



Menu Autumn/Winter 2025

Menu Week 3

	Monday	Tuesday	Wednesday (v)	Thursday	Friday
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.					
	Breadsticks and Watermelon G, SY, SE	Toast with olive spread and Oranges G, DA	Rice Cakes and Apples SY, SE	Pitta Bread with Houmous and Plum G, DA, SE	Cracker and Banana G, DA, SE
Lunch 12pm - 1pm served with a cup of water					
First Course	Falafel with Tzatziki DA, SE	Cottage Pie, with seasonal vegetables G, DA, CE	Sweetcorn Fritters G, DA	The Children's Choice Roast Dinner Gammon OR Chicken with roast potatoes, carrots, cauliflower, cheese & peas G, DA	Vegetable Omelette Fingers E, DA
Second Course	Sweet & Sour Chicken, with rice and prawn cracker SY, CE	Seasonal Fruit Salad	Cheesy Pasta Bake with vegetable sticks G, DA	Peaches & Natural Yoghurt	Pork Sausages, with mashed potato & beans E, DA, SU
Vegetarian Alternative	Sweet & Sour Vegetables with rice SY, CE	Lentil Cottage Pie with seasonal vegetables G, E, DA, CE	All Courses same as main menu	Chef's alternative Roast Dinner G, DA	Vegetarian Sausages with mashed potato & beans G, E, DA
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.					
	Rice Cakes and Apples SY	Breadsticks and Watermelon G, SY, SE	Toast with olive spread and Oranges G, DA	Cracker and Banana G, DA, SE	Pitta Bread with Houmous and Plum G, DA, SE
Early Evening Light Tea 4pm - 4:30pm Served with a cup of water					
Light Tea	Toasted English Muffin topped with beans & cheese, with fruit yoghurt G, SY, DA	Cream Cheese & Cucumber Wholemeal Wrap, with pear, banana & fruit yoghurt G, DA	Wholemeal Egg Mayonnaise Sandwich, with vegetable sticks, banana & cheese sticks G, E, DA, SY	Sweetcorn Fritters, with watermelon, apple and rice cake G, DA, SY, SE	Toasted Teacake, with cucumber sticks, peaches and natural yoghurt G, 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.					