



-A Note about our Menus-

All meals and desserts are prepared freshly and daily by our Nursery Chefs. The menus are changed according to the seasons. Unless otherwise specified, all meals are served with a selection of vegetables. Our menus have been curated in line with the nationwide focus of childhood obesity, and therefore we offer a combination of starters/ mains and mains/ desserts on differing days across the 4-week menu so as to limit the serving of sweet puddings to our children.

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.

Our menus may be subject to change at short notice due to possible delivery issues or other shortages beyond our control. We make every effort to follow our weekly menu as closely as possible and therefore apologise for any inconvenience that short notice changes may cause.

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.

A lot of time and love goes into the formulating of our menus, so we hope you and your child enjoy them!

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



Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	A selection of cereals and wholemeal toast with milk or water to drink				
Snack Times AM & PM	Breadsticks with hummus, Rice Cakes with fresh fruit pieces, Homemade Oat biscuits, Selection of fruit Veg sticks with sour cream and chive dip, Pineapple and cheese chunks, raisins, sandwiches, tortilla chips and dip.				
Starter	Garlic bread/dough balls (W/G) (D)		Mackerel Pate on Oat cakes (F) (D)		Naan Bread and Mango Chutney (G/W)
Main	Mac and cheese (D) (W/G)	Vegetable Thai green Curry	Roast chicken and new potatoes (W/G)	Moussaka (D)	Sweet and sour Chinese shredded pork & Vegetable stir-fry & noodles (W/G) (E)
Pudding		Jam Tart and Yoghurt (W/G) (D)		Carrot cake (D) (E) (W/G)	
Tea	Fish finger wraps with shredded lettuce (F) (W/G)	Sandwich platter (W/G) (D) (E)	Ham and pepper pizza with crudites (W/G) (D)	Tuna & sweetcorn pasta salad (F) (W/G)	Cheese scones cherry tomatoes & cucumber sticks (W/G) (D)

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Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	A selection of cereals and wholemeal toast with milk or water to drink				
Snack Times AM & PM	Breadsticks with hummus, Rice Cakes with fresh fruit pieces, Homemade Oat biscuits, Selection of fruit Veg sticks with sour cream and chive dip, Pineapple and cheese chunks, raisins, sandwiches, tortilla chips and dip.				
starter		Veg sticks and dips (D)		Nachos and salsa (W/G)	
Main	Tuna Pasta bake (F) (W/G) (D)	Roast Pork with New potatoes and Vegetables (W/G)	Jerk chicken with mixed beans	Tomato and chickpea curry with rice	Fish cake, potato wedges & peas (F) (W/G)
Pudding	Poached apples & Ice cream (D)		Pineapple crumble with yoghurt (D) (W/G)		Ginger cake (D) (E) (W/G)
Tea	Pitta platter (W/G) (D) (E) (F)	Cheese and tomato Quesadilla (W/G) (D)	Tuna & cucumber sandwiches with veg sticks (F) (W/G) (E)	Jacket potatoes with a selection of fillings (D) (E)	Noodle Salad (W/G) (E)

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Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	A selection of cereals and wholemeal toast with milk or water to drink				
Snack Time AM & PM	Breadsticks with hummus, Rice Cakes with fresh fruit pieces, Homemade Oat biscuits, Selection of fruit Veg sticks with sour cream and chive dip, Pineapple and cheese chunks, raisins, sandwiches, tortilla chips and dip.				
Starter	Garlic bread/doughballs (W/G) (D)		Cheesy Nachos (W/G) (D)		Flatbread and Hummus (W/G) (D) (S)
Lunch	Tomato and basil pasta bake (W/G) (D)	Oven baked vegetable risotto	Homemade meatballs in gravy with mash and veg (W/G)	Roast chicken (W/G)	Cod and Broccoli creamy pasta (W/G) (D) (F)
Pudding		Lemon curd sponge & custard (W/G) (D) (E)		Fruit cocktail	
Tea	English Muffin pizza's (W/G) (D)	Potato skins with tzatziki and cucumber (D)	Spaghetti on toast (W/G) (D)	Ham and cheese pastry puffs (W/G) (D)	Sandwich platter (W/G) (D) (E) (F)

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Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	A selection of cereals and wholemeal toast with milk or water to drink				
Snack Times AM & PM	Breadsticks with hummus, Rice Cakes with fresh fruit pieces, Homemade Oat biscuits, Selection of fruit Veg sticks with sour cream and chive dip, Pineapple and cheese chunks, raisins, sandwiches, tortilla chips and dip.				
Starter		Garlic bread (W/G) (D)		Breadsticks and dip (W/G) (S)	
Lunch	Fish Pie (D) (F)	Chilli and rice	Sweet potato and lentil curry	Cottage pie with swede and potato mash (W/G)	Roast gammon and new potatoes (W/G)
Pudding	Frozen yoghurt (D)		Banana loaf and custard (W/G) (D) (E)		Sunshine oaty biscuits (D)
Tea	Selection of wraps (W/G) (D) (E) (F)	Beans on Toast (W/G) (D)	Vegetable orzo salad (W/G)	Chicken and sweetcorn pasta (W/G) (D)	Tuna and cheese puffs (W/G) (D)

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