

WEEK 1

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



SNACK
8.45AM

HUMMUS WITH BREADSTICKS
ALLERGENS: GLUTEN

SEASONAL FRESH FRUIT

ORANGES & RICE CAKES
ALLERGENS:

SEASONAL FRESH FRUIT

PITTA WITH HUMMUS
ALLERGENS: GLUTEN

LUNCH
11.30AM

MEDITERRANEAN VEG & BEAN PASTA
ALLERGENS: GLUTEN, DAIRY
FRUIT CRUMBLE
ALLERGENS: GLUTEN

LENTIL & VEG SPAGHETTI
ALLERGENS: GLUTEN
YOGHURT AND FRUIT
ALLERGENS: DAIRY

CHICKPEA & BEAN TAGINE & COUSCOUS
ALLERGENS: GLUTEN
SUMMER BERRY CHEESECAKE
ALLERGENS: GLUTEN, DAIRY

THAI GREEN VEG & CHICKPEA CURRY & RICE
OAT, ORANGE & LEMON BITES
ALLERGENS: GLUTEN

LEMON BAKED SALMON, POTATOES & VEG
ALLERGENS: FISH AND DAIRY
FRESH FRUIT

DESSERT

SNACK
1.30PM

SEASONAL FRESH FRUIT

VEGETABLE STICKS WITH BUTTERBEAN DIP

SEASONAL FRESH FRUIT

TOMATO & BASIL BRUSCHETTA
ALLERGENS: GLUTEN

CHEESE STRAWS
ALLERGENS: DAIRY

LIGHT TEA
3.30PM

HOMEMADE VEGETABLE PIZZA
ALLERGENS: GLUTEN, DAIRY
SEASONAL FRESH FRUIT

TUNA & SWEETCORN WRAPS
ALLERGENS: GLUTEN, FISH
SEASONAL FRESH FRUIT

CANNELLINI CASSOULET & TOAST
ALLERGENS: GLUTEN
SEASONAL FRESH FRUIT

VEG & BUTTERBEAN SOUP & BREAD
ALLERGENS: GLUTEN
SEASONAL FRESH FRUIT

LENTIL, SPINACH & FETA TARTLETS
ALLERGENS: GLUTEN, DAIRY AND EGG
SEASONAL FRESH FRUIT

WEANING / COMPLIMENTARY FEEDING

WEANING/COMPLIMENTARY 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

VEG & BEAN PASTA BAKE PUREE FRUIT
-
SOFT PIZZA STRIPS FRUIT

LENTIL & VEG SPAGHETTI MASH FRUIT & YOGURT
-
TUNA, SWEETCORN & AVOCADO MASH BANANA

CHICKPEA TAGINE & COUSCOUS MASH MIXED BERRIES & YOGURT
-
SOFT CASSOULET MASH & BREAD FINGERS MIXED FRUIT

MILD VEG CURRY & RICE MASH BANANA
-
VEG & BUTTERBEAN SOUP FRUIT PUREE & YOGHURT

FLAKED LEMON SALMON, POTATO & CARROT MASH YOGURT
-
SOFT FETA & LENTIL EGG-FREE OMELETTE STRIPS MIXED FRUIT

TEA



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**

BANANA &
RICE CAKES

SEASONAL
FRESH FRUIT

CRACKERS
& CHEESE
**ALLERGENS: DAIRY,
GLUTEN**

SEASONAL
FRESH FRUIT

WHOLEMEAL
RICE CAKES
WITH
FRESH FRUIT

**LUNCH
11.30AM**

VEGETABLE BIRYANI

YOGURT & FRUIT COMPOTE
ALLERGENS: DAIRY

MIXED BEAN ENCHILADAS
ALLERGENS: GLUTEN, DAIRY

DAIRY FREE CARROT
CAKE
ALLERGENS: GLUTEN

FISH CURRY WITH BROWN
RICE
ALLERGENS: FISH

OAT COOKIES
ALLERGENS: GLUTEN

SPINACH & LENTIL DAHL
WITH NAAN BREAD
ALLERGENS: GLUTEN

YOGURT WITH FRUIT OR
GRANOLA
ALLERGENS: DAIRY, GLUTEN

MAC & CHEESE WITH VEG
ALLERGENS: GLUTEN, DAIRY

FRESH FRUIT

DESSERT

CHEESE
STRAWS
**ALLERGENS:
DAIRY**

SEASONAL
FRESH FRUIT

TOMATO & BASIL
BRUSCHETTA
ALLERGENS: GLUTEN

VEGETABLE
STICKS WITH
HUMMUS

SALMON PÂTÉ
WITH
WHOLEMEAL
PITTA
**ALLERGENS: GLUTEN,
DAIRY AND FISH**

**SNACK
1.30PM**

VEG & LENTIL SOUP WITH
WHOLEMEAL BREAD
ALLERGENS: GLUTEN

SEASONAL FRESH FRUIT

SELECTION OF
SANDWICHES: CHEESE &
CUCUMBER OR TUNA &
SWEETCORN SERVED
WITH VEG STICKS &
HUMMUS
ALLERGENS: GLUTEN, DAIRY

SEASONAL FRESH FRUIT

FETA CHEESE & PEPPER
SCONES & SALAD
ALLERGENS: DAIRY, GLUTEN

SEASONAL FRESH FRUIT

BAKED VEGETABLE
SAMOSAS & SALAD
ALLERGENS: GLUTEN

SEASONAL FRESH FRUIT

PLOUGHMAN'S TEA:
SANDWICHES, FRUIT &
BREADSTICKS WITH
HUMMUS
ALLERGENS: GLUTEN, DAIRY

SEASONAL FRESH FRUIT

**LIGHT TEA
3.30PM**

WEANING / COMPLIMENTARY FEEDING

WEANING/COMPLIMENTARY 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

VEGETABLE BIRYANI MASH YOGURT & FRUIT	BEAN ENCHILADA FILLING MASH SEASONAL FRUIT	FISH CURRY & RICE MASH MIXED BERRIES & YOGURT	LENTIL DAHL MASH YOGURT	MAC & CHEESE FRUIT
-	-	-	-	-
LENTIL SOUP WITH BREAD FINGERS SEASONAL FRUIT	CHEESE & CUCUMBER MIXED FRUIT	FETA CHEESE & PEPPER SCONES SUMMER FRUITS	SOFT SAMOSA FILLING FRUIT	BREAD FINGERS, CHEESE & CUCUMBER SEASONAL FRUIT

TEA



MONDAY

TUESDAY

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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 & BREADSTICKS
ALLERGENS: GLUTEN

BERRY CHIA JAM & WHOLEMEAL TOAST
ALLERGENS: GLUTEN

SEASONAL FRESH FRUIT

ORANGES & RICE CAKES

SEASONAL FRESH FRUIT

**LUNCH
11.30AM**

LENTIL & VEG SPAGHETTI
ALLERGENS: GLUTEN
YOGHURT AND FRUIT
ALLERGENS: DAIRY

THAI GREEN VEG & CHICKPEA CURRY & RICE
OAT, ORANGE & LEMON BITES
ALLERGENS: GLUTEN

MEDITERRANEAN VEG & BEAN PASTA
ALLERGENS: GLUTEN, DAIRY
FRUIT CRUMBLE
ALLERGENS: GLUTEN

LEMON BAKED SALMON, POTATOES & VEG
ALLERGENS: FISH AND DAIRY
FRESH FRUIT

CHICKPEA & BEAN TAGINE & COUSCOUS
ALLERGENS: GLUTEN
SUMMER BERRY CHEESECAKE
ALLERGENS: GLUTEN, DAIRY

DESSERT

**SNACK
1.30PM**

OAT BAR
ALLERGENS: GLUTEN,

SEASONAL FRESH FRUIT

TOMATO & BASIL BRUSCHETTA
ALLERGENS: GLUTEN

SEASONAL FRESH FRUIT

VEGETABLE STICKS WITH BUTTERBEAN DIP

**LIGHT TEA
3.30PM**

LENTIL & FETA TARTLETS
ALLERGENS: GLUTEN, DAIRY AND EGG
SEASONAL FRESH FRUIT

HOMEMADE VEGETABLE PIZZA
ALLERGENS: GLUTEN, DAIRY
SEASONAL FRESH FRUIT

VEG & BUTTERBEAN SOUP & BREAD
ALLERGENS: GLUTEN
SEASONAL FRESH FRUIT

CANNELLINI CASSOULET & TOAST
ALLERGENS: GLUTEN
SEASONAL FRESH FRUIT

TUNA & SWEETCORN WRAPS
ALLERGENS: GLUTEN, FISH
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

LENTIL & VEG SPAGHETTI MASH
FRUIT & YOGURT

MILD VEG CURRY & RICE MASH
BANANA

VEG & BEAN PASTA BAKE PUREE
FRUIT

FLAKED LEMON SALMON,
POTATO & CARROT MASH
YOGURT

CHICKPEA TAGINE & COUSCOUS
MASH
MIXED BERRIES & YOGURT

TEA

SOFT FETA & LENTIL EGG-FREE
OMELETTE STRIPS
MIXED FRUIT

CANNELLINI BEANS & CARROT
MIXED FRUIT

VEG & BUTTERBEAN SOUP
FRUIT PUREE & YOGHURT

SOFT CASSOULET MASH &
BREAD FINGERS
MIXED FRUIT

TUNA, SWEETCORN &
AVOCADO MASH
BANANA



MONDAY

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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

SEASONAL FRESH FRUIT

CRACKERS & CHEESE
ALLERGENS: DAIRY, GLUTEN

BANANA & RICE CAKES

WHOLEMEAL RICE CAKES WITH FRESH FRUIT

SEASONAL FRESH FRUIT

LUNCH
11.30AM

SPINACH & LENTIL DAHL WITH NAAN BREAD
ALLERGENS: GLUTEN

VEGETABLE BIRYANI

MAC & CHEESE WITH VEG
ALLERGENS: GLUTEN, DAIRY

MIXED BEAN ENCHILADAS
ALLERGENS: GLUTEN, DAIRY

FISH CURRY WITH BROWN RICE
ALLERGENS: FISH

DESSERT

OAT COOKIES
ALLERGENS: GLUTEN

YOGURT & FRUIT COMPOTE
ALLERGENS: DAIRY

FRESH FRUIT
ALLERGENS: GLUTEN,

DAIRY FREE CARROT CAKE
ALLERGENS: GLUTEN

YOGURT WITH FRUIT OR GRANOLA
ALLERGENS: DAIRY, GLUTEN

SNACK
1.30PM

SALMON PÂTÉ WITH WHOLEMEAL PITTA
ALLERGENS: GLUTEN, DAIRY AND FISH

SEASONAL FRESH FRUIT

VEGETABLE STICKS WITH HUMMUS

TOMATO & BASIL BRUSCHETTA
ALLERGENS: GLUTEN

CHEESE STRAWS
ALLERGENS: DAIRY

LIGHT TEA
3.30PM

VEG & LENTIL SOUP WITH WHOLEMEAL BREAD
ALLERGENS: GLUTEN
SEASONAL FRESH FRUIT

PLOUGHMAN'S TEA: SANDWICHES, FRUIT & BREADSTICKS WITH HUMMUS
ALLERGENS: GLUTEN, DAIRY
SEASONAL FRESH FRUIT

BAKED VEGETABLE SAMOSAS & SALAD
ALLERGENS: GLUTEN
SEASONAL FRESH FRUIT

FETA CHEESE & PEPPER SCONES & SALAD
ALLERGENS: DAIRY, GLUTEN
SEASONAL FRESH FRUIT

SELECTION OF SANDWICHES: CHEESE & CUCUMBER OR TUNA & SWEETCORN SERVED WITH VEG STICKS & HUMMUS
ALLERGENS: GLUTEN, DAIRY
SEASONAL FRESH FRUIT

WEANING / COMPLIMENTARY FEEDING

WEANING/COMPLIMENTARY 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

LENTIL DAHL MASH YOGURT	VEGETABLE BIRYANI MASH YOGURT & FRUIT	MAC & CHEESE FRUIT	BEAN ENCHILADA FILLING MASH SEASONAL FRUIT	FISH CURRY & RICE MASH MIXED BERRIES & YOGURT
-	-	-	-	-
LENTIL SOUP WITH BREAD FINGERS SEASONAL FRUIT	SWEET POTATO & BEAN MASH SEASONAL FRUIT	SOFT SAMOSA FILLING FRUIT	FETA CHEESE & PEPPER SCONES SUMMER FRUITS	CHEESE & CUCUMBER MIXED FRUIT

TEA

