

## Menu 2021 – Week 1

Day	Menu option	Lunch 11.15am	Tea 3.15pm	Evening snack 5pm
Monday	<b>Main menu</b>	Tuna Pasta Bake with peas, sweetcorn, and onion	Spicy Mediterranean veg with chorizo and cous cous Carrots and cucumber side	Tortilla chips and Guacamole
	<b>Vegetarian</b>	Pasta bake with white mushrooms, peas, sweetcorn, and onion	Cous cous with cauliflower cous cos and mixed roasted seeds Carrots and cucumber side	<b>Explorers Snacks – Cucumber with variety of age-appropriate baby snacks</b>
	<b>Pescatarian</b>	See Main	Spicy Mediterranean veg with cous cous Carrots and cucumber side	
Tuesday	<b>Main menu</b>	Sweetcorn, onion, pepper fritters with aromatic quinoa Carrots and cucumber side	Slow cooked Lamb stew with butternut squash, carrots served with garlic bread	Pitta bread/flat bread and hummus
	<b>Vegetarian</b>	See main	Root veg stew with chickpeas and garlic bread	
	<b>Pescatarian</b>	See main	See vegetarian option	
Wednesday	<b>Main menu</b>	Leek and fish pie in a bechamel sauce with root veg mash	Bolognese wholewheat pasta	Crackers with soft cheese and cherry tomatoes - Quartered
	<b>Vegetarian</b>	Courgette and aubergine in bechamel with root veg mash pie	Red lentil Bolognese with wholewheat pasta	
	<b>Pescatarian</b>	See main	See vegetarian option	

<b>Thursday</b>	<b>Main menu</b>	Roasted chicken and leek puff pastry pie with broccoli	Homemade burger with tomato relish and oven potato chips	Bread sticks with tomato dip and carrot sticks
	<b>Vegetarian</b>	Roasted Quorn and leek puff pastry pie with broccoli	Beetroot and chickpea burger with tomato relish and oven potato chips	
	<b>Pescatarian</b>	Salmon and leek puff pastry pie with broccoli	See vegetarian option	
<b>Friday</b>	<b>Main menu</b>	Fruity beef curry with basmati rice	Homemade pizza with sweetcorn, peppers, and mozzarella cheese Carrots and cucumber side	Garlic bread with sour cream and cucumber
	<b>Vegetarian</b>	fruity cauliflower curry with basmati rice	See main	<b>Explorers Snacks – Cucumber with variety of age-appropriate baby snacks</b>
	<b>Pescatarian</b>	see vegetarian option	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 2021 - Week 2

Day	Menu option	Lunch 11.15am	Tea 3.15pm	Evening snack 5pm
Monday	<b>Main menu</b>	Rainbow wild rice cooked with turmeric, mixed with veg and dried fruits	Chicken and Asian vegetable stir fry with noodles	Pitta bread/flat bread and hummus
	<b>Vegetarian</b>	See main	Tofu and Asian vegetable stir fry with noodles	
	<b>Pescatarian</b>	See main	See vegetarian option	
Tuesday	<b>Main menu</b>	Ham hock, leek, and peas with penne pasta in a bechamel sauce	Cumberland sausage with broccoli mash and baked beans	Tortilla chips and Guacamole
	<b>Vegetarian</b>	Shiitake mushrooms, leek, and peas with penne pasta in a bechamel sauce	Linda McCartney sausages with broccoli mash and baked beans	<b>Explorers Snacks – Cucumber with variety of age-appropriate baby snacks</b>
	<b>Pescatarian</b>	Salmon, leek, and peas with penne pasta in a bechamel sauce	See vegetarian option	
Wednesday	<b>Main menu</b>	Fish finger sandwich served with a homemade tomato sauce and lettuce Carrot and cucumber side	Cottage pie with swede and sweet potato mash	Garlic bread with sour cream and cucumber
	<b>Vegetarian</b>	Fishless finger sandwich with homemade tomato chutney Carrot and cucumber side	Puy lentil pie with swede and potato mash	<b>Explorers Snacks – Cucumber with variety of age-appropriate baby snacks</b>
	<b>Pescatarian</b>	See main	See vegetarian option	

<b>Thursday</b>	<b>Main menu</b>	Lamb ragu with wholewheat pasta	Sausage jambalaya served with rice	Crackers with soft cheese and cherry tomatoes - Quartered
	<b>Vegetarian</b>	Black bean ragu with wholewheat pasta	Vegetable sausage jambalaya served with ice	
	<b>Pescatarian</b>	See vegetarian option	See vegetarian option	
<b>Friday</b>	<b>Main menu</b>	Roast chicken with carrot and potato mash	Cheese and ham omelette	Bread sticks with tomato dip and carrot sticks
	<b>Vegetarian</b>	Roast Mediterranean veg with carrot and potato mash	Pepper and cheese omelette	
	<b>Pescatarian</b>	Roast salmon with carrot and potato mash	See vegetarian option	

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## Menu 2021 - Week 3

Day	Menu option	Lunch 11.15am	Tea 3.15pm	Evening snack 5pm
<b>Monday</b>	<b>Main menu</b>	Colourful spiral pasta with spinach and kale pesto	Tuna Jacket potato and cheese Carrot and cucumber side	Bread sticks with tomato dip and carrot sticks
	<b>Vegetarian</b>	See main	Jacket potato with cheese and beans Carrot and cucumber side	
	<b>Pescatarian</b>	See main	See main	
<b>Tuesday</b>	<b>Main menu</b>	Beef pot with roasted potatoes and sweet potatoes	Jerk chicken, with rice and mixed bean wraps	Garlic bread with sour cream and cucumber
	<b>Vegetarian</b>	Root veg pot with roasted potatoes and sweet potatoes	Jerk roast vegetables with rice and mixed bean wraps	<b>Explorers Snacks – Cucumber with variety of age-appropriate baby snacks</b>
	<b>Pescatarian</b>	See vegetarian option	See vegetarian option	
<b>Wednesday</b>	<b>Main menu</b>	Chilli con carne with black beans, peppers, and potato wedges	Mac and cheese with bacon Carrot and cucumber side	Pitta bread/flat bread and hummus
	<b>Vegetarian</b>	Lentil chilli with black beans, peppers, and potato wedges	Mac and cheese with mushroom Carrot and cucumber side	
	<b>Pescatarian</b>	See vegetarian option	See main	

<b>Thursday</b>	<b>Main menu</b>	Fish curry with basmati rice	Vegetable soup with homemade bread Carrots and cucumber side	Tortilla chips and Guacamole
	<b>Vegetarian</b>	Chickpea and mushroom curry with basmati rice	See main	<b>Explorers Snacks – Cucumber with variety of age-appropriate baby snacks</b>
	<b>Pescatarian</b>	See main	See main	
<b>Friday</b>	<b>Main menu</b>	Toad in the hole with mash potato	Puff pastry pizza with peppers and sweetcorn	Crackers with soft cheese and cherry tomatoes - Quartered
	<b>Vegetarian</b>	Vegetarian toad in the hole with mash potato	See main	
	<b>Pescatarian</b>	See main	See main /	

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