









Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Bar - A Selection of cereals - Weetabix, Rice crispies, malted wheats, corn flakes - Carbohydrate - fruit & vegetable Milk & Water					
Morning Snack Bar - Each snack time will alternate between different fresh fruit & vegetables or a carbohydrate option with spread or dips.					
Starter		Apple slices & Cheese Sticks		Corn on the Cob	
Lunch	Beef and Spinach Curry Brown Rice & seasonal Vegetables	Sweet potato topped Quorn cottage pie Seasonal Vegetables	 Tuna Pasta Bake Garlic bread and peas	Mixed bean Chilli Seasoned Wedges & Seasonal Vegetables	BBQ Chicken new potatoes & Seasonal vegetables
Pudding	Natural Yogurt & Fruit		Stewed Apples & Sultanas with Natural Yogurt		Peach Oaty Crunch
Afternoon Snack Bar - Each snack time will alternate between different fresh fruit & vegetables or a carbohydrate option with spread or dips.					
Starter	Mixed vegetable & Herb dip with Vegetable sticks		Breadsticks & Tzatziki		Rice Cakes & Hummus
Tea	 Jazzy Jackets Beans & Cheese	Mini crustless Quiche (cheese, peppers & Sweetcorn) Vegetable sticks	Sandwich Bar (Egg mayo, Cheese & Ham) Vegetable sticks	Spinach and Cheese Pastry Puffs Vegetable sticks	 Pizza Muffins Vegetable sticks
Pudding		Natural Yogurt & Fruit		Seasonal Fresh Fruit Selection	





Vegetarian Nursery Menu




Autumn/Winter

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Bar - A Selection of cereals - Weetabix, Rice crispies, malted wheats, corn flakes - Carbohydrate - fruit & vegetable Milk & Water					
Morning Snack Bar - Each snack time will alternate between different fresh fruit & vegetables or a carbohydrate option with spread or dips.					
Starter		Apple slices & Cheese Sticks		Corn on the Cob	
Lunch	Lentil and Spinach Curry Brown Rice & seasonal Vegetables	Sweet potato topped Quorn cottage pie Seasonal Vegetables	 Veggie Pasta Bake Garlic bread and peas	Mixed bean Chilli Seasoned Wedges & Seasonal Vegetables	BBQ Quorn Fillet new potatoes & Seasonal vegetables
Pudding	Natural Yogurt & Fruit		Stewed Apples & Sultanas with Natural Yogurt		Peach Oaty Crunch
Afternoon Snack Bar - Each snack time will alternate between different fresh fruit & vegetables or a carbohydrate option with spread or dips.					
Starter	Mixed vegetable & Herb dip with Vegetable sticks		Breadsticks & Tzatziki		Rice Cakes & Hummus
Tea	 Jazzy Jackets Beans & Cheese	Mini crustless Quiche (cheese, peppers & Sweetcorn) Vegetable sticks	Sandwich Bar (Egg mayo, Cheese & Cucumber) Vegetable sticks	Spinach and Cheese Pastry Puffs Vegetable sticks	 Pizza Muffins Vegetable sticks
Pudding		Natural Yogurt & Fruit		Seasonal Fresh Fruit Selection	



A favourite recipe suggested by our families



Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Bar - A Selection of cereals - Weetabix, Rice crispies, malted wheats, corn flakes - Carbohydrate - fruit & vegetable Milk & Water					
Morning Snack Bar - Children under 12 months do not need snacks. It is recommended if you think a child is hungry in between meals, offer extra milk feeds instead. if parents would like snacks to be offered we can provide.					
Starter		Softened Vegetables batons		Corn on the Cob	
Lunch	Beef and Spinach Curry Brown Rice & seasonal Vegetables	Sweet potato topped Quorn cottage pie Seasonal Vegetables	 Tuna Pasta Bake peas	Mixed bean Chilli Soft potato & Seasonal Vegetables	BBQ Chicken Soft potato & Seasonal Vegetables
Pudding	Natural Yogurt & Fruit		Stewed Apples & Sultanas with Natural Yogurt		Seasonal Fresh Fruit Selection
Afternoon Snack Bar - Children under 12 months do not need snacks. It is recommended if you think a child is hungry in between meals, offer extra milk feeds instead. if parents would like snacks to be offered we can provide.					
Starter	Softened Vegetables batons		Softened Vegetable batons		Softened Vegetable batons
Tea	 Skinless Jazzy Jackets Beans & Cheese	Mini crustless Quiche (cheese, peppers & Sweetcorn) Softened Vegetable sticks	Sandwich Fingers (Egg mayo, Cheese & Ham)	Spinach and Cheese Pastry Puffs Softened Vegetable sticks	 Pizza Muffin Fingers Softened Vegetable sticks
Pudding		Natural Yogurt & Fruit		Seasonal Fresh Fruit Selection	







Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Bar - A Selection of cereals - Weetabix, Rice crispies, malted wheats, corn flakes - Carbohydrate - fruit & vegetable Milk & Water					
Morning Snack Bar - Each snack time will alternate between different fresh fruit & vegetables or a carbohydrate option with spread or dips.					
Starter	Beetroot dip & breadsticks		Corn on the Cob		Mixed vegetable & Herb dip with Vegetable sticks
Lunch	Veggie sausage casserole Mash potato & seasonal vegetables	Pork Ragu Wholewheat Pasta & Seasonal Vegetables	Chickpea, Lentil and Spinach Curry Rice & Mini naan bread	Roast Chicken Potatoes, seasonal vegetables, Yorkshire pudding & gravy	Salmon & Broccoli Pasta Garlic bread & Seasonal Vegetables
Pudding		Apple, Banana & Beetroot Cake		Natural Yogurt & Fruit	
Afternoon Snack Bar - Each snack time will alternate between different fresh fruit & vegetables or a carbohydrate option with spread or dips.					
Starter		Rice Cakes & Hummus		Apple slices & Cheese Sticks	
Tea	Savoury Rainbow Scones Vegetable Sticks	Warm tuna & sweetcorn pitta pockets Vegetable Sticks	Jazzy Jackets (Broccoli, sweetcorn & Cream cheese)	Ham & Cream Cheese Crumpets Vegetable Sticks	Cheese & Tomato pastry Pinwheels Vegetable sticks
Pudding	Natural Yogurt & Fruit		Seasonal Fresh Fruit Selection		Natural Yogurt and winter berry coulis





Vegetarian Nursery Menu



Autumn/Winter

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Bar - A Selection of cereals - Weetabix, Rice crispies, malted wheats, corn flakes - Carbohydrate - fruit & vegetable Milk & Water					
Morning Snack Bar - Each snack time will alternate between different fresh fruit & vegetables or a carbohydrate option with spread or dips.					
Starter	Beetroot dip & breadsticks		Corn on the Cob		Mixed vegetable & Herb dip with Vegetable sticks
Lunch	Veggie sausage casserole Mash potato & seasonal vegetables	Quorn Ragu Wholewheat Pasta & Seasonal Vegetables	 Chickpea, Lentil and Spinach Curry Rice & Mini naan bread	Roast Quorn Fillet Potatoes, seasonal vegetables, Yorkshire pudding & gravy	Tomato & Broccoli Pasta Garlic bread & Seasonal Vegetables
Pudding		Apple, Banana & Beetroot Cake		Natural Yogurt & Fruit	
Afternoon Snack Bar - Each snack time will alternate between different fresh fruit & vegetables or a carbohydrate option with spread or dips.					
Starter		Rice Cakes & Hummus		Apple slices & Cheese Sticks	
Tea	Savoury Rainbow Scones Vegetable Sticks	Warm Cheese & Tomato pitta pockets Vegetable Sticks	 Jazzy Jackets (Broccoli, sweetcorn & Cream cheese)	Cucumber & Cream Cheese Crumpets Vegetable Sticks	Cheese & Tomato pastry Pinwheels Vegetable sticks
Pudding	Natural Yogurt & Fruit		Seasonal Fresh Fruit Selection		Natural Yogurt and winter berry coulis






A favourite recipe suggested by our families



Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Bar - A Selection of cereals - Weetabix, Rice crispies, malted wheats, corn flakes - Carbohydrate - fruit & vegetable Milk & Water					
Morning Snack Bar - Children under 12 months do not need snacks. It is recommended if you think a child is hungry in between meals, offer extra milk feeds instead. if parents would like snacks to be offered we can provide.					
Starter	Bread fingers & Beetroot Dip		Corn on the Cob 		Softened Vegetables batons
Lunch	Veggie sausage casserole Mash potato & seasonal vegetables	Pork Ragu Wholewheat Pasta & Seasonal Vegetables	Chickpea, Lentil and Spinach Curry Rice & Naan bread fingers	Roast Chicken Mash potatoes, seasonal vegetables,	Salmon & Broccoli Pasta Seasonal Vegetables
Pudding		Seasonal Fresh Fruit Selection		Natural Yogurt & Fruit	
Afternoon Snack Bar - Children under 12 months do not need snacks. It is recommended if you think a child is hungry in between meals, offer extra milk feeds instead. if parents would like snacks to be offered we can provide.					
Starter		Softened Vegetable batons		Softened Vegetable batons	
Tea	Savoury Rainbow Scones Softened Vegetable Sticks	Pitta bread fingers with tuna & sweetcorn dip Softened Vegetable Sticks	Skinless Jazzy Jackets (Broccoli, sweetcorn & Cream cheese) 	Ham & Cream Cheese Crumpets fingers	Cheese & Tomato pastry Pinwheels Softened Vegetable Sticks
Pudding	Natural Yogurt & Fruit		Seasonal Fresh Fruit Selection		Natural Yogurt and winter berry coulis








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Breakfast Bar - A Selection of cereals - Weetabix, Rice crispies, malted wheats, corn flakes - Carbohydrate - fruit & vegetable Milk & Water					
Morning Snack Bar - Each snack time will alternate between different fresh fruit & vegetables or a carbohydrate option with spread or dips.					
Starter		Corn on the Cob		Beetroot dip & Pitta bread	
Lunch	 Beef Bolognese Spaghetti & Seasonal Vegetables	Puff Pastry Chicken & Mushroom Pie Mash potato & seasonal vegetables	Bean & Vegetable Enchiladas Sweetcorn & Peas	Fish Cakes New potatoes & Seasonal Vegetables	 Cheesy Leek Pasta Bake Seasonal Vegetables
Pudding	Natural Yogurt & Fruit		Oaty Fruit Bars		Natural Yogurt & Fruit
Afternoon Snack Bar - Each snack time will alternate between different fresh fruit & vegetables or a carbohydrate option with spread or dips.					
Starter	Hummus & Rice Cakes		Apple slices & Cheese Sticks		Vegetable batons & Tzatziki
Tea	Wrap Selection (Ham, Cheese & Tuna) Vegetable sticks	 Pizza Muffin Children's choice of toppings Vegetable sticks	Homemade Vegetable Soup Warm Bread	Ploughman's Picnic (crackers, cheese sticks, apple slices, ham & Hummus)	 Beans on wholemeal toast served with grated cheese
Pudding		Seasonal Fresh fruit Salad		Yogurt & Banana Batons	





Vegetarian Nursery Menu





Autumn/Winter

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Breakfast Bar - A Selection of cereals - Weetabix, Rice crispies, malted wheats, corn flakes - Carbohydrate - fruit & Vegetable Milk & Water					
Morning Snack Bar - Each snack time will alternate between different fresh fruit & vegetables or a carbohydrate option with spread or dips.					
Starter		Corn on the Cob		Beetroot dip & Pitta bread	
Lunch	 Quorn Bolognese Spaghetti & Seasonal Vegetables	Puff Pastry Quorn & Mushroom Pie Mash potato & seasonal vegetables	Bean & Vegetable Enchiladas Sweetcorn & Peas	Veggie Fingers New potatoes & Seasonal Vegetables	 Cheesy Leek Pasta Bake Seasonal Vegetables
Pudding	Natural Yogurt & Fruit		Oaty Fruit Bars		Natural Yogurt & Fruit
Afternoon Snack Bar - Each snack time will alternate between different fresh fruit & vegetables or a carbohydrate option with spread or dips.					
Starter	Hummus & Rice Cakes		Apple slices & Cheese Sticks		Vegetable batons & Tzatziki
Tea	Wrap Selection (Tomato, Cheese & cucumber) Vegetable sticks	 Pizza Muffin Children's choice of toppings Vegetable sticks	Homemade Vegetable Soup Warm Bread	Ploughman's Picnic (crackers, cheese sticks, apple slices, cucumber & Hummus)	 Beans on wholemeal toast served with grated cheese
Pudding		Seasonal Fresh fruit Salad		Yogurt & Banana Batons	






A favourite recipe suggested by our families



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Breakfast Bar - A Selection of cereals - Weetabix, Rice crispies, malted wheats, corn flakes - Carbohydrate - fruit & vegetable Milk & Water					
Morning Snack Bar - Children under 12 months do not need snacks. It is recommended if you think a child is hungry in between meals, offer extra milk feeds instead. if parents would like snacks to be offered we can provide.					
Starter		Corn on the Cob		Beetroot dip & Pitta bread	
Lunch	 Beef Bolognese Spaghetti & Seasonal Vegetables	Puff Pastry Chicken & Mushroom Pie Mash potato & seasonal vegetables	Bean & Vegetable Enchiladas Sweetcorn & Peas	Fish Cakes Soft potatoes & Seasonal Vegetables	 Cheesy Leek Pasta Bake Seasonal Vegetables
Pudding	Natural Yogurt & Fruit		Seasonal Fresh fruit Salad		Natural Yogurt & Fruit
Afternoon Snack Bar - Children under 12 months do not need snacks. It is recommended if you think a child is hungry in between meals, offer extra milk feeds instead. if parents would like snacks to be offered we can provide.					
Starter	Softened Vegetable batons		Softened Vegetable batons		Softened Vegetable batons
Tea	Wrap Selection (Ham, Cheese & Tuna)	 Pizza Muffin Fingers	Homemade Vegetable Soup Toast Fingers	Ploughman's Picnic (Bread fingers, Grated cheese, peeled cucumber sticks, ham & Hummus)	 Beans on wholemeal toast fingers served with grated cheese
Pudding		Seasonal Fresh fruit Salad		Yogurt & Banana Batons	








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Morning Snack Bar - Each snack time will alternate between different fresh fruit & vegetables or a carbohydrate option with spread or dips.					
Starter	Breadsticks & Hummus		Mixed vegetable & Herb dip with Vegetable sticks		Corn on the Cob
Lunch	Creamy hidden veggie pasta bake Vegetable Sticks	 Creamy chicken curry Rice & Seasonal Vegetables	Fish Pie topped with mash potato & served with seasonal vegetables	Lemon & herb chicken Sweet Potatoes & Vegetable tray bake	 Quorn Bolognese Wholewheat spaghetti, garlic bread & Peas
Pudding		No added sugar Berry Cheesecake		Yogurt & Fresh fruit	
Afternoon Snack Bar - Each snack time will alternate between different fresh fruit & vegetables or a carbohydrate option with spread or dips.					
Starter		Vegetable batons & Tzatziki		Rice Cakes & Hummus	
Tea	Mini Mezza Platter (Falafel, Vegetable batons, pitta dippers, grated cheese, dips)	 Beans on wholemeal toast served with cheese	Jazzy Jackets (Ham, cheese, Tomato)	Tuna and sweetcorn muffin melts	Spinach and Cheese Pastry Puffs served with Vegetable sticks
Pudding	Fresh fruit & Yogurt		Seasonal fresh fruit salad		Yogurt & Banana Batons








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Breakfast Bar - A Selection of cereals - Weetabix, Rice crispies, malted wheats, corn flakes - Carbohydrate - fruit & vegetable Milk & Water					
Morning Snack Bar - Children under 12 months do not need snacks. It is recommended if you think a child is hungry in between meals, offer extra milk feeds instead. if parents would like snacks to be offered we can provide.					
Starter	Bread fingers & Hummus		Mixed vegetable & Herb dip with softened Vegetable sticks		Softened Vegetables batons
Lunch	Creamy hidden veggie pasta bake Vegetable Sticks		Fish Pie topped with mash potato & served with seasonal vegetables	Lemon & herb chicken Sweet Potatoes & Vegetable tray bake	 Quorn Bolognese Wholewheat spaghetti, garlic bread & Peas
Pudding		Yogurt & Pureed apple		Fresh fruit & Yogurt	
Afternoon Snack Bar - Children under 12 months do not need snacks. It is recommended if you think a child is hungry in between meals, offer extra milk feeds instead. if parents would like snacks to be offered we can provide.					
Starter		Softened Vegetable batons & Tzatziki		Softened Vegetable batons	
Tea	Mini Mezza Platter (Falafel, Vegetable batons, pitta dippers, grated cheese, dips)	 Beans on toast fingers served with cheese	Skinless Jazzy Jackets (Ham, cheese, Tomato)	Tuna and sweetcorn muffin melt fingers	Spinach and Cheese Pastry Puffs served with Softened Vegetable sticks
Pudding	Fresh fruit & Yogurt		Seasonal fresh fruit salad		Yogurt & Banana Batons





Vegetarian Nursery Menu

Spring/Summer

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Bar - A Selection of cereals - Weetabix, Rice crispies, malted wheats, corn flakes - Carbohydrate - fruit & vegetable Milk & Water					
Morning Snack Bar - Each snack time will alternate between different fresh fruit & vegetables or a carbohydrate option with spread or dips.					
Starter	Breadsticks & Hummus		Mixed vegetable & Herb dip with Vegetable sticks		Corn on the cob 
Lunch	Creamy hidden veggie pasta bake Vegetable Sticks	Creamy lentil and chickpea curry Rice & Seasonal Vegetables	Quorn Pie topped with mash potato & served with seasonal vegetables	Lemon & herb Quorn Sweet Potatoes & Vegetable tray bake	Quorn Bolognese Wholewheat spaghetti, garlic bread & Peas
Pudding		No added sugar Berry Cheesecake		Yogurt & Fresh fruit	
Afternoon Snack Bar - Each snack time will alternate between different fresh fruit & vegetables or a carbohydrate option with spread or dips.					
Starter		Vegetable batons & Tzatziki		Rice Cakes & Hummus	
Tea	Mini Mezza Platter (Falafel, Vegetable batons, pitta dippers, grated cheese, dips)	 Beans on wholemeal toast served with cheese	Jazzy Jackets Cheese and Tomato	Cheese and sweetcorn muffin melts	Spinach and Cheese Pastry Puffs served with Vegetable sticks
Pudding	Fresh fruit & Yogurt		Seasonal fresh fruit salad		Yogurt & Banana Batons






A favourite recipe suggested by our families






Meat-free recipe



Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Bar - A Selection of cereals - Weetabix, Rice crispies, malted wheats, corn flakes - Carbohydrate - fruit & vegetable Milk & Water					
Morning Snack Bar - Each snack time will alternate between different fresh fruit & vegetables or a carbohydrate option with spread or dips.					
Starter		Corn on the Cob		Apple & Cheese Sticks	
Lunch	Shepherds Pie Mash and seasonal vegetables	 Macaroni Cheese with Garlic bread & seasonal vegetables	 Turkey Meatballs Served in a tomato sauce with spaghetti and seasonal Vegetables	Vegetable Biryani Serve with raita and Naan bread dippers	Sweet & Sour chicken Noodles and stir-fry vegetables
Pudding	Fresh Fruit salad		Yogurt & Fruit coulis		Frozen Strawberry & Banana yogurt
Afternoon Snack Bar - Each snack time will alternate between different fresh fruit & vegetables or a carbohydrate option with spread or dips.					
Starter	Bread Sticks & Hummus		Apple & Cheese Sticks		Vegetable batons & Tzatziki
Tea	Ham & Cheese Pitta Pockets Served with vegetable sticks	Sandwich Selection (egg mayo, cheese & cucumber)	 Pizza Muffins (Ham, tomato, sweetcorn)	Mini Vegetable and Cheese Scones Served with vegetable sticks	Ploughman's Picnic (crackers, cheese sticks, apple slices, ham & Hummus)
Pudding		Yogurt & Fresh fruit		Banana Bread	





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Breakfast Bar - A Selection of cereals - Weetabix, Rice crispies, malted wheats, corn flakes - Carbohydrate - fruit & vegetable Milk & Water					
Morning Snack Bar - Children under 12 months do not need snacks. It is recommended if you think a child is hungry in between meals, offer extra milk feeds instead. if parents would like snacks to be offered we can provide.					
Starter		Softened vegetable batons		Softened Vegetables batons	
Lunch	Shepherds Pie Mash and seasonal vegetables	 Macaroni Cheese with Garlic bread & seasonal vegetables	 Turkey Meatballs Served in a tomato sauce with spaghetti and seasonal Vegetables	Vegetable Biryani Serve with raita and Naan bread dippers	Sweet & sour chicken Noodles and stir-fry vegetables
Pudding	Fresh Fruit salad		Yogurt & Fruit coulis		Frozen Strawberry & Banana yogurt
Afternoon Snack Bar - Children under 12 months do not need snacks. It is recommended if you think a child is hungry in between meals, offer extra milk feeds instead. if parents would like snacks to be offered we can provide.					
Starter	Softened Vegetable batons		Softened Vegetable batons		softened vegetable batons
Tea	Ham & Cheese sandwich fingers	Finger Sandwich Selection (egg mayo, cheese, cucumber)	 Pizza Muffins fingers (Ham, tomato, sweetcorn)	Mini Vegetable and Cheese Scones Served with vegetable sticks	Ploughman's Picnic (Bread fingers, cheese sticks, ham & Hummus)
Pudding		Yogurt & Fresh fruit		Yogurt and pureed apple	








Vegetarian Nursery Menu



Spring/Summer

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Bar - A Selection of cereals - Weetabix, Rice crispies, malted wheats, corn flakes - Carbohydrate - fruit & vegetable Milk & Water					
Morning Snack Bar - Each snack time will alternate between different fresh fruit & vegetables or a carbohydrate option with spread or dips.					
Starter		Corn on the Cob		Apple & Cheese Sticks	
Lunch	Vegan Shepherds Pie Mash and seasonal vegetables	 Macaroni Cheese with Garlic bread & seasonal vegetables	 Veggie Meatballs Served in a tomato sauce with spaghetti and seasonal Vegetables	Vegetable Biryani Serve with raita and Naan bread dippers	Sweet & Sour Quorn Noodles and stir-fry vegetables
Pudding	Fresh Fruit salad		Yogurt & Fruit coulis		Frozen Strawberry & Banana yogurt
Afternoon Snack Bar - Each snack time will alternate between different fresh fruit & vegetables or a carbohydrate option with spread or dips.					
Starter	Breadsticks & Hummus		Apple & Cheese Sticks		Vegetable batons & Tzatziki
Tea	grated carrot & cheese pitta pockets Served with vegetable sticks	Sandwich Selection (egg mayo, cheese, cucumber)	 Pizza Muffins (Pepper, tomato, sweetcorn)	Mini Vegetable and Cheese Scones Served with vegetable sticks	Ploughman's Picnic (crackers, cheese sticks, apple slices, & Hummus)
Pudding		Yogurt & Fresh fruit		Banana Bread	






A favourite recipe suggested by our families






Meat -free recipe



Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Bar - A Selection of cereals - Weetabix, Rice crispies, malted wheats, corn flakes - Carbohydrate - fruit & vegetable Milk & Water					
Morning Snack Bar - Each snack time will alternate between different fresh fruit & vegetables or a carbohydrate option with spread or dips.					
Starter	Corn on the Cob		Vegetable batons & Hummus		Mixed vegetable & Herb dip with breadsticks
Lunch	 Fish Fingers Mash potato and baked beans	Mild beef Chilli Brown rice & Sweetcorn	 Vegetable Lasagne Garlic bread and peas	Chicken and Pea Risotto Seasonal Vegetables	Roasted Quorn Potatoes, Seasonal Vegetables and gravy
Pudding		Yogurt & Fresh fruit		Yogurt & summer berry coulis	
Afternoon Snack Bar - Each snack time will alternate between different fresh fruit & vegetables or a carbohydrate option with spread or dips.					
Starter		Apple & Cheese Sticks		Vegetable batons & sour cream chive	
Tea	Cheese & Tomato puff pinwheels served with vegetable sticks	Wrap Selection (Cheese, ham, egg) served with vegetable sticks	Mini Mezze Platter (Falafel, Vegetable batons, pitta dippers, grated cheese, dips)	Jazzy Jackets Tuna, cheese and Cucumber	 Beans on Toast Served with cheese
Pudding	Fresh fruit salad		Fresh fruit & Yogurt		Banana, carrot & sultana muffins








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Breakfast Bar - A Selection of cereals - Weetabix, Rice crispies, malted wheats, corn flakes - Carbohydrate - fruit & vegetable Milk & Water					
Morning Snack Bar - Children under 12 months do not need snacks. It is recommended if you think a child is hungry in between meals, offer extra milk feeds instead. if parents would like snacks to be offered we can provide.					
Starter	Softened Vegetable Batons		Softened Vegetable batons		softened Vegetables batons
Lunch	 Fish Fingers Mash potato & Baked Beans	Mild Beef Chilli Brown rice & Sweetcorn	 Vegetable Lasagne Garlic bread and peas	Chicken and pea risotto Softened Vegetables	Roasted Quorn Potatoes, Seasonal Vegetables & Gravy
Pudding		Fresh fruit & Yogurt		Yogurt & summer berry coulis	
Afternoon Snack Bar - Children under 12 months do not need snacks. It is recommended if you think a child is hungry in between meals, offer extra milk feeds instead. if parents would like snacks to be offered we can provide.					
Starter		Softened Vegetable batons		Softened Vegetable batons	
Tea	Cheese & Tomato puff pinwheels served with softened vegetable sticks	Wrap Selection (Cheese, ham, egg) served with softened vegetable sticks	Mini Mezze Platter (Falafel, soft Vegetable batons, pitta dippers, grated cheese, dips)	Jazzy Jackets Tuna and cheese	 Beans on Toast Served with cheese
Pudding	Fresh fruit salad		Fresh fruit & Yogurt		Banana batons





Vegetarian Nursery Menu

Spring/Summer

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Bar - A Selection of cereals - Weetabix, Rice crispies, malted wheats, corn flakes - Carbohydrate - fruit & vegetable Milk & Water					
Morning Snack Bar - Each snack time will alternate between different fresh fruit & vegetables or a carbohydrate option with spread or dips.					
Starter	Corn on the cob 		Vegetables batons & Hummus 		Mixed vegetable & Herb dip with breadsticks
Lunch	Vegetable Fingers Mash potato and baked beans	Mild Bean Chilli Brown rice & Sweetcorn	Vegetable Lasagne Garlic bread and peas	Quorn and pea risotto Seasonal Vegetables	Roasted Quorn New Potatoes & Seasonal Vegetables
Pudding		Yogurt & Fresh fruit		Yogurt & summer berry coulis	
Afternoon Snack Bar - Each snack time will alternate between different fresh fruit & vegetables or a carbohydrate option with spread or dips.					
Starter		Apple & Cheese Sticks		Vegetable batons & sour cream chive	
Tea	Cheese & Tomato puff pinwheels served with vegetable sticks	Wrap Selection (Cheese & Cucumber, grated carrot & hummus)	Mini Mezze Platter (Falafel, Vegetable batons, pitta dippers, grated cheese, dips)	Jazzy Jackets (Cheese and Cucumber)	 Beans on Toast Served with cheese
Pudding	Fresh fruit salad		Fresh fruit & Yogurt		banana, carrot & sultana muffins



A favourite recipe suggested by our families



Meat -free recipe