



Autumn / Winter Menu 2017







Dear Parents,

Nutrition Matters and Childbase Partnership is committed to providing healthy, balanced and delicious meals. Our new Autumn/Winter menu combines seasonal dishes carefully tailored to children's nutritional needs, all freshly prepared onsite by dedicated nursery chefs.

Our new menus have been developed utilising guidance from the 'Children's Food Trust' and the 'Soil Association's Food for Life' accreditation. Working with our suppliers we will be serving higher welfare meats and fish produced to standards such as 'Red Tractor' and 'Marine Stewardship Council'.

As part of this commitment, we will be ensuring that our puddings feature 'no added sugar' and all of our meals include 'no added salt'.

We hope that you are pleased with our fantastic range of seasonal dishes. Our menus can be found on our website at **www.childbasepartnership.com/our-menus**

If you have any queries please contact your Nursery Manager

Week 1 of 4 Menu

Breakfast

MONDAY	Healthy breakfast cereal
TUESDAY	Homemade blueberry yoghurt with fresh fruit or rice cakes
WEDNESDAY	Healthy breakfast cereal
THURSDAY	Oat and fruit topped yoghurt
FRIDAY	Healthy breakfast cereal

Lunch

	MAIN	PUDDING
MONDAY	v Lentil dahl with cauliflower rice	<i>Sweetened apple slices baked with oats</i>
TUESDAY	Fish pie with sweet potato mash v Bean and cauliflower bake	<i>Fruity, sugar free flapjacks</i>
WEDNESDAY	Meat bolognese with pasta v Pasta with tomato, chickpea and vegetable sauce	<i>Oat & banana balls</i>
THURSDAY	v Lentil tortilla wraps	<i>Banana bread</i>
FRIDAY	Chicken stir fry with rice v Bean stir fry with rice	<i>Cheesecake</i>

You guessed it, **v** means Vegetarian.



Dinner

	MAIN	PUDDING
MONDAY	✓ Cheese tortilla with bean and spinach salad	Fruit sorbet
TUESDAY	Homemade chicken nuggets with broccoli mash ✓ Homemade bean nuggets with broccoli mash	Carrot, apple & oat cookies
WEDNESDAY	✓ Butternut squash risotto	Apples with berry yogurt
THURSDAY	Pollock and pesto pasta ✓ Pesto pasta with cannellini beans	Fruit, yoghurt and milk smoothie
FRIDAY	✓ Tomato and mozzarella pittas with rocket & spinach salad	Apple slices baked with oats

Snacks

We will provide seasonal fruit and vegetables throughout the day. Children have access to fresh water to drink at all times.

Please advise your Nursery Manager if your child has any allergies or intolerances. Whilst we make every effort to control cross-contamination our ingredients and dishes are prepared in environments where allergens are present. We cannot therefore guarantee that any item on our menu is allergen-free.

All the eggs we serve are free range.

Week 2 of 4 Menu

Breakfast

MONDAY	Homemade strawberry yoghurt with fresh fruit or rice cakes
TUESDAY	Healthy breakfast cereal
WEDNESDAY	Oat and fruit topped yoghurt
THURSDAY	Healthy breakfast cereal
FRIDAY	Homemade blueberry yoghurt with fresh fruit or rice cakes

Lunch

	MAIN	PUDDING
MONDAY	v Pasta with courgette, beans, peas and tomatoes	<i>Fruit salad</i>
TUESDAY	v Pitta pockets with homemade falafel and salad	<i>Carrot, apple and oat cookies</i>
WEDNESDAY	Fish pie topped with oats v Bean pie topped with oats	<i>Fresh fruit tortilla wraps</i>
THURSDAY	v Lentil cottage pie with broccoli forest	<i>Fruit jelly & ice cream</i>
FRIDAY	Mackerel, sweetcorn and rice v Fish free rice with beans and sweetcorn	<i>Apple rings dipped in cinnamon</i>

You guessed it, v means Vegetarian.



Dinner

	MAIN	PUDDING
MONDAY	✓ Beetroot and carrot burgers with roasted potatoes and lettuce	<i>Fruit sorbet</i>
TUESDAY	✓ Spicy mexican quinoa with tomatoes, spinach and beans	<i>Carrot, apple & oat cookies</i>
WEDNESDAY	Chicken and vegetable rice stir fry ✓ Chicken free rice vegetable stir fry	<i>Apples with berry yogurt</i>
THURSDAY	BBQ beef with mash and coleslaw ✓ BBQ beans with mash and coleslaw	<i>Fruit, yoghurt and milk smoothie</i>
FRIDAY	✓ Butternut squash risotto	<i>Apple slices baked with oats</i>

Snacks

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Week 3 of 4 Menu

Breakfast

MONDAY	Healthy breakfast cereal
TUESDAY	Homemade strawberry yoghurt with fresh fruit or rice cakes
WEDNESDAY	Healthy breakfast cereal
THURSDAY	Oat and fruit topped yoghurt
FRIDAY	Healthy breakfast cereal

Lunch

	MAIN	PUDDING
MONDAY	Spicy baked peppers with chicken and cauliflower v Spicy baked peppers with cheese and cauliflower	<i>Cheesecake</i>
TUESDAY	v Bean burgers with sweet potato wedges and homemade coleslaw	<i>Oat & banana balls</i>
WEDNESDAY	v Spaghetti with vegetable sauce	<i>Fruit, yoghurt and milk smoothie</i>
THURSDAY	v Stir fry vegetables with rice	<i>Fruity, sugar free flapjacks</i>
FRIDAY	Pollock and pesto pasta v Pesto pasta with cannellini beans	<i>Sweetened apple slices baked with oats</i>

You guessed it, v means Vegetarian.



Dinner

	MAIN	PUDDING
MONDAY	✓ Cheese pasta with broccoli and cauliflower	<i>Banana bread</i>
TUESDAY	Beef chilli ✓ 5 bean chilli	<i>Fruit salad</i>
WEDNESDAY	✓ Bean and red cabbage wrap	<i>Carrot, apple & oat cookies</i>
THURSDAY	Tuna burgers with carrot chips ✓ Lentil melt burger with carrot chips	<i>Fruit jelly & ice cream</i>
FRIDAY	✓ Tuscan bean, tomato and vegetable soup	<i>Fruit sorbet</i>

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Week 4 of 4 Menu

Breakfast

MONDAY	Homemade blueberry yoghurt with fresh fruit or rice cakes
TUESDAY	Healthy breakfast cereal
WEDNESDAY	Oat and fruit topped yoghurt
THURSDAY	Healthy breakfast cereal
FRIDAY	Homemade strawberry yoghurt with fresh fruit or rice cakes

Lunch

	MAIN	PUDDING
MONDAY	✓ Cheesy courgette and bean bake with rice	<i>Fresh fruit tortilla wraps</i>
TUESDAY	✓ Warm feta and quinoa salad	<i>Oat & banana balls</i>
WEDNESDAY	Spaghetti bolognese ✓ Chickpea pasta	<i>Carrot, apple and oat cookies</i>
THURSDAY	✓ Lentil and rice salad	<i>Fruit jelly & ice cream</i>
FRIDAY	Lasagne with white fish and butternut squash ✓ Butternut squash and mozzarella lasagne	<i>Apple rings dipped in cinnamon</i>

You guessed it, ✓ means Vegetarian.



Dinner

	MAIN	PUDDING
MONDAY	Fish tacos v Mixed bean tacos	<i>Carrot, apple & oat cookies</i>
TUESDAY	Chicken and vegetable pie topped with sweet potato mash v Vegetable and lentil pie topped with sweet potato	<i>Apples with berry yogurt</i>
WEDNESDAY	v Bean burrito with sweet potato wedges	<i>Fruit sorbet</i>
THURSDAY	v Tomato and pepper soup	<i>Apple slices baked with oats</i>
FRIDAY	v Aubergine and black bean stir fry with rice	<i>Banana bread</i>

Snacks

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Childbase
Partnership

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