

Sample Nursery Menu

Autumn/ Winter

Monday	BREAKFAST Cereal & a piece of fresh fruit	LUNCH Moroccan inspired chickpea tagine with herby couscous Starter/ Pudding: Carrot & butternut squash soup	TEA Mixed bean & cheese enchiladas with roasted sweet potato wedges & sweetcorn	SNACKS AM: Rice cakes & hummus PM: Melon
Tuesday	BREAKFAST Wholemeal toast fingers with vegan spread & a piece of fresh fruit	LUNCH Roasted garlic cod (butterbean) & tomato orzo with green beans Starter/ Pudding: Greek yoghurt with blended raspberries	TEA Thai style tuna fish (bean) cakes with new potatoes, spring onions & peas	SNACKS AM: Pineapple & cheese PM: Orange segments
Wednesday	BREAKFAST Warm berry porridge & a piece of fresh fruit	LUNCH Tuscan style roasted chicken (mushrooms) with rice & roasted peppers Starter/ Pudding: Homemade GF falafels & hummus	TEA Healthy cheese & tomato pitta bread pizzas, with crudités	SNACKS AM: Crumpets with vegan spread PM: Banana slices
Thursday	BREAKFAST Cereal & a piece of fresh fruit	LUNCH Lean beef mice (quorn) cottage pie, with green beans & peas Starter/ Pudding: Banana & cinnamon rice pudding	TEA Breaded turkey (carrot & broccoli) baked goujons with garlic yoghurt dip, carrots & peas	SNACKS AM: Avocado & tomato wraps PM: Pear slices
Friday	BREAKFAST Warm cinnamon porridge & a piece of fresh fruit	LUNCH Homemade sweet & sour chicken (chickpeas) with rice, sweetcorn & sugar snap peas Starter/ Pudding: Roasted courgette sticks	TEA Egg & cress sandwiches on wholemeal bread with crudités	SNACKS AM: Crudités & homemade dip PM: Fruit medley

Working Mums meals are all homemade daily with no added sugar or salt.

Drinks: Tap water is served throughout the day, with milk available at snack times.

Dietaries: All dietary needs are catered for, **vegetarian options are highlighted in green.**

Weaning: Purees and finger foods are available for smaller children who have begun weaning.

This is a sample menu. Menus are rotated on a three-week basis.

Please contact your nursery manager to request the full three-week menu rotation or weaning menu, including allergen information.