

AUTUMN - WINTER MENU WEEK 1

Time/Day	Mon	Tue	Wed	Thu	Fri
Breakfast 	Seasonal fruits, cereals/ porridge wholemeal toast	Seasonal fruits, cereals/ porridge wholemeal toast	Seasonal fruits, cereals/ porridge wholemeal toast	Seasonal fruits, cereals/ porridge wholemeal toast	Seasonal fruits, cereals/ porridge wholemeal toast
Morning Snack 	Organic milk/water, seasonal fruit	Organic milk/water, seasonal fruit	Organic milk/water, seasonal fruit	Organic milk/water, seasonal fruit	Organic milk/water, seasonal fruit
Lunch 	Tomato pastabake with cucumber sticks	Lentil bolognaise with broccoli florets	Roast Chicken Mix Vegetables roast potatoes, Gravy	Sweet and Sour Chicken with Oriental vegetables Noodles	Cod Fish Fillets Chips Beans
Veggie Option 	Tomato pastabake with cucumber sticks	Lentil bolognaise and broccoli florets	Roast Quorn, Mix vegetables, roast potatoes Gravy	Sweet and sour Quorn with oriental vegetables Noodles	Vegetable Cutlets Chips Beans
Pudding 	Fromage frais	Granola with homemade natural yogurt	Melon platter	Orange wedges	Semolina & Oat pudding
Afternoon Snack 	Organic milk/water, breadsticks, raisins and cheese	Organic milk/water, Cucumber and carrots	Organic milk/water, soft cheese and crackers	Organic milk/water, rice cakes, butter	Organic milk/water, Ricecakes and carrots
Tea/Dinner 	Fish fingers and potato waffles	Homemade Minestrone Soup with Crusty Bread	Pitta Pizza with a variety of toppings	Loaded Jacket Potatoes with Cheese Baked beans	Cheese and ham wraps with Cucumber slices
Pudding 	Fresh fruit / yoghurt				

Did you know? our chef prepares all the meals fresh daily, keeping the sugar and salt content at a minimum level, we also make our own organic natural yogurt, which the children love. We cater to dietary needs and allergies.

AUTUMN - WINTER MENU WEEK 2

Time/Day	Mon	Tue	Wed	Thu	Fri
Breakfast 	Seasonal fruits, cereals/ porridge wholemeal toast	Seasonal fruits, cereals/ porridge wholemeal toast	Seasonal fruits, cereals/ porridge wholemeal toast	Seasonal fruits, cereals/ porridge wholemeal toast	Seasonal fruits, cereals/ porridge wholemeal toast
Morning Snack 	Organic milk/water, seasonal fruit	Organic milk/water, exotic fruit	Organic milk/water, seasonal fruit	Organic milk/water, seasonal fruit	Organic milk/water, seasonal fruit
Lunch 	Sweet potato and spinach hotpot with couscous	Chickpea curry vegetable pilaf	Cajun Chicken broccoli Florets roast potatoes, gravy	Lentil bolognaise with green beans	Cod fillets with chips Beans
Veggie Option 	Sweet potato and spinach hotpot with couscous	Chickpea curry vegetable pilaf	Cajun Quorn roast, broccoli florets, roast potatoes, gravy	Lentil bolognaise with green beans	Vegetable cutlets, chips Beans
Pudding 	Fruit yogurt	Homemade Rice carrot pudding	Melon platter	Homemade natural yogurt with peaches	Bananas with homemade custard
Afternoon Snack 	Organic milk/water, rice cakes, raisins	Organic milk/water, Ricecakes and pears	Organic milk/water, carrots and cucumbers	Organic milk/water, soft cheese and crackers	Organic milk/water, fruit loaf with spread
Tea/Dinner 	Pitta Pizza with a variety of toppings	Tex Mex Jacket potatoes with mix beans chilli	Sweet Potato soup with crusty bread	Sandwiches with a variety of fillings	Tomato pastabake with sweet corn
Pudding 	Fresh fruit / yoghurt				

Children's favourites: Our children's favourites are our chickpea curry and carrot pudding; empty plates and full tummies makes us proud. Need the recipes? We will be happy to provide them.

AUTUMN - WINTER MENU WEEK 3

Time/Day	Mon	Tue	Wed	Thu	Fri
Breakfast 	Seasonal fruits, cereals/ porridge wholemeal toast	Seasonal fruits, cereals/ porridge wholemeal toast	Seasonal fruits, cereals/ porridge wholemeal toast	Seasonal fruits, cereals/ porridge wholemeal toast	Seasonal fruits, cereals/ porridge wholemeal toast
Morning Snack 	Organic milk/water, seasonal fruit	Organic milk/water, exotic fruit	Organic milk/water, seasonal fruit	Organic milk/water, seasonal fruit	Organic milk/water, seasonal fruit
Lunch 	Tomato and roasted vegetables Risotto	Meatballs with spaghetti	BBQ Chicken Broccoli Florets potato wedges, gravy	Three bean chilli con carne with rice	Fish fillets, new potatoes and beans
Veggie Option 	Tomato and roasted vegetables Risotto	Vegetarian meatballs with spaghetti	BBQ Quorn Chicken Broccoli Florets Potato wedges Gravy	Three bean chilli con carne with rice	Vegetable fingers, new potatoes and peas
Pudding 	Fomage Frais	Banana Bread	Melon platter	Rice pudding	Peach slices and homemade yogurt
Afternoon Snack 	Organic milk/water, rice cakes, hummus	Organic milk/water, cheese & crackers	Organic milk/water, breadsticks, raisins	Organic milk/water, cucumber and carrot sticks	Organic milk/water, fruit loaf and spread
Tea/Dinner 	Fish fingers with baked beans	Pitta Pizza with a variety of toppings	Tomato pasta bake with green beans	Butternut squash soup with crusty bread	Cheese and ham wraps with vegetable sticks
Pudding 	Fresh fruit / yoghurt				

Our 5 a day: Our menu follows the NHS recommendations about nutrition in the early years. All our dishes are carefully made to provide essential vitamins, such as vitamin A, which boosts children's immune system.

AUTUMN - WINTER MENU WEEK 4

Time/Day	Mon	Tue	Wed	Thu	Fri
Breakfast 	Seasonal fruits, cereals/ porridge wholemeal toast	Seasonal fruits, cereals/ porridge wholemeal toast	Seasonal fruits, cereals/ porridge wholemeal toast	Seasonal fruits, cereals/ porridge wholemeal toast	Seasonal fruits, cereals/ porridge wholemeal toast
Morning Snack 	Organic milk/water, seasonal fruit	Organic milk/water, exotic fruit	Organic milk/water, seasonal fruit	Organic milk/water, seasonal fruit	Organic milk/water, seasonal fruit
Lunch 	Chickpea curry vegetable pilaf	Homemade chicken korma with Cumin Rice	Chicken Cutlets in a creamy sauce with mash Green Beans	Lentil bolognaise with broccoli florets	Cod fillets, Chips beans
Veggie Option 	Chickpea curry vegetable pilaf	Homemade vegetable korma with Cumin rice	Quorn Cutlets in a creamy sauce with mash Green Beans	Lentil bolognaise with broccoli florets	Vegetable cutlets, Chips Beans
Pudding 	Fromage frais	Orange wedges	Melon platter	Coconut and raisin cookies	Chefs special Semolina Pudding
Afternoon Snack 	Organic milk/water, Ricecakes and spread	Organic milk/water, cheese crackers, peppers	Organic milk/water, breadsticks, raisins, cheese	Organic milk/water, cucumber and carrot sticks	Organic milk/water, fruit loaf and spread
Tea/Dinner 	Pitta Pizza with a variety of toppings	Vegetable fingers with baked beans and potato wedges	Cheese and ham wraps with vegetable sticks	Jacket potatoes with cheese and beans	Leek and potato soup with crusty bread
Pudding 	Fresh fruit / yoghurt				

Eating together: From babies to preschoolers, the good habits of eating around the table with other children and professionals, prepare our children for life. Our mealtimes are an essential part of our nursery day.



Eating a healthy snack



Fresh from our garden



Breakfast favourites

The infographic displays 14 allergens in circular icons arranged in two rows. The top row includes: Peanuts (peanuts), Nuts (various nuts), Sesame seeds (sesame oil bottle and seeds), Soya (soybeans), Sulphur dioxide (dried fruit bag), Lupin (lupin flour container), and Mustard (mustard jar). The bottom row includes: Milk (milk carton), Cereals containing gluten (wheat stalks), Celery (celery stalks), Eggs (egg carton), Molluscs (mollusc shell), Crustaceans (crab and lobster), and Fish (fish). At the bottom right, the text '#14Allergens' is displayed next to the Food Standards Agency logo.