

Sample Nursery Menu

Autumn/ Winter

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