Menu 

ALL THE MAIN MEALS ARE RECIPES FROM A SELECTION OF COOKBOOKS FOR CHILDREN AND CAN BE BLENDED FOR YOUNGER CHILDREN IF REQUIRED.

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| **Week 1** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| Breakfast7:30 – 8:30 | Cereals & Toast Water | Cereals & ToastWater | Cereals & ToastWater | Cereals & ToastWater | Cereals & ToastWater |
| SnackNursery10:00 – 10:15Pre school 10:30-10:45 | Seasonal Fruit\*withfresh carbohydrate+Water | Seasonal Fruit\*withfresh carbohydrate+Water | Seasonal Fruit\*withfresh carbohydrate+Water | Seasonal Fruit\*withfresh carbohydrate+Water | Seasonal Fruit\*withfresh carbohydrate+Water |
| LunchNursery 12:00 – 12:30Pre-school 12:30-13:00 | Homemade Vegetable Macaroni CheeseMilk pudding^Water | Homemade Spaghetti Bolognesewith Onions & MushroomsMilk pudding^Water | Home cooked Roast Chickenwithroast Potatoes, Broccoli & CarrotsMilk pudding^Water | Homemade Fish bites served withoven baked Chips, Peas & SweetcornMilk pudding^Water | Homemade Pork and Sweet Potato served with riceMilk pudding^Water |
| Snack14:30 – 14:45 | Seasonal Fruit\*withdried carbohydrate♓Water | Seasonal Fruit\*withdried carbohydrate♓Water | Seasonal Fruit\*withdried carbohydrate♓Water | Seasonal Fruit\*withdried carbohydrate♓Water | Seasonal Fruit\*withdried carbohydrate♓Water |
| Tea16:15 – 16:45 | Variety of sandwiches & Cheese and PineappleSeasonal Vegetables\*Water | Homemade Cheese and Tomato PizzasSeasonal Vegetables\*Water | Spaghetti, Pesto and grated CheeseSeasonal Vegetables\*Water | Beans on toast with grated CheeseSeasonal Vegetables\*Water | Hummus with Toasted Pitta bread & Cheese and PineappleSeasonal Vegetables\*Water |

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| **Week 2** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| Breakfast7:30 – 8:30 | Cereals & Toast Water | Cereals & ToastWater | Cereals & ToastWater | Cereals & ToastWater | Cereals & ToastWater |
| SnackNursery10:00 – 10:15Pre school 10:30-10:45 | Seasonal fruitwithfresh carbohydrate+Water | Seasonal fruitwithfresh carbohydrate+Water | Seasonal fruitwithfresh carbohydrate+Water | Seasonal fruitwithfresh carbohydrate+Water | Seasonal fruitwithfresh carbohydrate+Water |
| LunchNursery 12:00 – 12:30Pre-school 12:30-13:00 | Homemade Tuna Pasta Bakewith Sweetcorn and MushroomsMilk pudding^Water | Homemade Pasta with Tomato and Vegetable SauceMilk pudding^Water | Homemade Sausage, Beans and mashed Sweet Potato & Potato BakeMilk pudding^Water | Home cooked Roast Chickenserved with roast Potatoes, Broccoli & CarrotsMilk pudding^Water | Homemade Minced Beef and Sweet Potato Hotpot served with Mixed VegetablesMilk pudding^Water |
| Snack14:30 – 14:45 | Seasonal Fruit\*withdried carbohydrate♓Water | Seasonal Fruit\*withdried carbohydrate♓Water | Seasonal Fruit\*withdried carbohydrate♓Water | Seasonal Fruit\*withdried carbohydrate♓Water | Seasonal Fruit\*withdried carbohydrate♓Water |
| Tea16:15 – 16:45 | Homemade Cheese and Tomato PizzasSeasonal Vegetables\*Water | Variety of sandwiches & Cheese and PineappleSeasonal Vegetables\*Water | Hummus with Toasted Pitta bread & Cheese and PineappleSeasonal Vegetables\*Water | Pesto pasta with grated cheese Seasonal Vegetables\*Water | Beans on toast with grated cheeseSeasonal Vegetables\*Water |

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| **Week 3** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| Breakfast7:30 – 8:30 | Cereals & Toast Water | Cereals & ToastWater | Cereals & ToastWater | Cereals & ToastWater | Cereals & ToastWater |
| SnackNursery10:00 – 10:15Pre school 10:30-10:45 | Seasonal fruitwithfresh carbohydrate+Water | Seasonal fruitwithfresh carbohydrate+Water | Seasonal fruitwithfresh carbohydrate+Water | Seasonal fruitwithfresh carbohydrate+Water | Seasonal fruitwithfresh carbohydrate+Water |
| LunchNursery 12:00 – 12:30Pre-school 12:30-13:00 | Homemade Fish bites served withoven baked Chips, Peas & SweetcornMilk pudding^Water | Home cooked roast Chickenserved with roast Potatoes, Broccoli & CarrotMilk pudding^Water | Homemade Veggie Bolognese BakeMilk pudding^Water | Homemade Pork and Mushroom LinguineMilk pudding^Water | Homemade Beef & Mixed Vegetable Chilliwith RiceMilk pudding^Water |
| Snack14:30 – 14:45 | Seasonal Fruit\*withdried carbohydrate♓Water | Seasonal Fruit\*withdried carbohydrate♓Water | Seasonal Fruit\*withdried carbohydrate♓Water | Seasonal Fruit\*withdried carbohydrate♓Water | Seasonal Fruit\*withdried carbohydrate♓Water |
| Tea16:15 – 16:45 | Hummus with Toasted Pitta bread & Cheese and PineappleSeasonal Vegetables\*Water | Beans on toast with grated cheeseSeasonal Vegetables\*Water | Homemade Cheese and Tomato PizzasSeasonal Vegetables\*Water | Variety of sandwiches & Cheese and PineappleSeasonal Vegetables\*Water | Pesto pasta with grated cheeseSeasonal Vegetables\*Water |

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| **Week 4** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| Breakfast7:30 – 8:30 | Cereals & Toast Water | Cereals & ToastWater | Cereals & ToastWater | Cereals & ToastWater | Cereals & ToastWater |
| SnackNursery10:00 – 10:15Pre school 10:30-10:45 | Seasonal fruitwithfresh carbohydrate+Water | Seasonal fruitwithfresh carbohydrate+Water | Seasonal fruitwithfresh carbohydrate+Water | Seasonal fruitwithfresh carbohydrate+Water | Seasonal fruitwithfresh carbohydrate+Water |
| LunchNursery 12:00 – 12:30Pre-school 12:30-13:00 | Homemade All-in-One Veggie Pasta Milk pudding^Water | Homemade Tuna Pasta Bakewith Sweetcorn and MushroomsMilk pudding^Water | Homemade Beef Keema with Carrots and Potatoes served with riceMilk pudding^Water | Home cooked roast Chickenserved with roast Potatoes, Broccoli & CarrotMilk pudding^Water | Homemade Cheesy Sausage and Mash Pie Milk pudding^Water |
| Snack14:30 – 14:45 | Seasonal Fruit\*withdried carbohydrate♓Water | Seasonal Fruit\*withdried carbohydrate♓Water | Seasonal Fruit\*withdried carbohydrate♓Water | Seasonal Fruit\*withdried carbohydrate♓Water | Seasonal Fruit\*withdried carbohydrate♓Water |
| Tea16:15 – 16:45 | Beans on toast with grated cheeseSeasonal Vegetables\*Water | Hummus with Toasted Pitta bread & Cheese and PineappleSeasonal Vegetables\*Water | Variety of sandwiches with cheese and pineappleSeasonal Vegetables\*Water | Pesto pasta with grated cheese Seasonal Vegetables\*Water | Cheese and tomato pizza Seasonal Vegetables\*Water |

\* Seasonal fruit and vegetables. We try to buy local or fair trade and in season produce. All year fruit will consist of apples, pears, oranges, bananas and kiwi fruit. Seasonal might be pineapple, strawberries, blueberries and watermelon. All year vegetables will consist of cucumber, tomatoes and peppers. Seasonal might be mange tout, sugar snap peas and baby sweetcorn.

+ Fresh carbohydrates consist of toasted fruit buns, toasted English muffins, toasted crumpets, toasted pikelets or brioche.

^ The children have a daily choice of Milk pudding – natural yoghurt with or without fruit.

♓ Dried carbohydrates consist of savory biscuits, melba toast, breadsticks, rice cakes or cheese straws.

All the meat served is purchased from butchers that source from local farmers.

The fish is from sustainable fish stock.

Fresh water is available throughout the day and with all meals and snacks.

Diary and/or gluten free alternatives or vegan/vegetarian options are provided if needed.