

OUR MENU

Winter 2021





ACCREDITED BY THE EYNP WE ARE COMMITTED TO GOOD NUTRITIONAL PRACTICE

We work closely with registered nutritionists to create our nursery menus which provide healthy, nutritionally balanced meals, that support your child's needs as they grow. We actively teach children about the importance of a balanced lifestyle through healthy mealtime routines and nutritional education. Nursery Chefs use fresh high-quality ingredients and a mix of food groups to introduce children to the importance of a balanced lifestyle.



week 1

Monday

Lunch - Mediterranean tomato and haricot in wholemeal spaghetti served with yummy sweetcorn and garlic bread. For dessert we have ice cream served with fruit coulis.

Tea - Cheesy bean potato pie served with sliced peppers and carrot sticks, followed by sliced crisp apple.



Tuesday

Lunch - Beef or lamb and root vegetable cobbler served with cauliflower, followed by peaches in natural juice served with creme fresh.

Tea - Toasted bagel served with cream cheese, sliced ham and sweetcorn served with carrot sticks. Followed by fromage frais.



Wednesday

Lunch - Delicious roast turkey, roast potatoes and a mini Yorkshire pudding served with carrots and peas. For dessert we have a cinnamon rice pudding.

Tea - Salmon and avocado cucumber sandwiches served with sliced cucumbers and cherry tomatoes followed by satsumas.



Thursday

Lunch - Fruity chicken tikka masala served with a delicious rice and broccoli. This is followed by sliced bananas and custard.

Tea - Tortillas served with sliced lemon chicken, peppers and yummy tomatoes. For dessert we have apricots in natural juice.



Friday

Lunch - Cod goujons served with mashed potatoes and baked beans followed by mixed berries served with Greek yoghurt.

Tea - Turkey bean and vegetable rice followed by the Chef's own cherry scones.



week 2

Monday

Lunch -Pasta bolognese served with sweetcorn and garlic bread. The children will then enjoy an ice cream cone for dessert.

Tea - Tuna and cheese jacket potato followed by fromage frais.



Tuesday

Lunch - Moroccan lamb and sweet potato tagine served with brown rice. This is followed by apricots in their own juice for dessert.

Tea - Cheese, tomato, black-eyed bean and pineapple pizza served with sliced peppers. For dessert, we have sliced bananas and custard.



Wednesday

Lunch - Fish fingers served with mashed potatoes and peas, then followed by Apple Eve's Pudding served with vanilla custard.

Tea - Tomato and borlotti bean soup served with brown rolls, with freshly cut pineapple for dessert.



Thursday

Lunch - Fruity chicken curry served with wholemeal naan bread. The children will then enjoy a strawberry jelly for dessert.

Tea - Wholewheat seaside carbonara cooked in salmon and fresh dill served with broccoli, followed by Greek yoghurt served with Blueberries.



Friday

Lunch - Mini Yorkshire vegetarian sausage toad in the hole, served with skin on boiled potatoes, gravy and cabbage. Followed by clementines for dessert.

Tea - Beans on toast served with cherry tomatoes and cucumber sticks. For dessert, we have fruit cake.



week 3

Monday

Lunch - Turkey meatballs in tomato and basil pasta sauce, served with grated cheese. The children will then enjoy an ice cream cone for dessert.

Tea - Spanish omelets served with cucumber sticks and halved cherry tomatoes, followed by a selection of fresh fruits.



Tuesday

Lunch - Tofu and vegetable stir-fry with egg noodles. For dessert we have bananas.

Tea - Tuna/mackerel wholemeal sandwiches with sliced cucumber. With bustling blueberry cookies for dessert.



Wednesday

Lunch - Roast chicken served with skin on roast potatoes, gravy and cabbage. Then peach and apple crumble with custard for dessert.

Tea - Tacos or wholemeal pitta bread served with mild chilli beef, salsa and sour cream with fresh plums for dessert.



Thursday

Lunch - Lamb and barley hotpot served with sweetcorn and peas. The children will then enjoy frozen yoghurt for dessert.

Tea - Tomato and cheese crumpets with sweetcorn and mixed bean salad. Followed by honeydew melon.



Friday

Lunch - Sardine flake wholemeal pasta served with broccoli, with orange jelly for dessert.

Tea - Chicken wraps with tomato and mixed peppers, then followed by sugar free banana cake for dessert.



week 4

Monday

Lunch - Chicken and mushroom whole meal carbonara. The children will then enjoy sliced pears in their own juice for dessert.

Tea - Jeweled pizza served with cucumber sticks, followed by fruity flapjacks.



Tuesday

Lunch - Salmon fish fingers served with mashed potatoes and beans. For dessert we have Greek yoghurt served with diced fresh pineapple.

Tea - Cheesy broccoli tagliatelle with a mixed berry muffin for dessert.



Wednesday

Lunch - Turkey and spinach curry served with brown rice, then ice cream in a cone served with fruit coulis for dessert.

Tea - Potato wedges with cheesy beans served with sweetcorn and fresh fruit for dessert.



Thursday

Lunch - Beef or lamb lasagna served with green beans. The children will then enjoy rhubarb crumble with custard for dessert.

Tea - Wholemeal pitta bread stuffed with coronation chicken, sliced tomato and cheese. Followed by peaches in their own juices.



Friday

Lunch - Macaroni, cauliflower and cherry tomatoes cheese bake, with fromage frais for dessert.

Tea - Winter vegetable and cannellini bean soup served with brown rolls, then followed by mandarin orange for dessert.



ALLERGENS KEY:



CELERY



DAIRY



EGGS



FISH



GLUTEN



NUT



SOYA



SULPHITES



WHEAT



MUSTARD



All of our food is freshly prepared and cooked in our on-site nursery kitchens. We cater for all children under 5 and have alternative nutritious and delicious menus for babies who are weaning and children with special dietary requirements.

