

Menu Autumn/Winter 2025

Menu Week 1

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 Bananas G, DA SY Cucumber G, DA G, SY, SE Lunch 12pm - 1pm served with a cup of water Cteam Sauce with mashed potato & peas G, DA SE G, DA G, E, F CE G, DA G, CE Begetarian Meat-Free Balls in a Vegetable Lasagne Vegetable Lasagne Creamy Veget Hotpot BBQ Hunters Veg All courses same as			IVICII	U WCCK 1	T		
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Pitta Bread with Toast with olive spread and satsuma Cucumber G, DA Page							
Cucumber G, DA SY Sticks G, DA 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 with watermelon, plum and rice cake G, DA, CE, SE G, DA Where allergens are present, it is displayed next to the appropriate meal ergen codes: GLUTEN - G, EGG -E, FISH -F, NUTS - N, PEANUTS -PN, SOYA - SY, DAIRY - DA, CELERY - CE, MUSTARD - MU, SESAME - S		Pitta Bread with	Toast with olive		Toast with olive	Breadsticks and	
Cucumber G, DA SY Sticks G, DA 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 with watermelon, plum and rice cake G, DA, CE, SE G, DA Where allergens are present, it is displayed next to the appropriate meal ergen codes: GLUTEN - G, EGG -E, FISH -F, NUTS - N, PEANUTS -PN, SOYA - SY, DAIRY - DA, CELERY - CE, MUSTARD - MU, SESAME - S		Tzatziki Dip and	spread and satsuma	Apples	spread and Carrot	Bananas	
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 Wholemeal Wrap, with watermelon, plum and rice cake G, DA, CE, SE G, DA Where allergens are present, it is displayed next to the appropriate meal Early Evening Light Tea 4pm - 4:30pm Served with acup of water Toasted Bagel topped with cream Mayonnaise Sandwich, with cheese, with fruit vegetable sticks, yoghurt banana and cheese G, SY, DA Some Served with acup of water Toasted English Muff topped with beans 8 cheese, with fruit vegetable sticks, yoghurt sticks G, DA, CE, SE Yogurt Sticks G, DA G, E, DA, SY Where allergens are present, it is displayed next to the appropriate meal ergen codes: GLUTEN – G, EGG –E, FISH –F, NUTS – N, PEANUTS –PN, SOYA – SY, DAIRY – DA, CELERY – CE, MUSTARD – MU, SESAME – Sticks		· ·	G, DA		1 '	G, SY, SE	
Main Wholemeal Cheese Sandwich, with apple and fruit yoghurt G, DA, SY Where allergens are present, it is displayed next to the appropriate meal ergen codes: GLUTEN – G, EGG –E, FISH –F, NUTS – N, PEANUTS –PN, SOYA – SY, DAIRY – DA, CELERY – CE, MUSTARD – MU, SESAME – States of water Toasted Bagel topped with cream Mayonnaise topped with beans a cheese, with Sandwich, with vogedable sticks, vogedable sticks, banana and natural banana and cheese G, SY, DA Where allergens are present, it is displayed next to the appropriate meal		G, DA			G, DA		
Main Wholemeal Cheese Sandwich, with apple and fruit yoghurt G, DA, SY Where allergens are present, it is displayed next to the appropriate meal ergen codes: GLUTEN – G, EGG –E, FISH –F, NUTS – N, PEANUTS –PN, SOYA – SY, DAIRY – DA, CELERY – CE, MUSTARD – MU, SESAME – Standing for street of topped with a cup of water Toasted Bagel topped with cream Mayonnaise topped with beans a cheese, with sandwich, with topped with cream Cheese, with sandwich, with vegetable sticks, banana and natural banana and cheese G, SY, DA Where allergens are present, it is displayed next to the appropriate meal ergen codes: GLUTEN – G, EGG –E, FISH –F, NUTS – N, PEANUTS –PN, SOYA – SY, DAIRY – DA, CELERY – CE, MUSTARD – MU, SESAME – Standing for standard from the following for		Early Evening Light Tea					
Main Wholemeal Cheese Sandwich, with apple and fruit yoghurt G, DA, SY Where allergens are present, it is displayed next to the appropriate meal Wholemeal Cheese Sandwich, with apple and fruit yoghurt G, DA, SY Where allergens are present, it is displayed next to the appropriate meal Toasted Bagel Wholemeal Egg Mayonnaise Sandwich, with vegetable sticks, vegetable sticks, banana and natural sticks G, DA G, E, DA, SY Where allergens are present, it is displayed next to the appropriate meal ergen codes: GLUTEN – G, EGG –E, FISH –F, NUTS – N, PEANUTS –PN, SOYA – SY, DAIRY – DA, CELERY – CE, MUSTARD – MU, SESAME – Sticks Wholemeal Egg Toasted English Muff topped with cream Mayonnaise Sandwich, with vegetable sticks, yoghurt sticks G, DA G, E, DA, SY Where allergens are present, it is displayed next to the appropriate meal		4pm - 4:30pm					
Sandwich, with apple and fruit yoghurt Wholemeal Wrap, with watermelon, plum and rice cake G, DA, CE, SE G, DA G, E, DA, SY Where allergens are present, it is displayed next to the appropriate meal ergen codes: GLUTEN – G, EGG –E, FISH –F, NUTS – N, PEANUTS –PN, SOYA – SY, DAIRY – DA, CELERY – CE, MUSTARD – MU, SESAME – Standard with beans and cheese topped with cream Mayonnaise topped with beans and cheese, with cheese, with fruit cucumber sticks, vegetable sticks, banana and cheese sticks, banana and cheese g, SY, DA G, E, DA, SY Where allergens are present, it is displayed next to the appropriate meal ergen codes: GLUTEN – G, EGG –E, FISH –F, NUTS – N, PEANUTS –PN, SOYA – SY, DAIRY – DA, CELERY – CE, MUSTARD – MU, SESAME – Standard manner of the sandard m		Served with a cup of water					
Sandwich, with apple and fruit yoghurt Wholemeal Wrap, with watermelon, plum and rice cake G, DA, CE, SE G, DA G, E, DA, SY Where allergens are present, it is displayed next to the appropriate meal ergen codes: GLUTEN – G, EGG –E, FISH –F, NUTS – N, PEANUTS –PN, SOYA – SY, DAIRY – DA, CELERY – CE, MUSTARD – MU, SESAME – Standard and sural to the appropriate meal topped with cream Mayonnaise stopped with beans of cheese, with cream Cheese, with fruit cucumber sticks, vegetable sticks, yoghurt sticks G, DA G, E, DA, SY Where allergens are present, it is displayed next to the appropriate meal topped with beans of cheese, with fruit sandwich, with vegetable sticks, yoghurt sticks G, DA G, E, DA, SY	Main	Wholemeal Cheese	Hummus &	Toasted Bagel	Wholemeal Egg	Toasted English Muff	
G, DA, SY with watermelon, plum and rice cake banana and natural banana and cheese G, SY, DA G, DA, CE, SE yogurt sticks G, DA G, E, DA, SY Where allergens are present, it is displayed next to the appropriate meal ergen codes: GLUTEN – G, EGG –E, FISH –F, NUTS – N, PEANUTS –PN, SOYA – SY, DAIRY – DA, CELERY – CE, MUSTARD – MU, SESAME – S		Sandwich, with apple	Cucumber		Mayonnaise	_	
plum and rice cake banana and natural banana and cheese G, SY, DA G, DA, CE, SE yogurt sticks G, DA G, E, DA, SY Where allergens are present, it is displayed next to the appropriate meal ergen codes: GLUTEN – G, EGG –E, FISH –F, NUTS – N, PEANUTS –PN, SOYA – SY, DAIRY – DA, CELERY – CE, MUSTARD – MU, SESAME – S		and fruit yoghurt	Wholemeal Wrap,	cheese, with	Sandwich, with	cheese, with fruit	
G, DA, CE, SE yogurt sticks G, DA G, E, DA, SY Where allergens are present, it is displayed next to the appropriate meal ergen codes: GLUTEN – G, EGG –E, FISH –F, NUTS – N, PEANUTS –PN, SOYA – SY, DAIRY – DA, CELERY – CE, MUSTARD – MU, SESAME – S		G, DA, SY		cucumber sticks,	vegetable sticks,	yoghurt	
Where allergens are present, it is displayed next to the appropriate meal ergen codes: GLUTEN – G, EGG –E, FISH –F, NUTS – N, PEANUTS –PN, SOYA – SY, DAIRY – DA, CELERY – CE, MUSTARD – MU, SESAME – S			T	banana and natural		G, SY, DA	
Where allergens are present, it is displayed next to the appropriate meal ergen codes: GLUTEN – G, EGG –E, FISH –F, NUTS – N, PEANUTS –PN, SOYA – SY, DAIRY – DA, CELERY – CE, MUSTARD – MU, SESAME – S			G, DA, CE, SE	yogurt	sticks		
ergen codes: GLUTEN – G, EGG –E, FISH –F, NUTS – N, PEANUTS –PN, SOYA – SY, DAIRY – DA, CELERY – CE, MUSTARD – MU, SESAME – S				1			
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SULPHITES – SU, LUPIN – LU, SHELL FISH – SF (Crustaceans and Molluscs), Vegetarian day – (v)	lergen codes:						
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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.