESCA SPAGHETTI WITH RED LENTIL SAUCE  
**ALLERGENS: GLUTEN**

BUTTERNUT SQUASH, CHICKPEA & GREEN BEAN TAGINE WITH COUS COUS  
**ALLERGENS: GLUTEN**

THAI GREEN CHICKPEA ASPARAGUS, CARROT SWEET POTATO CURRY WITH BROWN RICE

VEGETABLE, POTATO, TOMATO & CHICKPEA MOUSSAKA WITH SWEETCORN  
**ALLERGENS: DAIRY, GLUTEN**

OVEN BAKED FISH CRUMBLE WITH PEAS, SWEETCORN & NEW POTATOES  
**ALLERGENS: GLUTEN, FISH DAIRY**

**DESSERT**

CREME FRAICHE WITH PEACH SLICES & BERRIES  
**ALLERGENS: DAIRY**

NATURAL YOGHURT AND FRUIT  
**ALLERGENS: DAIRY**

OAT, ORANGE & LEMON BITES  
**ALLERGENS: GLUTEN**

SUMMER FRUIT CRUMBLE  
**ALLERGENS: GLUTEN**

BERRY CHEESECAKE  
**ALLERGENS: GLUTEN, DAIRY**

**SNACK  
1.30PM**

SEASONAL FRESH FRUIT

BREADSTICKS WITH HUMMUS  
**ALLERGENS: GLUTEN**

SEASONAL FRESH FRUIT

CARROT, CUCUMBER STICKS, CREAM CHEESE & BREADSTICKS  
**ALLERGENS: GLUTEN, DAIRY**

SEASONAL FRESH FRUIT

**LIGHT TEA  
3.30PM**

ASSORTED WHOLEMEAL WRAPS WITH SALAD & BUTTERBEAN DIP  
**ALLERGENS: GLUTEN**  
SEASONAL FRESH FRUIT

HOMEMADE BEANS ON WHOLEMEAL TOAST  
**ALLERGENS: GLUTEN**  
SEASONAL FRESH FRUIT

TOMATO, BUTTERBEANS & BASIL SOUP WITH WHOLEMEAL TOAST  
**ALLERGENS: GLUTEN**  
SEASONAL FRESH FRUIT

HOMEMADE HEALTHY FOCACCIA PIZZAS WITH VEG & RED BUTTERBEAN SAUCE  
**ALLERGENS: GLUTEN, DAIRY,**  
SEASONAL FRESH FRUIT

SPINACH, RED LENTIL & FETA TARTLETS  
**ALLERGENS: DAIRY, GLUTEN**  
SEASONAL FRESH FRUIT

**WEANING / COMPLIMENTARY FEEDING**

*WEANING/COMPLEMENTARY FEEDING 5-12 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**

COURGETTE, LENTILS & POTATOO  
FRUIT & CUCUMBER

CHICKPEAS & BUTTERNUT SQUASH  
PEAR & YOGURT

BEANS, PEPPER & TOMATO  
FRUIT

TOMATO, CHICKPEA & POTATO  
MANGO & BANANA

SWEET POTATO, SPINACH & BROCCOLI  
MIXED BERRIES & YOGURT

**TEA**

SEASONAL VEG & BUTTERBEANS  
MIXED FRUIT

CANNELLINI BEANS & CARROT  
BANANA

TOMATO, LENTIL & BASIL SOUP  
MIXED FRUIT

LENTIL, POTATO & CHEESE  
FRUIT PUREE & YOGHURT

PEA., CARROT & POTATO  
STEWED FRUIT



**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**



**WEEK 2**

**BREAKFAST - PORRIDGE, WEETABIX, OVERNIGHT OATS OR GREEK YOGURT & FRUIT - AVAILABLE BEFORE 8AM ON REQUEST THROUGH NURSERY MANAGER**

**SNACK**  
8.45AM

BANANA & RICE CAKES

SEASONAL FRESH FRUIT

BREADSTICKS & HUMMUS  
**ALLERGENS: GLUTEN**

SEASONAL FRESH FRUIT

WHOLEMEAL RICE CAKES WITH BEETROOT HUMMUS

**LUNCH**  
11.30AM

MIXED BEAN ENCHILADAS WITH RICE & SWEETCORN  
**ALLERGENS: GLUTEN, DAIRY**

RED PESTO VEGETABLE & EDAMAME BEAN RISOTTO  
**ALLERGENS: SOYA**

FISH CURRY WITH JASMINE RICE  
**ALLERGENS: FISH**

MEXICAN BEAN AND RED PEPPER WHOLEMEAL PASTA  
**ALLERGENS: GLUTEN**

SPINACH & RED LENTIL DAHL WITH NAAN BREAD  
**ALLERGENS: GLUTEN**

**DESSERT**

OMEGA RICH RAISINS, CINNAMON & BERRY OAT BAR  
**ALLERGENS: GLUTEN**

BEETROOT CHOCOLATE CAKE  
**ALLERGENS: GLUTEN**

BANANA, OAT, & HEMP SEED GRANOLA BAR  
**ALLERGENS: GLUTEN**

GREEK STYLE YOGURT & FRUIT COMPOTE  
**ALLERGENS: DAIRY**

GRANOLA OAT BAR  
**ALLERGENS: GLUTEN,**

**SNACK**  
1.30PM

SEASONAL FRESH FRUIT

BREADSTICKS & BEAN DIP  
**ALLERGENS: GLUTEN**

SEASONAL FRESH FRUIT

VEGETABLES & FRUIT STICKS WITH HUMMUS

SEASONAL FRESH FRUIT

**LIGHT TEA**  
3.30PM

RED PEPPER, RED LENTIL & SWEET POTATO SOUP WITH WHOLEMEAL BREAD  
**ALLERGENS: GLUTEN**  
SEASONAL FRESH FRUIT

SELECTION OF SANDWICHES: CHEESE, CUCUMBER, HUMMUS  
**ALLERGENS: GLUTEN, DAIRY**  
SEASONAL FRESH FRUIT

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

SWEET POTATO WEDGES WITH CANNELLINI BEAN TOMATO SAUCE & CHEESE  
**ALLERGENS: DAIRY**  
SEASONAL FRESH FRUIT

PEPPER, FETA CHEESE & CHICKPEA MUFFIN WITH VEG STICKS  
**ALLERGENS: GLUTEN, DAIRY**  
SEASONAL FRESH FRUIT

**WEANING / COMPLIMENTARY FEEDING**

*WEANING/COMPLEMENTARY FEEDING 5-12 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**

SUMMER VEG, BEANS & SWEET POTATO	CAULIFLOWER & PEAS	GARDEN PEAS, LENTILS & POTATOES	MIXED BEAN & VEGETABLES	SPINACH & RED LENTIL
FRUIT	SEASONAL FRUIT	MIXED BERRIES & YOGURT	BANANA	FRUIT & YOGHURT
RED PEPPER, RED LENTIL & SWEET POTATO SOUP	CHEESE & BUTTERBEANS	CAULIFLOWER, CHICKPEAS & BROCCOLI	CARROT, CHICKPEAS & POTATO	BUTTERBEAN & SWEET POTATO
SEASONAL FRUIT	MIXED FRUIT	SUMMER FRUITS	MELON	SEASONAL FRUIT

**TEA**



**WEEK 3**

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**BREAKFAST - PORRIDGE, WEETABIX, OVERNIGHT OATS OR GREEK YOGURT & FRUIT - AVAILABLE BEFORE 8AM ON REQUEST THROUGH NURSERY MANAGER**



**SNACK**  
8.45AM

BANANAS & BREADSTICKS  
**ALLERGENS: GLUTEN**

SEASONAL FRESH FRUIT

BERRY CHIA JAM & WHOLEMEAL TOAST  
**ALLERGENS: GLUTEN**

SEASONAL FRESH FRUIT

ORANGES & RICE CAKES

**LUNCH**  
11.30AM

BUTTERNUT SQUASH, CHICKPEA & GREEN BEAN TAGINE WITH COUS COUS  
**ALLERGENS: GLUTEN**  
NATURAL YOGURT & FRUIT  
**ALLERGENS: DAIRY**

PUTTANESCA SPAGHETTI WITH RED LENTIL SAUCE  
**ALLERGENS: GLUTEN**  
CREME FRAICHE WITH PEACH SLICES & BERRIES  
**ALLERGENS: DAIRY**

OVEN BAKED FISH CRUMBLE WITH PEAS, SWEETCORN & NEW POTTAOES  
**ALLERGENS: GLUTEN, FISH, DAIRY**  
BERRY CHEESECAKE  
**ALLERGENS: GLUTEN, DAIRY**

THAI GREEN CHICKPEA ASPARAGUS, CARROT SWEET POTATO CURRY WITH BROWN RICE  
**ALLERGENS: GLUTEN**  
OAT, ORANGE & LEMON BITES  
**ALLERGENS: GLUTEN**

VEGETABLE, POTATO, TOMATO & CHICKPEA MOUSSAKA WITH SWEETCORN  
**ALLERGENS: DAIRY, GLUTEN**  
SUMMER FRUIT CRUMBLE  
**ALLERGENS: GLUTEN**

**DESSERT**

**SNACK**  
1.30PM

SEASONAL FRESH FRUIT

BREADSTICKS WITH HUMMUS  
**ALLERGENS: GLUTEN**

SEASONAL FRESH FRUIT

CARROT, CUCUMBER STICKS, CREAM CHEESE & BREADSTICKS  
**ALLERGENS: GLUTEN, DAIRY**

SEASONAL FRESH FRUIT

**LIGHT TEA**  
3.30PM

HOMEMADE BEANS ON WHOLEMEAL TOAST  
**ALLERGENS: GLUTEN**  
SEASONAL FRESH FRUIT

ASSORTED WHOLEMEAL WRAPS WITH SALAD & BUTTERBEAN DIP  
**ALLERGENS: GLUTEN**  
SEASONAL FRESH FRUIT

SPINACH, RED LENTIL & FETA TARTLETS  
**ALLERGENS: DAIRY, GLUTEN**  
SEASONAL FRESH FRUIT

TOMATO, BUTTERBEANS & BASIL SOUP WITH WHOLEMEAL TOAST  
**ALLERGENS: GLUTEN**  
SEASONAL FRESH FRUIT

HOMEMADE HEALTHY FOCACCIA PIZZAS WITH VEG & RED BUTTERBEAN SAUCE  
**ALLERGENS: GLUTEN, DAIRY,**  
SEASONAL FRESH FRUIT

**WEANING / COMPLIMENTARY FEEDING**

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**LUNCH**

CHICKPEAS & BUTTERNUT SQUASH	MUSHROOMS, LENTILS & POTATO	CHICKPEAS & BUTTERNUT SQUASH	BEANS, PEPPER & TOMATO	TOMATO, CHICKPEA & POTATO
PEAR & YOGURT	FRUIT & CUCUMBER	PEAR & YOGURT	FRUIT	MANGO & BANANA
CANNELLINI BEANS & CARROT	SEASONAL VEG & BUTTERBEANS	CANNELLINI BEANS & CARROT	TOMATO, LENTIL & BASIL SOUP	LENTIL, POTATO & CHEESE
BANANA	MIXED FRUIT	BANANA	MIXED FRUIT	FRUIT PUREE & YOGHURT

**TEA**



**WEEK 4**

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**BREAKFAST - PORRIDGE, WEETABIX, OVERNIGHT OATS OR GREEK YOGURT & FRUIT - AVAILABLE BEFORE 8AM ON REQUEST THROUGH NURSERY MANAGER**



**SNACK**  
8.45AM

SEASONAL FRESH FRUIT

RICE CAKES & BEETROOT HUMMUS

SEASONAL FRESH FRUIT

BANANA & RICE CAKES

SEASONAL FRESH FRUIT

**LUNCH**  
11.30AM

RED PESTO VEGETABLE & EDAMAME BEAN RISOTTO  
**ALLERGENS: SOYA**

SPINACH & RED LENTIL DAHL WITH NAAN BREAD  
**ALLERGENS: GLUTEN**

FIVE BEAN ENCHILADAS WITH RICE & SWEETCORN  
**ALLERGENS: GLUTEN, DAIRY**

FISH CURRY WITH JASMINE RICE  
**ALLERGENS: FISH**

MEXICAN BEAN AND RED PEPPER WHOLEMEAL PASTA  
**ALLERGENS: GLUTEN**

**DESSERT**

BEETROOT CHOCOLATE CAKE  
**ALLERGENS: GLUTEN**

GRANOLA OAT BAR  
**ALLERGENS: GLUTEN,**

OMEGA RICH RAISINS, CINNAMON & BERRY OAT BAR  
**ALLERGENS: GLUTEN**

BANANA & HEMP SEED GRANOLA BAR  
**ALLERGENS: GLUTEN**

GREEK STYLE YOGURT & FRUIT COMPOTE  
**ALLERGENS: DAIRY**

**SNACK**  
1.30PM

BREADSTICKS WITH HUMMUS  
**ALLERGENS: GLUTEN**

SEASONAL FRESH FRUIT

BREADSTICKS & BEAN DIP  
**ALLERGENS: GLUTEN**

SEASONAL FRESH FRUIT

VEGETABLES & FRUIT STICKS WITH HUMMUS

**LIGHT TEA**  
3.30PM

SELECTION OF SANDWICHES: CHEESE, CUCUMBER, HUMMUS  
**ALLERGENS: GLUTEN, DAIRY**  
  
SEASONAL FRESH FRUIT

PEPPER, FETA CHEESE & CHICKPEA MUFFIN WITH VEG STICKS  
**ALLERGENS: GLUTEN, DAIRY**  
  
SEASONAL FRESH FRUIT

RED PEPPER, RED LENTIL & SWEET POTATO SOUP WITH WHOLEMEAL BREAD  
**ALLERGENS: GLUTEN**  
  
SEASONAL FRESH FRUIT

MAC 'N' CHEESE WITH PEAS, BROCCOLI, CAULIFLOWER & CRISPY CHICKPEAS  
**ALLERGENS: GLUTEN**  
  
SEASONAL FRESH FRUIT

SWEET POTATO WEDGES WITH CANNELLINI BEAN TOMATO SAUCE & CHEESE  
**ALLERGENS: GLUTEN, DAIRY**  
  
SEASONAL FRESH FRUIT

**WEANING / COMPLIMENTARY FEEDING**

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**LUNCH**

CAULIFLOWER & PEAS

SPINACH & RED LENTIL

SUMMER VEG, BEANS & SWEET POTATO

GARDEN PEAS, LENTILS & POTATOES

MIXED BEAN & VEGETABLES

SEASONAL FRUIT

FRUIT & YOGHURT

FRUIT

MIXED BERRIES & YOGURT

BANANA

CAULIFLOWER, CHICKPEAS & BROCCOLI  
SUMMER FRUITS

BUTTERBEAN & SWEET POTATO  
SEASONAL FRUIT

RED PEPPER, RED LENTIL & SWEET POTATO SOUP  
SEASONAL FRUIT

CAULIFLOWER, CHICKPEAS & BROCCOLI  
SUMMER FRUITS

CARROT, CHICKPEAS & POTATO  
MELON

**TEA**

