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** |
| Breakfast  7:30 – 8:30 | Cereals & Toast  Water | Cereals & Toast  Water | Cereals & Toast  Water | Cereals & Toast  Water | Cereals & Toast  Water |
| Snack  Nursery  10:00 – 10:15  Pre school 10:30-10:45 | Seasonal Fruit\* with fresh carbohydrate+  Water | Seasonal Fruit\* with fresh carbohydrate+  Water | Seasonal Fruit\* with fresh carbohydrate+  Water | Seasonal Fruit\* with fresh carbohydrate+  Water | Seasonal Fruit\* with fresh carbohydrate+  Water |
| Lunch  Nursery  12:00 – 12:30  Pre-school 12:30-13:00 | Homemade Vegetable Macaroni Cheese  Milk pudding^  Water | Homemade Spaghetti Bolognese with Onions & Mushrooms  Milk pudding^  Water | Home cooked Roast Chicken with roast Potatoes, Broccoli & Carrots  Milk pudding^  Water | Homemade Fish bites served with oven baked Chips, Peas & Sweetcorn  Milk pudding^  Water | Homemade Pork and Sweet Potato served with rice  Milk pudding^  Water |
| Snack  14:30 – 14:45 | Seasonal Fruit\* with dried carbohydrate♓  Water | Seasonal Fruit\* with dried carbohydrate♓  Water | Seasonal Fruit\* with dried carbohydrate♓  Water | Seasonal Fruit\* with dried carbohydrate♓  Water | Seasonal Fruit\* with dried carbohydrate♓  Water |
| Tea  16:15 – 16:45 | Variety of sandwiches & Cheese and Pineapple  Seasonal Vegetables\*  Water | Homemade Cheese and Tomato Pizzas  Seasonal Vegetables\*  Water | Spaghetti, Pesto and grated Cheese  Seasonal Vegetables\*  Water | Beans on toast with grated Cheese  Seasonal Vegetables\*  Water | Hummus with  Toasted Pitta bread & Cheese and Pineapple  Seasonal Vegetables\*  Water |

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| **Week 2** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| Breakfast  7:30 – 8:30 | Cereals & Toast  Water | Cereals & Toast  Water | Cereals & Toast  Water | Cereals & Toast  Water | Cereals & Toast  Water |
| Snack  Nursery  10:00 – 10:15  Pre school 10:30-10:45 | Seasonal fruit with fresh carbohydrate+  Water | Seasonal fruit with fresh carbohydrate+  Water | Seasonal fruit with fresh carbohydrate+  Water | Seasonal fruit with fresh carbohydrate+  Water | Seasonal fruit with fresh carbohydrate+  Water |
| Lunch  Nursery  12:00 – 12:30  Pre-school 12:30-13:00 | Homemade Tuna Pasta Bake with Sweetcorn and Mushrooms  Milk pudding^  Water | Homemade Pasta with Tomato and Vegetable Sauce  Milk pudding^  Water | Homemade Sausage, Beans and mashed Sweet Potato & Potato Bake  Milk pudding^  Water | Home cooked Roast Chicken served with roast Potatoes, Broccoli & Carrots  Milk pudding^  Water | Homemade Minced Beef and Sweet Potato Hotpot served with Mixed Vegetables  Milk pudding^  Water |
| Snack  14:30 – 14:45 | Seasonal Fruit\* with dried carbohydrate♓  Water | Seasonal Fruit\* with dried carbohydrate♓  Water | Seasonal Fruit\* with dried carbohydrate♓  Water | Seasonal Fruit\* with dried carbohydrate♓  Water | Seasonal Fruit\* with dried carbohydrate♓  Water |
| Tea  16:15 – 16:45 | Homemade Cheese and Tomato Pizzas  Seasonal Vegetables\*  Water | Variety of sandwiches & Cheese and Pineapple  Seasonal Vegetables\*  Water | Hummus with  Toasted Pitta bread & Cheese and Pineapple  Seasonal Vegetables\*  Water | Pesto pasta with grated cheese  Seasonal Vegetables\*  Water | Beans on toast with grated cheese  Seasonal Vegetables\*  Water |

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| **Week 3** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| Breakfast  7:30 – 8:30 | Cereals & Toast  Water | Cereals & Toast  Water | Cereals & Toast  Water | Cereals & Toast  Water | Cereals & Toast  Water |
| Snack  Nursery  10:00 – 10:15  Pre school 10:30-10:45 | Seasonal fruit with fresh carbohydrate+  Water | Seasonal fruit with fresh carbohydrate+  Water | Seasonal fruit with fresh carbohydrate+  Water | Seasonal fruit with fresh carbohydrate+  Water | Seasonal fruit with fresh carbohydrate+  Water |
| Lunch  Nursery  12:00 – 12:30  Pre-school 12:30-13:00 | Homemade Fish bites served with oven baked Chips, Peas & Sweetcorn  Milk pudding^  Water | Home cooked roast Chicken served with roast Potatoes, Broccoli & Carrot  Milk pudding^  Water | Homemade Veggie Bolognese Bake  Milk pudding^  Water | Homemade Pork and Mushroom Linguine  Milk pudding^  Water | Homemade Beef & Mixed Vegetable Chilli with Rice  Milk pudding^  Water |
| Snack  14:30 – 14:45 | Seasonal Fruit\* with dried carbohydrate♓  Water | Seasonal Fruit\* with dried carbohydrate♓  Water | Seasonal Fruit\* with dried carbohydrate♓  Water | Seasonal Fruit\* with dried carbohydrate♓  Water | Seasonal Fruit\* with dried carbohydrate♓  Water |
| Tea  16:15 – 16:45 | Hummus with  Toasted Pitta bread & Cheese and Pineapple  Seasonal Vegetables\*  Water | Beans on toast with grated cheese  Seasonal Vegetables\*  Water | Homemade Cheese and Tomato Pizzas  Seasonal Vegetables\*  Water | Variety of sandwiches & Cheese and Pineapple  Seasonal Vegetables\*  Water | Pesto pasta with grated cheese  Seasonal Vegetables\*  Water |

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| **Week 4** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| Breakfast  7:30 – 8:30 | Cereals & Toast  Water | Cereals & Toast  Water | Cereals & Toast  Water | Cereals & Toast  Water | Cereals & Toast  Water |
| Snack  Nursery  10:00 – 10:15  Pre school 10:30-10:45 | Seasonal fruit with fresh carbohydrate+  Water | Seasonal fruit with fresh carbohydrate+  Water | Seasonal fruit with fresh carbohydrate+  Water | Seasonal fruit with fresh carbohydrate+  Water | Seasonal fruit with fresh carbohydrate+  Water |
| Lunch  Nursery  12:00 – 12:30  Pre-school 12:30-13:00 | Homemade All-in-One Veggie Pasta  Milk pudding^  Water | Homemade Tuna Pasta Bake with Sweetcorn and Mushrooms  Milk pudding^  Water | Homemade Beef Keema with Carrots and Potatoes served with rice  Milk pudding^  Water | Home cooked roast Chicken served with roast Potatoes, Broccoli & Carrot  Milk pudding^  Water | Homemade Cheesy Sausage and Mash Pie  Milk pudding^  Water |
| Snack  14:30 – 14:45 | Seasonal Fruit\* with dried carbohydrate♓  Water | Seasonal Fruit\* with dried carbohydrate♓  Water | Seasonal Fruit\* with dried carbohydrate♓  Water | Seasonal Fruit\* with dried carbohydrate♓  Water | Seasonal Fruit\* with dried carbohydrate♓  Water |
| Tea  16:15 – 16:45 | Beans on toast with grated cheese  Seasonal Vegetables\*  Water | Hummus with  Toasted Pitta bread & Cheese and Pineapple  Seasonal Vegetables\*  Water | Variety of sandwiches with cheese and pineapple  Seasonal 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.