



Menu Autumn/Winter 2025

Menu Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday (v)
Breakfast 7:30am - 8:30am Fresh fruit with a selection of cereal or porridge					
Morning Snack 10:00am – 10:30am Fresh fruit with wholemeal toast or baked goods, served with a cup of milk or water Children under 12 months do not need snacks. If we think a child is hungry in between meals, we will offer extra milk feeds instead.					
	Toast with olive spread and Carrot Sticks G, DA	Breadsticks, Cucumber and Bananas G, SY, SE	Toast with olive spread and Satsuma G, DA	Rice Cakes and Apples SY	Pitta Bread with Tzatziki Dip and Cucumber G, DA
Lunch 12pm - 1pm served with a cup of water					
First Course	Beef Meatballs in a Cream Sauce with mashed potato & peas G, DA	Vegetable Sticks & Hummus SE	Creamy Chicken & Leek Hotpot with seasonal vegetables G, DA	Tuna Dip & Wholemeal Pitta G, E, F	Seasonal Vegetable Soup CE
Second Course	Bananas & Natural Yoghurt DA	Beef Lasagne G, E, DA	Stewed Apples & Custard DA	BBQ Hunters Chicken Pasta Bake G, DA	Vegetable Chilli with rice G, CE
Vegetarian Alternative	Meat-Free Balls in a Cream Sauce with mashed potato & peas G, DA	Vegetable Lasagne G, E, DA	Creamy Veg Hotpot with seasonal vegetables G, DA	BBQ Hunters Veg Pasta Bake G, DA	All courses same as main menu
Afternoon Snack 2:00pm – 2:30pm Fresh fruit with wholemeal toast or baked goods, served with a cup of milk or water Children under 12 months do not need snacks. If we think a child is hungry in between meals, we will offer extra milk feeds instead.					
	Pitta Bread with Tzatziki Dip and Cucumber G, DA	Toast with olive spread and satsuma G, DA	Rice Cakes and Apples SY	Toast with olive spread and Carrot Sticks G, DA	Breadsticks and Bananas G, SY, SE
Early Evening Light Tea 4pm - 4:30pm Served with a cup of water					
Main	Wholemeal Cheese Sandwich, with apple and fruit yoghurt G, DA, SY	Hummus & Cucumber Wholemeal Wrap, with watermelon, plum and rice cake G, DA, CE, SE	Toasted Bagel topped with cream cheese, with cucumber sticks, banana and natural yogurt G, DA	Wholemeal Egg Mayonnaise Sandwich, with vegetable sticks, banana and cheese sticks G, E, DA, SY	Toasted English Muffin topped with beans & cheese, with fruit yoghurt G, SY, DA
Where allergens are present, it is displayed next to the appropriate meal Allergen codes: GLUTEN – G, EGG –E, FISH –F, NUTS – N, PEANUTS –PN, SOYA – SY, DAIRY – DA, CELERY – CE, MUSTARD – MU, SESAME – SE, SULPHITES – SU, LUPIN – LU, SHELL FISH – SF (Crustaceans and Molluscs), Vegetarian day – (v)					
We will always cater for dietary requirements and needs. The above information does not include allergen information that 'may contain' and is subject to changes of menu ordering and product availability and is just to be used as a guide. Please ensure that you have notified the nursery management of any allergies, so this can be added to your child's care plan, information will then be passed on to the practitioners and the chef.					