

Mini Uni Nursery's 2026 Autumn Term Menu

WEEK 1 7/9,5/10,2/11,30/11					
Day	Breakfast	AM Snack	Lunch	PM Snack	Evening Tea
Monday	Porridge, Milk and sliced banana	Quarter Grapes & water/ Milk	Main: Beef Curry, Rice, Mixed Veg (carrot, sweetcorn, peas and Brockley) Veg option: Veg option: Chickpea, and Vegetable Curry (carrot, sweetcorn, peas and Brockley), Rice Dessert: Watermelon slices	Yogurt, banana, bread sticks	Mixed beans Bolognese (kidney beans and edamame beans), spaghetti, carrots Dessert: Peach slices
Tuesday	White Toast, with butter, sliced cucumber, & Milk	Sliced Banana, bagel & water/ Milk	Main: Baked Cod fish, sweetcorn Couscous Dessert: Yoghurt with strawberries	Cucumber sticks, quarter Grapes & Hummus	White wraps with chicken & tomatoes Veg: Baked beans and Cheese, cucumber wrap Dessert: Melon
Wednesday	Weetabix, milk and Apples	Pears Slices, cheese crackers & water/ Milk	Main: Chicken brown macaroni, with peas Veg option: Vegetable brown macaroni, peas with butter beans Dessert: Greek yoghurt	Cheese cuts into baton and crackers, quarter grapes, water	Lentil Shepherd's pies and lettuce Dessert: Banana / Apples slices
Thursday	Shredded wheat with slice orange and Milk	Orange Segments & water/ Milk	Main: Broccoli, Mild beef curry with baby potatoes (lighter sauce) Veg option: Broccoli and lentil curry with baby potatoes Dessert: Mango slices	Rice cakes, carrots, cream cheese and water	Chicken/buttercup beans, brown Pasta lettuce, tomatoes and cucumber Dessert: mixed fresh fruits salad (Apples, Pears, diced oranges, orange Juice, quartered grapes all diced)
Friday	Buttered toasted bagel, avocado/Apple and Milk	Apple slices & water/ Milk	Main: Pasta with blackeye beans and cheese, salad (lettuce and sweetcorn) Dessert: Fresh mixed berries (strawberries, blueberries)	Crackers with soft cheese, cucumber and water/milk	Tuna Fish cakes / vegetable (peas and Sweetcorn) homemade potato chips Dessert: yogurt with sliced banana

Staff Guidance: Encourage self-feeding, supervise allergies, balanced meals.

All meals are Nut and Egg Free

See attached allergen information

All allergy requirements are considered in the meal preparation

Milk is offered with breakfast and Snack

Water is available all day: increase fluid is offered in warm weather

Water is offered with all meals and snacks

- Starchy Carbohydrates
- Fruits and Vegetables
- Proteins
- Dairy and Alternatives

Allergen information's

1. Celery 2. Cereals that contain gluten 3. Crustaceans
4. eggs 5. Fish 6. Lupin 7. Milk 8. Mollusca 9. Mustard
10. Tree nuts 11. Peanuts 12. Sesame seeds
13. Soybeans 14. Sulphur dioxide and sulphites

Mini Uni Nursery's 2026 Autumn Term Menu

WEEK: 2 14/9,12/10,9/11,7/12					
Day	Breakfast	AM Snack	Lunch	PM Snack	Evening Tea
Monday	Weetabix, Apples and milk	Oranges /water	Main: Chickpeas, salad (cucumber and sweetcorn and tomatoes) with Brown rice Dessert: Natural yoghurt/ orange segments	Crackers and Cheese	Red Lentil, Pasta in mixed veg (peas, sweet corn, carrot) tomato sauce Dessert: Yogurt and Banana
Tuesday	Porridge and strawberries	Sliced Banana / breadsticks milk or water	Main: Tuna fish and sweetcorn Jacket potatoes (light yoghurt base) Dessert: homemade custard and Apple pie	Veg sticks (Carrots and Cucumber) Hummus	Chicken, Rice and carrot/cucumber Veg: Beans (chickpeas) Rice and carrot/cucumber Dessert: fruit Salad (apples, grapes, pears)
Wednesday	Toasted Wholegrain bread with butter/ Avocado	Sliced Apples / water	Main: Beef meatballs with pasta and Broccoli Veg option: Red Lentil and Broccoli with pasta Dessert: Yogurt and mixed Berries	Orange and Quarter Grapes with water and Bagel	Melted Cheese in white wrap, Baked beans with green lettuce Desert: Banana
Thursday	Shredded wheat, quarter grapes with milk	Rice cakes, Soft Cheese and sliced orange /water	Main: Mild Lamb curry, Spinach with white rice and steamed broccoli (lighter sauce) Veg option: Spanish, steamed broccoli and lentil curry with white rice Dessert: Sliced Mango slices	Sliced Pears /quartered strawberries water	Cod Fish Fingers with green peas toasted buttered bagel Desert: Peach slices
Friday	Eggless pancake and black berries/Banana	Sliced Melon / water	Main: Jacket potato with Tuna and cheese, salad (lettuce and sweetcorn, cucumber) Dessert: Fresh mixed berries (strawberries/blue berries)	Grated cheese, crackers and water	Chicken, Tomatoes and cheese sandwiches (brown bread) Veg: cheese, Tomatoes and hummus sandwiches (brown bread) Desert: Yogurt

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WEEK 3 21/9,19/10,16/11,14/12					
Day	Breakfast	AM Snack	Lunch	PM Snack	Evening Tea
Monday	Weetabix, strawberry and water/milk	Apple, water	Main: mixed beans (red kidney beans, buttered beans) chilli con carne with brown spaghetti, lettuce and grated Cheese Dessert: Sliced watermelon	Bread stick and soft cheese dip/ grapes	Vegetable (Tomatoes, Edamame) soup with Garlic Bread Desert: banana
Tuesday	Brown bread toast on cheese or buttered, Baked beans and milk/water/ banana	Pears, water	Main: Mild chicken stir fry/ mixed veg (peas, carrots) / Noodles Dessert: Banana slices	Crackers and cheese/Apples slices	Tuna fish, Vegetables (Broccoli) pasta bake Desert: Apples
Wednesday	Porridge, milk/water and Apples	Buttered Crackers / Melon and water	Main: Brown Rice Lamb /Spinach in tomato sauce Veg option: blackeye beans in tomato sauce/spinach and Brown Rice Dessert: Yogurt with strawberry	Pineapples, water	Red Lentils / mixed veg (peas, carrots) / Noodles Desert: Kiwi slices
Thursday	Eggless pancake, strawberry, milk/water	Sliced Mango/Apples, water	Main: Chicken fajita bowl (wrap, peppers, mild spices) green peas Veg option: Edamame Vegetable fajita bowl (wrap, peppers, mild spices) green peas. Dessert: Banana/ Yoghurts	Orange /buttered toast/ water	Beef, brown rice, salad (carrot and cucumber) Veg: Chickpeas brown rice salad (sweetcorn and cucumber) Desert: yoghurt
Friday	Shredded wheat, milk and banana	Buttered bagels /Banana / water	Main: Homemade Salmon fish cakes, green peas, roasted potatoes wedges Dessert: mixed Fruit salad (melon, watermelon, mango)	Watermelon / water	Beef, vegetables (cabbage) noodles Veg: kidney beans, vegetables (cabbage) noodles Desert: Banana / Yoghurt

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Mini Uni Nursery's 2026 Autumn Term Menu

WEEK 4 28/9,26/10,23/11,					
Day	Breakfast	AM Snack	Lunch	PM Snack	Evening Tea
Monday	Toasted butter white bread and milk with sliced Apples	Banana / water	Main: beef in tomato sauce, couscous and mixed veg salad (lettuce and sweet corn) Veg option: eggless Vegetable tart, grilled salmon, salad (lettuce and cucumbers), Potatoes Dessert: Melon/ yoghurt	Breadsticks/ soft cheese/water	Homemade tomatoes, sweet corn and with chickpeas and cheese pizza Dessert: sliced Oranges
Tuesday	Porridge and Banana	Watermelon slices/toasted buttered bagel	Main: Mild chicken stir fry/ mixed veg (peas, carrots) / Noodles Dessert: Banana slices	Pears, water	Tuna pasta with green beans corn and cheese Dessert: quartered Grapes
Wednesday	Shredded wheat, quarter grapes with milk	Quartered Blue berries/straw berries/milk or water	Main: Red Lentil, green beans, rice Dessert: Yogurt/berries	Carrots/ melted cheese toast (bites size)	Jacket Potatoes with cheese and baked beans, Sweet Corn Dessert: quarter grapes
Thursday	Weetabix, Apples and milk	Cucumber sticks/Carrot with Hummus	Main: Minced chicken meatballs in tomato sauce with spaghetti and Broccoli Veg option: Beans (kidney beans) in tomato sauce with spaghetti and Broccoli Dessert: Banana and Apples	Rice cakes and sliced orange	Veggie homemade waffles (carrots/lettuce/cucumber) cheese with butter beans Dessert: Quartered Grapes
Friday	Eggless pancake, strawberry, milk/water	Crackers/soft cheese and Apples	Main: Baked beans, new potatoes, green beans Dessert: Fruit salad (strawberry/ grapes and orange)	Mango /buttered toast/ water	Cod Fish, brown Pasta baked with cheese and mixed veg (sweetcorn, green beans/carrots) Dessert: Apples slices

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