



-A Note about our Menus-

All meals and desserts are freshly prepared each day on site by our inhouse cooks. The menus are changed according to the seasons. Unless otherwise specified, all meals are served with a selection of vegetables.

Water stations are available to the children at all times.

We provide a balance of hot and cold teas throughout the week and this is designed with the seasons in mind. It is advised that children should eat a small snack with parents after leaving nursery at 6pm to keep blood sugar levels regulated during the night.

All meals shown are our standard menu. On a daily basis we also cook vegetarian, gluten free, dairy free and soya free alternatives according to the medically certified allergies, intolerances and cultural guidelines of our children. If your child has any medically supported dietary requirements, please alert us to them during your settling in sessions.

We have a strict **No Nut Policy** within the setting and also refrain from using celery, crustaceans, mustard or molluscs as these are recognised as allergens.

We have coded our menu so that parents can quickly see any meals that contain potential allergens for your child.

(W/G)- Wheat and Gluten (D)- Dairy (E)- Eggs (SO) – Soya (F)- Fish (Gel)- Gelatine (S)- Sesame



Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	A selection of cereals with milk or water to drink				
Snack Times AM & PM	Breadsticks with houmous, Rice Cakes with fresh fruit pieces, Homemade Oaty biscuits, Selection of fruit Veg sticks with sour cream and chive dip, Pineapple and cheese chunks, raisins, sandwiches, tortilla chips and dip.				
Starter	Cream cheese and Cucumber on Oat Cakes D		Carrot and pepper sticks with Homemade (sesame free) Houmous		Mini Cheese and Broccoli Pin wheels. W/G, D
Lunch	Butter bean casserole with Vegetable Rice	Chicken and Mushroom Casserole with a Dumpling Pie Crust with Side Vegetables W/G	Roast Pork with stuffing, roast potatoes, Vegetables, and Gravy W/G, E	Lasagne with Green Beans W/G, D	Fish Pie with Peas and Sweetcorn F. D.
Pudding		Natural Yoghurt & Poached Fruit D.		Home-made banana loaf D. E. W/G	
Tea	Leek and Potato Soup with a Crusty Roll W/G.	Home Made Pizza Twist's with veg sticks W/G, D	Warm Pitta Pockets with Mackerel Pate, Cucumber and Tomatoes W/G. D. F. E.	Fish Fingers Warm Potato Salad F, D. W/G.	Warm Vegetable and Bean Fajita W/G.



Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	A selection of cereals with milk or water to drink				
Snack Times AM & PM	Breadsticks with houmous, Rice Cakes with fresh fruit pieces, Homemade Oaty biscuits, Selection of fruit Veg sticks with sour cream and chive dip, Pineapple and cheese chunks, raisins, sandwiches, tortilla chips and dip.				
Starter		Mini Samosas and Yoghurt Dip W/G.		Cucumber, pepper sticks with Tzatziki D.	
Lunch	Tuna Pasta Bake with Mixed Vegetables W/G. F. D.	Sweet Potato, Spinach and Chickpea Curry with Rice	Cottage Pie with Swede and Potato topping with Selection of Vegetables	Roast Gammon with all the Trimmings W/G, D, E	Chinese Chicken Noodles and Broccoli W/G. E.
Pudding	Sliced Banana and Custard D.		Oaty biscuits D. W/G.		Chinese 5 Spiced Carrot Cake D. W/G. E.
Tea	Jacket potatoes with a selection of toppings F. D.	Cheesy Broccoli and Cauliflower Bake D, W/G.	Cheese and Marmine pastry Puffs with baked beans D, W/G.	Tomato Basil and Orzo Soup W/G.	Potato Hash



Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	A selection of cereals with milk or water to drink				
Snack Time AM & PM	Breadsticks with houmous, Rice Cakes with fresh fruit pieces, Homemade Oaty biscuits, Selection of fruit Veg sticks with sour cream and chive dip, Pineapple and cheese chunks, raisins, sandwiches, tortilla chips and dip.				
Starter	Nachos with Homemade Salsa/Bean Dip W/G.		Vegetable Sticks and Dip W/G. D.		Mackerel Pate and Oatcakes W/G. D. F.
Lunch	Cod and Broccoli Pasta Bake W/G. D. F.	Chicken Jambalaya W/G.	Cheese, Leek, and Potato Pie with Mixed Vegetables D.	Mexican Chill with Rice and Sweetcorn F. W/G. D.	Roast Chicken with stuffing, Roast Potato, Vegetables, and Gravy
Pudding		Sticky Toffee Pudding With Ice cream W/G. D.		Apple Crumble and Custard D.	
Tea	English Muffin Pizza's W/G. D. SO	Fish cake and Baked Beans F, W/G. D.	Winter Vegetable Soup with Crusty Roll W/G. D.	Garlic and Rosemary Mac and Cheese With Peas. W/G. D.	Root Vegetable Ragù



Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	A selection of cereals with milk or water to drink				
Snack Times AM & PM	Breadsticks with houmous, Rice Cakes with fresh fruit pieces, Homemade Oaty biscuits, Selection of fruit Veg sticks with sour cream and chive dip, Pineapple and cheese chunks, raisins, sandwiches, tortilla chips and dip.				
Starter		Flat breads with Yoghurt Dip W/G. D.		Vegetable Sticks with Guacamole	
Lunch	Tomato and Vegetable Oven baked Risotto	Moroccan Chicken Tagine With Bulgar/Cous Cous	Pork, Beef and Stuffing Plait with Mash and Vegetables W/G.	Cauliflower, Sweet Potato and Lentil Curry with Naan Bread W/G. D.	International Day
Pudding	Yoghurt with Fruit Compote and Granola D.		Jam sponge and Custard D. E. W/G.		International Pudding
Tea	Warm Tuna Pitta Pockets F. W/G	BBQ Beans and Cheese Jacket Potatoes D	Butternut Squash and Sweet Potato Soup with Crusty Rolls W/G.	Vegetable Fried Rice W/G.	Cheesy Crumpets with Vegetable sticks W/G, D