

NURSERY MENU

WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Selection of Cereals – Weetabix, Ready Brek, Cornflakes, Shredded Wheat served with Whole Milk or Toast (50/50 Wholemeal/White), Fruit Toast or Crumpet served with Non-Dairy Spread, Cup of Milk to Drink 6 / 8 / 14				
MORNING SNACK	Selection of Fresh Fruit and Vegetable Sticks				
LUNCH	Ratatouille served with Lentils and Rice	Fish Pie served with Broccoli 1 / 6	Spaghetti Bolognese served with Carrots 6 / 14	Chicken Fajitas served with Guacamole and Salsa 14	Chef's Lamb Dish of the Day
VEGETARIAN OPTION		Mixed Bean Pie served with Mashed Potato and Broccoli 6	Spaghetti with Lentil Sauce served with Carrots 6 / 14	Chef's Vegetarian Fajitas served with Guacamole and Salsa 14	Chef's Vegetarian Dish of the Day 7
DESSERT	Yoghurt and Berries or Rice Pudding served with Fruit or Frozen Yoghurt served with Fruit or Fresh or Stewed Fruit and Custard, served with a Cup of Milk 6				
AFTERNOON SNACK	Selection of Wholewheat Crackers, Breadsticks, Rice Crackers served with Soft Cheese or Homemade Houmous 6 / 11 / 14				
TEA	Jacket Potato topped with Baked Beans and Cheese served with Cucumber and Carrot Sticks 6	Tomato and Lentil Soup served with Crusty Bread 14	Haddock and Vegetable Risotto served with Carrot and Peas 1	Vegetable and Boiled Egg Pasta Bake served with Salad 6 / 7 / 14	Pitta Pizza finished with Various Toppings served with Salad 6 / 14
VEGETARIAN OPTION			Egg and Vegetable Risotto served with Peas		
DESSERT	Yoghurt and Berries or Rice Pudding served with Fruit or Frozen Yoghurt served with Fruit or Fresh or Stewed Fruit and Custard, served with a Cup of Milk 6				
Allergens Key: numbers under meals indicate the allergen in that meal					
1 Fish 2 Crustaceans 3 Molluscs 4 Nuts 5 Peanuts		6 Milk 7 Eggs 8 Soya 9 Celery (including celeriac) 10 Mustard		11 Sesame Seeds 12 Lupin 13 Sulphur Dioxide 14 Cereals containing Gluten (Wheat, Rye, Barley, Oats, Spelt, Kamut)	

NURSERY MENU

WEEK 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Selection of Cereals – Weetabix, Ready Brek, Cornflakes, Shredded Wheat served with Whole Milk or Toast (50/50 Wholemeal/White), Fruit Toast or Crumpet served with Non-Dairy Spread, Cup of Milk to Drink 6 / 8 / 14				
MORNING SNACK	Selection of Fresh Fruit and Vegetable Sticks				
LUNCH	Chickpea, Sweet Potato and Spinach Curry served with Rice and Green Beans	Beef Casserole served with Mashed Potato or Dumplings and Mixed Vegetables 6 / 14	Roast Chicken served with Potatoes, Carrots and Cabbage	Shepherd's Pie topped with Sweet Potato Mash served with Broccoli 6	Chef's Fish Dish of the Day 1
VEGETARIAN OPTION		Lentil Casserole served with Mashed Potato or Dumplings and Mixed Vegetables 6 / 14	Roast Quorn Fillet served with Potatoes, Carrots and Cabbage 7	Shepherdess Pie topped with Sweet Potato Mash served with Broccoli 6 / 8	Potato and Vegetable Frittata served with Green Beans 7
DESSERT	Yoghurt and Berries or Rice Pudding served with Fruit or Frozen Yoghurt served with Fruit or Fresh or Stewed Fruit and Custard, served with a Cup of Milk 6				
AFTERNOON SNACK	Selection of Wholewheat Crackers, Breadsticks, Rice Crackers served with Soft Cheese or Homemade Houmous 6 / 11 / 14				
TEA	Chicken served with Egg Noodles and Peppers 7 / 14	Macaroni Cheese served with Carrot and Cucumber Sticks 6 / 14	Fish Fingers served with Potato Wedges and Peas 1 / 14	Winter Vegetable and Green Lentil Soup served with Crusty Bread 14	Jacket Potato topped with Baked Beans and Cheese served with Vegetable Sticks 6
VEGETARIAN OPTION	Quorn Fillet served with Egg Noodles and Peppers 7 / 14		Fishless Fingers served with Potato Wedges and Peas 14		
DESSERT	Yoghurt and Berries or Rice Pudding served with Fruit or Frozen Yoghurt served with Fruit or Fresh or Stewed Fruit and Custard, served with a Cup of Milk 6				
Allergens Key: numbers under meals indicate the allergen in that meal					
1 Fish 2 Crustaceans 3 Molluscs 4 Nuts 5 Peanuts		6 Milk 7 Eggs 8 Soya 9 Celery (including celeriac) 10 Mustard		11 Sesame Seeds 12 Lupin 13 Sulphur Dioxide 14 Cereals containing Gluten (Wheat, Rye, Barley, Oats, Spelt, Kamut)	

NURSERY MENU

WEEK 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Selection of Cereals – Weetabix, Ready Brek, Cornflakes, Shredded Wheat served with Whole Milk or Toast (50/50 Wholemeal/White), Fruit Toast or Crumpet served with Non-Dairy Spread, Cup of Milk to Drink 6 / 8 / 14				
MORNING SNACK	Selection of Fresh Fruit and Vegetable Sticks				
LUNCH	Vegetable and Lentil Pasta Bake served with Green Beans 6 / 7 / 14	Cod Fish Fingers and Parsley Sauce served with New Potatoes and Broccoli 1 / 6 / 7 / 14	Barbeque Chicken served with Seasoned Potato Wedges and Peas	Moroccan Lamb served with Cous Cous and Carrots 14	Beef Lasagne served with Sweetcorn and Peas 6 / 14
VEGETARIAN OPTION		Fishless Fingers and Parsley Sauce served with New Potatoes and Broccoli 6 / 14	Barbeque Quorn Fillets served with Seasoned Potato Wedges and Peas 7	Moroccan Soya Mince served with Cous Cous and Carrots 8 / 14	Lentil and Vegetable Lasagne served with Sweetcorn and Peas 6 / 14
DESSERT	Yoghurt and Berries or Rice Pudding served with Fruit or Frozen Yoghurt served with Fruit or Fresh or Stewed Fruit and Custard, served with a Cup of Milk 6				
AFTERNOON SNACK	Selection of Wholewheat Crackers, Breadsticks, Rice Crackers served with Soft Cheese or Homemade Houmous 6 / 11 / 14				
TEA	Chilli served with Potato Wedges, Sweetcorn and Carrot Sticks	Pitta Pizza finished with Various Toppings served with Cucumber and Carrot sticks 6 / 14	Falafels served with Potato and Butternut Squash 14	Ham and Vegetable Gratin served with Garlic Bread 6 / 14	Chicken and Fried Rice served with Mange Tout 14
VEGETARIAN OPTION	Vegetarian Chilli served with Potato Wedges and Sweetcorn			Egg and Vegetable Gratin served with Garlic Bread 6 / 7 / 14	Egg Fried Rice served with Mange Tout 7 / 14
DESSERT	Yoghurt and Berries or Rice Pudding served with Fruit or Frozen Yoghurt served with Fruit or Fresh or Stewed Fruit and Custard, served with a Cup of Milk 6				
Allergens Key: numbers under meals indicate the allergen in that meal					
1 Fish 2 Crustaceans 3 Molluscs 4 Nuts 5 Peanuts		6 Milk 7 Eggs 8 Soya 9 Celery (including celeriac) 10 Mustard		11 Sesame Seeds 12 Lupin 13 Sulphur Dioxide 14 Cereals containing Gluten (Wheat, Rye, Barley, Oats, Spelt, Kamut)	

NURSERY MENU

WEEK 4

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Selection of Cereals – Weetabix, Ready Brek, Cornflakes, Shredded Wheat served with Whole Milk or Toast (50/50 Wholemeal/White), Fruit Toast or Crumpet served with Non-Dairy Spread, Cup of Milk to Drink 6 / 8 / 14				
MORNING SNACK	Selection of Fresh Fruit and Vegetable Sticks				
LUNCH	Chickpea and Vegetable Casserole served with Crusty Bread 6	Cumberland Pie served with Carrots 14	Spaghetti Bolognese served with Green Beans 14	Chef's Roast of the Day served with Roast Potatoes, Carrots and Cabbage	Salmon Fish Pie served with Broccoli 1 / 6
VEGETARIAN OPTION		Red Lentil Cumberland Pie served with Carrots 14	Lentil Bolognese served with Green Beans 14	Roast Quorn Fillet served with Roast Potatoes, Carrots and Cabbage 7	Cheese and Potato Pie served with Broccoli 6
DESSERT	Yoghurt and Berries or Rice Pudding served with Fruit or Frozen Yoghurt served with Fruit or Fresh or Stewed Fruit and Custard, served with a Cup of Milk 6				
AFTERNOON SNACK	Selection of Wholewheat Crackers, Breadsticks, Rice Crackers served with Soft Cheese or Homemade Houmous 6 / 11 / 14				
TEA	Tuna and Vegetable Frittata served with Pasta and Pepper Sticks 1 / 6 / 7 / 14	Ham and Pea Soup served with Garlic Bread or Cheese Scones 6 / 14	Cod Fillets topped with Pesto Sauce served with Potato Wedges 1 / 14	Vegetable and Egg Rice Dish served with Cucumber Sticks 7	Homemade Pizza served with Corn on the Cob 6 / 14
VEGETARIAN OPTION	Vegetable Frittata served with Pasta and Pepper Sticks 6 / 7 / 14	Pea Soup served with Garlic Bread or Cheese Scones 6 / 14	Vegetarian Falafel served with Potato Wedges		
DESSERT	Yoghurt and Berries or Rice Pudding served with Fruit or Frozen Yoghurt served with Fruit or Fresh or Stewed Fruit and Custard, served with a Cup of Milk 6				
Allergens Key: numbers under meals indicate the allergen in that meal					
1 Fish 2 Crustaceans 3 Molluscs 4 Nuts 5 Peanuts		6 Milk 7 Eggs 8 Soya 9 Celery (including celeriac) 10 Mustard		11 Sesame Seeds 12 Lupin 13 Sulphur Dioxide 14 Cereals containing Gluten (Wheat, Rye, Barley, Oats, Spelt, Kamut)	