

Sample Nursery Menu

Spring/ Summer

Monday	<p>BREAKFAST</p> <p>Wheat Biscuits with various milk & a piece of fresh fruit</p>	<p>LUNCH</p> <p>Couscous stuffed pepper with vegetables</p> <p>.....</p> <p>Starter/ Pudding: Fruit rice pudding</p>	<p>TEA</p> <p>Creaming salmon (butterbean) pasta and broccoli</p>	<p>SNACKS</p> <p>AM: Tomato slices with cheese sticks</p> <p>.....</p> <p>PM: Various fruit slices</p>
Tuesday	<p>BREAKFAST</p> <p>Wholemeal toast with fresh avocado & a piece of fresh fruit</p>	<p>LUNCH</p> <p>Cottage pie (lentil) with sweet potato mash</p> <p>.....</p> <p>Starter/ Pudding: Cucumber sticks and cottage cheese</p>	<p>TEA</p> <p>Jacket potato with mixed bean chilli and sweetcorn salsa</p>	<p>SNACKS</p> <p>AM: Oatcakes with homemade garlic and bean dip</p> <p>.....</p> <p>PM: Various fruit slices</p>
Wednesday	<p>BREAKFAST</p> <p>Overnight Oats with Grated Apple, made with various milks & a piece of fresh fruit</p>	<p>LUNCH</p> <p>Chicken (kidney beans) and rice with vegetables</p> <p>.....</p> <p>Starter/ Pudding: Apple and ginger cake</p>	<p>TEA</p> <p>Lamb kofta (falafel) with pita bread and tzatziki with vegetable slices</p>	<p>SNACKS</p> <p>AM: Tortilla chips with fresh guacamole</p> <p>.....</p> <p>PM: Various fruit slices</p>
Thursday	<p>BREAKFAST</p> <p>Toasted sourdough bagels and cream cheese & a piece of fresh fruit</p>	<p>LUNCH</p> <p>Spaghetti Bolognese (lentil) with vegetables</p> <p>.....</p> <p>Starter/ Pudding: Cheesy garlic pita chips</p>	<p>TEA</p> <p>Tuna (cheese) and cucumber pita pocket with vegetable slices</p>	<p>SNACKS</p> <p>AM: Carrots and hummus</p> <p>.....</p> <p>PM: Various fruit slices</p>
Friday	<p>BREAKFAST</p> <p>Wheat Biscuits with various milk & a piece of fresh fruit</p>	<p>LUNCH</p> <p>Roasted butternut squash, chickpea and coconut curry with rice</p> <p>.....</p> <p>Starter/ Pudding: Greek yoghurt and watermelon</p>	<p>TEA</p> <p>Cream cheese and cucumber sandwiches with vegetable slices</p>	<p>SNACKS</p> <p>AM: Crumpets and vegan spread</p> <p>.....</p> <p>PM: Various fruit slices</p>

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.