

Nursery Menu

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast items available	Weetabix, Rice krispies, Multi grain cheerio's, cornflakes, with milk or milk alternatives, toast and jam and fresh whole fruit	Weetabix, Rice krispies, Multi grain cheerio's, cornflakes, with milk or milk alternatives, toast and jam and fresh whole fruit	Weetabix, Rice krispies, Multi grain cheerio's, cornflakes, with milk or milk alternatives, toast and jam and fresh whole fruit	Weetabix, Rice krispies, Multi grain cheerio's, cornflakes, with milk or milk alternatives, toast and jam and fresh whole fruit	Weetabix, Rice krispies, Multi grain cheerio's, cornflakes, with milk or milk alternatives, toast and jam and fresh whole fruit
Morning snack	Sliced fresh fruits, milk and milk alternatives	Sliced fresh fruits, milk and milk alternatives	Sliced fresh fruits, milk and milk alternatives	Sliced fresh fruits, milk and milk alternatives	Sliced fresh fruits, milk and milk alternatives
Lunch	Mild Texan beef chilli with rice, sweetcorn and baby carrots	Creamy chicken pasta bake with green vegetables	Cottage pie with swede and carrots	Mexican turkey with peppers and onion served with rice, peas and sweetcorn	Cornish company sausage roll with skin on fries and peas and carrots
Vegetarian lunch option	Mild vegetable and bean chilli with rice, sweetcorn and baby carrots	Cheese and tomato pasta bake with green vegetables	Vegan mince and onion pie with swede and carrots	Vegetable and pinto beans with peppers, served with rice, peas and sweetcorn	Vegan sausage roll with skin on fries, peas and carrots
Dessert of the day	Oat and raisin cookie	Chocolate brownie	Frozen toffee yoghurt	Chocolate flapjack	Ice cream tub
Available desserts	Fruit yogurts, soya yogurts, fresh whole fruit and vegan jelly	Fruit yogurts, soya yogurts, fresh whole fruit and vegan jelly	Fruit yogurts, soya yogurts, fresh whole fruit and vegan jelly	Fruit yogurts, soya yogurts, fresh whole fruit and vegan jelly	Fruit yogurts, soya yogurts, fresh whole fruit and vegan jelly
Afternoon snack	Whole fresh fruit, sweet wholemeal biscuits or cheese and crackers	Whole fresh fruit, sweet wholemeal biscuits or cheese and crackers	Whole fresh fruit, sweet wholemeal biscuits or cheese and crackers	Whole fresh fruit, sweet wholemeal biscuits or cheese and crackers	Whole fresh fruit, sweet wholemeal biscuits or cheese and crackers
Light Tea	Fishcake with baked beans and wholemeal bread and butter	Chicken and rice bowl with vegetables and tomato sauce	Half jacket potato with beans and cheese	Tomato and red lentil soup with wholemeal bread and butter	Cheese and tomato topped English muffin with cucumber
Vegetarian Option	Vegetable patty with baked beans and wholemeal bread and butter	Chickpea and rice bowl with vegetables and tomato sauce	As above	As above	As above

All efforts are made to encourage every child to at least 5 portions of fruit and vegetables each day.

Healthy eating -All our soups, pasta/curry sauces are freshly made and contain only vegetables, herbs and spices. We only use wholemeal bread and reduced salt and sugar baked beans.

Nursery Menu

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast items available	Weetabix, Rice krispies, Multi grain cheerio's, cornflakes, with milk or milk alternatives, toast and jam and fresh whole fruit	Weetabix, Rice krispies, Multi grain cheerio's, cornflakes, with milk or milk alternatives, toast and jam and fresh whole fruit	Weetabix, Rice krispies, Multi grain cheerio's, cornflakes, with milk or milk alternatives, toast and jam and fresh whole fruit	Weetabix, Rice krispies, Multi grain cheerio's, cornflakes, with milk or milk alternatives, toast and jam and fresh whole fruit	Weetabix, Rice krispies, Multi grain cheerio's, cornflakes, with milk or milk alternatives, toast and jam and fresh whole fruit
Morning snack	Sliced fresh fruits, milk and milk alternatives	Sliced fresh fruits, milk and milk alternatives	Sliced fresh fruits, milk and milk alternatives	Sliced fresh fruits, milk and milk alternatives	Sliced fresh fruits, milk and milk alternatives
Lunch	Beef lasagne served with broccoli	Butchers pork sausage and onion gravy with mashed potatoes, peas and carrots	Chicken pie with new potatoes and mixed vegetables	BBQ chicken fillet with potato wedges and green beans	Margarita pizza with skin on fries and peas
Vegetarian option	Mac and cheese served with broccoli	Vegan sausage and onion gravy with mashed potatoes, peas and carrots	Root vegetable hotpot with new potatoes and mixed vegetables	BBQ Quorn fillets with potato wedges and green beans	As above
Dessert of the day	Double chocolate cookie	Jelly	Fruity oat bake	Mini doughnut	Ice lolly
Available desserts	Fruit yogurts, soya yogurts, fresh whole fruit and vegan jelly	Fruit yogurts, soya yogurts, fresh whole fruit and vegan jelly	Fruit yogurts, soya yogurts, fresh whole fruit and vegan jelly	Fruit yogurts, soya yogurts, fresh whole fruit and vegan jelly	Fruit yogurts, soya yogurts, fresh whole fruit and vegan jelly
Afternoon snack	Whole fresh fruit, sweet wholemeal biscuits or cheese and crackers	Whole fresh fruit, sweet wholemeal biscuits or cheese and crackers	Whole fresh fruit, sweet wholemeal biscuits or cheese and crackers	Whole fresh fruit, sweet wholemeal biscuits or cheese and crackers	Whole fresh fruit, sweet wholemeal biscuits or cheese and crackers
Light Tea	Warm ham and cheese bagels with cucumber	Tomato and vegetable soup with wholemeal bread and butter	Margarita flat bread with sweetcorn salad	Fish fingers with baked beans and bread wholemeal bread and butter	Penne pasta with tomato, vegetable, red lentil and basil sauce
Vegetarian Option	Warm cheese bagel with cucumber	As above	As above	Vegetable fingers with baked beans and wholemeal bread and butter	As above

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Nursery Menu

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast items available	Weetabix, Rice krispies, Multi grain cheerio's, cornflakes, with milk or milk alternatives, toast and jam and fresh whole fruit	Weetabix, Rice krispies, Multi grain cheerio's, cornflakes, with milk or milk alternatives, toast and jam and fresh whole fruit	Weetabix, Rice krispies, Multi grain cheerio's, cornflakes, with milk or milk alternatives, toast and jam and fresh whole fruit	Weetabix, Rice krispies, Multi grain cheerio's, cornflakes, with milk or milk alternatives, toast and jam and fresh whole fruit	Weetabix, Rice krispies, Multi grain cheerio's, cornflakes, with milk or milk alternatives, toast and jam and fresh whole fruit
Morning snack	Sliced fresh fruits, milk and milk alternatives	Sliced fresh fruits, milk and milk alternatives	Sliced fresh fruits, milk and milk alternatives	Sliced fresh fruits, milk and milk alternatives	Sliced fresh fruits, milk and milk alternatives
Lunch	Mild chicken curry with rice and baby carrots	Spaghetti bolognaise with green vegetables	Roast turkey breast with roast potatoes, swede and carrots	Spanish style chicken with peppers and tomato served with rice and mixed vegetables	Breaded fish fillet with skin on fries and peas
Vegetarian option	Mild aubergine and chickpea curry with rice and baby carrots	Lentil bolognaise with green vegetables	Roast Quorn with roast potatoes, swede and carrots	Spanish style chickpeas with peppers and tomato served with rice and mixed vegetables	Vegan nuggets with skin on fries and peas
Dessert of the day	Chocolate chip cookie	Mango and vanilla yoghurt	Blueberry mini muffin	Chocolate eclair	Rocket lolly
Available desserts	Fruit yogurts, soya yogurts, fresh whole fruit and vegan jelly	Fruit yogurts, soya yogurts, fresh whole fruit and vegan jelly	Fruit yogurts, soya yogurts, fresh whole fruit and vegan jelly	Fruit yogurts, soya yogurts, fresh whole fruit and vegan jelly	Fruit yogurts, soya yogurts, fresh whole fruit and vegan jelly
Afternoon snack	Whole fresh fruit, sweet wholemeal biscuits or cheese and crackers	Whole fresh fruit, sweet wholemeal biscuits or cheese and crackers	Whole fresh fruit, sweet wholemeal biscuits or cheese and crackers	Whole fresh fruit, sweet wholemeal biscuits or cheese and crackers	Whole fresh fruit, sweet wholemeal biscuits or cheese and crackers
Light Tea	Cheese and tomato panini with sweetcorn salad	Pork chipolatas with baked beans and wholemeal bread and butter	Pasta bows with roasted aubergine and courgettes and tomato basil sauce	Leek and potato soup with wholemeal brown bread and butter	Cheese and onion pastry rolls with baked beans
Vegetarian Option	As above	Vegan sausage with baked beans and wholemeal bread and butter	As above	As above	As above

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