

Week 1 of 4 Menu

Monday

- B** Cereal and organic milk
-
- L** Bean goulash, rice and green beans
Simple summer apple desert
-
- D** Spiced citrus summer soup
Fruit and oat sundaes
-
- S** Milk / Breadsticks / Fruit
-
- N** **Kcal** 1042.1, **Carb** 176.5, **Fib** 25.6, **P** 33.9,
Sal 1.6, **Sug** 9.0, **Vit C** 62.3

Tuesday

- B** Cereal and organic milk / Porridge
-
- L** White fish ratatouille with pasta
Fruit salad
-
- D** Jacket potato with baked beans
Coconut and chia seed loaf
-
- S** Milk / Oatcakes / Fruit
-
- N** **Kcal** 1026.2, **Carb** 169.8, **Fib** 21.7, **P** 45.4,
Sal 1.4, **Sug** 3.3, **Vit C** 38.7

Wednesday

- B** Cereal and organic milk
-
- L** Cauliflower and broccoli bake
Fruit sorbet
-
- D** Kumara patties
Peaches and pears in natural juice
-
- S** Milk / Cream crackers / Fruit
-
- N** **Kcal** 987.4, **Carb** 148.0, **Fib** 18.8, **P** 34.1,
Sal 1.0, **Sug** 3.1, **Vit C** 39.9

Thursday

- B** Cereal and organic milk / Porridge
-
- L** Roast chicken and vegetables
Fruit platter
-
- D** Sandwich platter and vegetable sticks
Oat cookies
-
- S** Milk / Breadsticks / Fruit
-
- N** **Kcal** 1034.5, **Carb** 159.6, **Fib** 19.5, **P** 42.4,
Sal 1.7, **Sug** 7.5, **Vit C** 84.0

Friday

- B** Cereal and organic milk / Porridge
-
- L** Chicken curry with rice and broccoli
Stewed apples and pears with custard
-
- D** Tuna fish cakes and peas
Fruit yogurt and milk smoothie
-
- S** Milk / Cream crackers / Fruit
-
- N** **Kcal** 1031.4, **Carb** 151.7, **Fib** 20.3, **P** 49.4,
Sal 1.7, **Sug** 10.3, **Vit C** 48.5

B – Breakfast **L** – Lunch **D** – Dinner **S** – Snacks **N** – Nutrition

Nutrition guide

Calories (Kcal)	Carbohydrates (Carb)
Protein (P)	Salt (Sal)
NME sugars (Sug)	NSP fibre (Fib)
Vitamin C (Vit C)	

All the eggs we serve are free range.



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.