

Menu 2023 – Week 1

Day	Menu option	Lunch 11.15am	Tea 3.15pm	Tea Fruit	Evening snack 5pm
Monday	Main menu	Ratatouille and Cous Cous	Baked fish in white sauce with new potatoes	Raspberries – Younger rooms Apples	Wholemeal Pitta and Tzatziki
	Vegetarian	See main	Chickpeas in white sauce with new potatoes		
	Pescatarian	See main	See main		
Tuesday	Main menu	Chicken Fajita's	Lentil and Vegetable Stew	Bananas – Younger rooms Raspberries/Strawberries	Rice Cakes and Guacamole
	Vegetarian	Quorn Fajita's	See main		
	Pescatarian	See Vegetarian Menu	See main		
Wednesday	Main menu	Pea Risotto	Cottage Pie with broccoli	Melon sticks	Breadsticks and Salsa
	Vegetarian	See main	Quorn mince pie with broccoli		
	Pescatarian	See main	Quorn mince pie with broccoli		

Thursday	Main menu	Spaghetti Carbonara	Lamb casserole		
	Vegetarian	See main	Root Vegetable casserole	Pineapple sticks	Wholemeal Pitta and Hummus
	Pescatarian	See main	Root Vegetable casserole		
Friday	Main menu	Pork Paella	Jacket Potato with 3-Bean chilli	Oranges	Cream cheese and crackers with cherry tomatoes
	Vegetarian	Butterbean Paella	See main		
	Pescatarian	Butterbean Paella	See main		

Drinks

Drinks are available throughout the day and include milk or water. We encourage all Toddler and Preschool children to feed themselves.

Dietary requirements/ allergies

If you have any specific requirements or special dietary requirements, please inform the Nursery Manager and we will cater for your child on an individual basis.

Breakfast

Breakfast Bar – this will be a selection of cereal, which will vary day to day. Milk is also available.

Pudding

We only offer the children yogurt and fruit. Under 2 years have natural yogurt and over twos have fromage frais. The children with have yogurt at lunch then fruit at tea or vice versa. We do not give sweet puddings.

Menu 2023 - Week 2

Day	Menu option	Lunch 11.15am	Tea 3.15pm	Tea Fruit	Evening snack 5pm
Monday	Main menu	Spaghetti and Meatballs	Seasonal Vegetable Soup with Bread Rolls	Oranges	Wholemeal Pitta bread with Tzatziki
	Vegetarian	Plant Meatballs and Spaghetti	See main		
	Pescatarian	Plant Meatballs and Spaghetti	See main		
Tuesday	Main menu	Ham Hock puff pastry pie	Beef One Pot	Melon sticks	Rice Cakes and Guacamole
	Vegetarian	Mushroom and leek puff pastry main	Kidney bean one pot		
	Pescatarian	See vegetarian main	Kidney bean one pot		
Wednesday	Main menu	Tuna Pasta Salad	Chicken Roast Dinner	Bananas – Younger rooms Raspberries/Strawberries	Breadsticks and Salsa
	Vegetarian	Sweetcorn Pasta Salad	Quorn Fillet Roast Dinner		
	Pescatarian	See main	Quorn Fillet Roast Dinner		

Thursday	Main menu	Sausage and Mash with peas	Butternut Squash and Chickpea Curry with Rice	Raspberries – Younger rooms Apples	Wholemeal Pitta and Hummus
	Vegetarian	Veggie Sausage and Mash with peas	See main		
	Pescatarian	Veggie Sausage and Mash with peas	See main		
Friday	Main menu	Root Vegetable Casserole	Fish Fingers and Potato wedges	Pineapple sticks	Cream cheese and crackers with cherry tomatoes
	Vegetarian	See main	Fishless Fingers and Potato wedges		
	Pescatarian	See main	See main		

Drinks

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Dietary requirements/ allergies

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Breakfast

Breakfast Bar – this will be a selection of cereal, which will vary day to day. Milk is also available.

Pudding

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