

# Nursery Menu

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast items available daily</b>	Weetabix, Rice krispies, cornflakes, with milk or milk alternatives, toast and jam and fresh whole fruit	Weetabix, Rice krispies, cornflakes, with milk or milk alternatives, toast and jam and fresh whole fruit	Weetabix, Rice krispies, cornflakes, with milk or milk alternatives, toast and jam and fresh whole fruit	Weetabix, Rice krispies, cornflakes, with milk or milk alternatives, toast and jam and fresh whole fruit	Weetabix, Rice krispies, cornflakes, with milk or milk alternatives, toast and jam and fresh whole fruit
<b>Breakfast</b>	Porridge with fruit puree	Porridge with fruit puree	Porridge with fruit puree	Porridge with fruit puree	Porridge with fruit puree
<b>Morning snack</b>	Sliced fresh fruits, milk and milk alternatives, bread sticks and cheese and crackers available	Sliced fresh fruits, milk and milk alternatives, bread sticks and cheese and crackers available	Sliced fresh fruits, milk and milk alternatives, bread sticks and cheese and crackers available	Sliced fresh fruits, milk and milk alternatives, bread sticks and cheese and crackers available	Sliced fresh fruits, milk and milk alternatives, bread sticks and cheese and crackers available
<b>Main course</b>	Spanish style chicken	Beef Bolognese	Turkey and vegetable hotpot	Greek style meatballs	Cod fish fingers
<b>Vegetarian lunch option</b>	Chickpea and paprika stew	Lentil Bolognese	Med veg and white bean casserole with sliced potato	Vegan moussaka	Vegan fishless fingers
<b>Sides of the day</b>	Rice and carrots	Pasta and broccoli	Mixed vegetables	Rice and fine beans	Diced potatoes and baked beans
<b>Available desserts daily</b>	Natural yoghurt with fruit, plain soya yoghurt alternative, cheese and crackers, Low sugar jelly or fresh fruit salad	Natural yoghurt with fruit, plain soya yoghurt alternative, cheese and crackers, Low sugar jelly or fresh fruit salad	Natural yoghurt with fruit, plain soya yoghurt alternative, cheese and crackers, Low sugar jelly or fresh fruit salad	Natural yoghurt with fruit, plain soya yoghurt alternative, cheese and crackers, Low sugar jelly or fresh fruit salad	Natural yoghurt with fruit, plain soya yoghurt alternative, cheese and crackers, Low sugar jelly or fresh fruit salad
<b>Dessert</b>	Peaches and cream	Trio of melon	Sliced pears	Sugar free jelly	reduced sugar Angel delight
<b>Afternoon snack</b>	Wholemeal biscuits, fresh fruit, bread sticks or cheese and crackers	Wholemeal biscuits, fresh fruit, bread sticks or cheese and crackers	Wholemeal biscuits, fresh fruit, bread sticks or cheese and crackers	Wholemeal biscuits, fresh fruit, bread sticks or cheese and crackers	Wholemeal biscuits, fresh fruit, bread sticks or cheese and crackers
<b>Light Tea/ Sandwiches also available</b>	Tomato and lentil soup with naan bread dippers	Finger sandwiches with cream cheese and cucumber sticks	Chicken strips with petit pain bread, cucumber and tomato	Pasta with tomato and peppers	Mini cheese and ham ploughman's

# Nursery Menu

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast items available daily</b>	Weetabix, Rice krispies, cornflakes, with milk or milk alternatives, toast and jam and fresh whole fruit	Weetabix, Rice krispies, cornflakes, with milk or milk alternatives, toast and jam and fresh whole fruit	Weetabix, Rice krispies, cornflakes, with milk or milk alternatives, toast and jam and fresh whole fruit	Weetabix, Rice krispies, cornflakes, with milk or milk alternatives, toast and jam and fresh whole fruit	Weetabix, Rice krispies, cornflakes, with milk or milk alternatives, toast and jam and fresh whole fruit
<b>Breakfast</b>	Porridge with fruit puree	Porridge with fruit puree	Porridge with fruit puree	Porridge with fruit puree	Porridge with fruit puree
<b>Morning snack</b>	Sliced fresh fruits, milk and milk alternatives, bread sticks and cheese and crackers available	Sliced fresh fruits, milk and milk alternatives, bread sticks and cheese and crackers available	Sliced fresh fruits, milk and milk alternatives, bread sticks and cheese and crackers available	Sliced fresh fruits, milk and milk alternatives, bread sticks and cheese and crackers available	Sliced fresh fruits, milk and milk alternatives, bread sticks and cheese and crackers available
<b>Main course</b>	Mild chicken tikka masala	Beef macaroni casserole	Roast chicken breast with gravy	Moroccan ground lamb with vegetables	Breaded Pollock fillet
<b>Vegetarian lunch option</b>	Vegetable and chickpea tikka masala	Macaroni with tomato and borlotti beans	Roasted Quorn with gravy	Chickpea and vegetable tagine	Vegan Quorn nuggets
<b>Sides of the day</b>	Rice diced carrots and peas	Green beans	Roast potatoes and mixed veg	Rice and broccoli	Baked sweet potato wedges and baked beans
<b>Available desserts daily</b>	Natural yoghurt with fruit, plain soya yoghurt alternative, cheese and crackers, Low sugar jelly or fresh fruit salad	Natural yoghurt with fruit, plain soya yoghurt alternative, cheese and crackers, Low sugar jelly or fresh fruit salad	Natural yoghurt with fruit, plain soya yoghurt alternative, cheese and crackers, Low sugar jelly or fresh fruit salad	Natural yoghurt with fruit, plain soya yoghurt alternative, cheese and crackers, Low sugar jelly or fresh fruit salad	Natural yoghurt with fruit, plain soya yoghurt alternative, cheese and crackers, Low sugar jelly or fresh fruit salad
<b>Dessert</b>	Peaches and cream	Trio of melon	Sliced pears	Sugar free jelly	reduced sugar Angel delight
<b>Afternoon snack</b>	Wholemeal biscuits, fresh fruit, bread sticks or cheese and crackers	Wholemeal biscuits, fresh fruit, bread sticks or cheese and crackers	Wholemeal biscuits, fresh fruit, bread sticks or cheese and crackers	Wholemeal biscuits, fresh fruit, bread sticks or cheese and crackers	Wholemeal biscuits, fresh fruit, bread sticks or cheese and crackers
<b>Light Tea/ Sandwiches also available</b>	Cheese omelette with potato rosti	Tomato and carrot soup with bread and butter	Ham and cheese with vegetable sticks and warm pitta bread	Pasta with tomato and pepper sauce	Warm teacakes with banana slices on the side

# Nursery Menu

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast items available daily</b>	Weetabix, Rice krispies, cornflakes, with milk or milk alternatives, toast and jam and fresh whole fruit	Weetabix, Rice krispies, cornflakes, with milk or milk alternatives, toast and jam and fresh whole fruit	Weetabix, Rice krispies, cornflakes, with milk or milk alternatives, toast and jam and fresh whole fruit	Weetabix, Rice krispies, cornflakes, with milk or milk alternatives, toast and jam and fresh whole fruit	Weetabix, Rice krispies, cornflakes, with milk or milk alternatives, toast and jam and fresh whole fruit
<b>Breakfast</b>	Porridge with fruit puree	Porridge with fruit puree	Porridge with fruit puree	Porridge with fruit puree	Porridge with fruit puree
<b>Morning snack</b>	Sliced fresh fruits, milk and milk alternatives, bread sticks and cheese and crackers available	Sliced fresh fruits, milk and milk alternatives, bread sticks and cheese and crackers available	Sliced fresh fruits, milk and milk alternatives, bread sticks and cheese and crackers available	Sliced fresh fruits, milk and milk alternatives, bread sticks and cheese and crackers available	Sliced fresh fruits, milk and milk alternatives, bread sticks and cheese and crackers available
<b>Main course</b>	Mild chilli con carne	Chicken pasta with creamy tomato sauce	Chicken pie with puff pastry lid	Cajun pork with peppers	Cod fish fingers
<b>Vegetarian lunch option</b>	Vegetable and 3 bean chilli	Pasta with white bean, pepper and tomato sauce	Vegan mince and onion hotpot	Vegetable and bean gumbo	Vegan fishless fingers
<b>Sides of the day</b>	Rice, peas and sweetcorn	Mixed vegetables	Roast potatoes, green beans and carrots	Rice and broccoli	Diced potatoes and baked beans
<b>Available desserts daily</b>	Natural yoghurt with fruit, plain soya yoghurt alternative, cheese and crackers, Low sugar jelly or fresh fruit salad	Natural yoghurt with fruit, plain soya yoghurt alternative, cheese and crackers, Low sugar jelly or fresh fruit salad	Natural yoghurt with fruit, plain soya yoghurt alternative, cheese and crackers, Low sugar jelly or fresh fruit salad	Natural yoghurt with fruit, plain soya yoghurt alternative, cheese and crackers, Low sugar jelly or fresh fruit salad	Natural yoghurt with fruit, plain soya yoghurt alternative, cheese and crackers, Low sugar jelly or fresh fruit salad
<b>Dessert</b>	Peaches and cream	Trio of melon	Sliced pears	Sugar free jelly	reduced sugar Angel delight
<b>Afternoon snack</b>	Wholemeal biscuits, fresh fruit, bread sticks or cheese and crackers	Wholemeal biscuits, fresh fruit, bread sticks or cheese and crackers	Wholemeal biscuits, fresh fruit, bread sticks or cheese and crackers	Wholemeal biscuits, fresh fruit, bread sticks or cheese and crackers	Wholemeal biscuits, fresh fruit, bread sticks or cheese and crackers
<b>Light Tea/ Sandwiches also available</b>	Minestrone soup with orzo pasta and bread dippers	Finger sandwiches with tuna mayo and cucumber sticks	Mini omelette with baked beans, brown bread and butter	Cheesy pasta bake with sweet corn and peppers	Ham and cheese pitta breads with cucumber sticks