



Menu Autumn/Winter 2025

Menu Week 3

	Monday (v)	Tuesday	Wednesday	Thursday	Friday
Breakfast 7:30am - 8:30am Fresh fruit with a selection of cereal or porridge					
Morning Snack 10:00am - 10:30am Fresh fruit with wholemeal toast or baked goods, served with a cup of milk or water Children under 12 months do not need snacks. If we think a child is hungry in between meals, we will offer extra milk feeds instead.					
	Breadsticks and Watermelon G, SY, SE	Toast with olive spread and Oranges G, DA	Rice Cakes and Apples SY	Pitta Bread with Houmous and Plum G, DA, SE	Cracker and Banana G, DA, SE
Lunch 12pm - 1pm served with a cup of water					
First Course	Falafel with Tzatziki DA, SE	Sweetcorn Fritters G, DA	Cottage Pie, with seasonal vegetables G, DA, CE	The Children's Choice Roast Dinner Gammon OR Chicken with roast potatoes, carrots, cauliflower, cheese & peas G, DA	Vegetable Omelette Fingers E, DA
Second Course	Cheesy Pasta Bake with vegetable sticks G, DA	Sweet & Sour Chicken, with rice and prawn cracker SY, CE	Seasonal Fruit Salad	Peaches & Natural Yoghurt DA	Pork Sausages, with mashed potato & beans E, DA, SU
Vegetarian Alternative	All Courses same as main menu	Sweet & Sour Vegetables with rice SY, CE	Lentil Cottage Pie with seasonal vegetables G, E, DA, CE	Chef's alternative Roast Dinner G, DA	Vegetarian Sausages with mashed potato & beans G, E, DA
Afternoon Snack 2:00pm - 2:30pm Fresh fruit with wholemeal toast or baked goods, served with a cup of milk or water Children under 12 months do not need snacks. If we think a child is hungry in between meals, we will offer extra milk feeds instead.					
	Rice Cakes and Apples SY, SE	Breadsticks and Watermelon G, SY, SE	Toast with olive spread and Oranges G, DA	Cracker and Banana G, DA, SE	Pitta Bread with Houmous and Plum G, DA, SE
Packed Tea from Home 4pm - 4:30pm Served with a cup of water					
Where allergens are present, it is displayed next to the appropriate meal Allergen codes: GLUTEN – G, EGG –E, FISH –F, NUTS – N, PEANUTS –PN, SOYA – SY, DAIRY – DA, CELERY – CE, MUSTARD – MU, SESAME – SE, SULPHITES – SU, LUPIN – LU, SHELLFISH – SF (Crustaceans and Molluscs), Vegetarian day – (v)					
We will always cater for dietary requirements and needs. The above information does not include allergen information that 'may contain' and is subject to changes of menu ordering and product availability and is just to be used as a guide. Please ensure that you have notified the nursery management of any allergies, so this can be added to your child's care plan, information will then be passed on to the practitioners and the chef.					