

Week 1 of 4 Menu

Monday

- B** Cereal & organic milk
- L** Chickpea & veg biryani
Chocolate orange tofu pots
- D** Jacket potato with chilli beans
Winter fruit salad & Greek yoghurt
- S** Pitta & tuna dip
- N** Kcal 1030.7, Carb 174, Fib 25.7, P38.2, Sal 0.8, Sug 6.3, Vit C 58.9

Tuesday

- B** Cereal & Organic Milk
- L** Chicken roast dinner
Sugar free date & coconut cookies
- D** BBQ beef with pasta & carrots
Strawberry yoghurt
- S** Fruit & toast fingers
- N** Kcal 1040.4, Carb 168.3, Fib 20.6, P43.9, Sal 1.3, Sug 5.5, Vit C 47.8

Wednesday

- B** Cereal & organic milk
- L** Chicken & vegetable pie with pot roast
Cornflake cake
- D** Sardine, tomato, potato & cheese bake
Natural yoghurt & apricots
- S** Crumpets & spread
- N** Kcal 1001.1, Carb 161.9, Fib 19.0, P35.0, Sal 1.0, Sug 6.8, Vit C 50.4

Thursday

- B** Cereal & organic milk
- L** Lamb moussaka, broccoli & garlic bread
Chewy cranberry & apricot squares
- D** Vegetable frittata with baked beans
Winter fruit salad & Greek yoghurt
- S** Fruit & Toast fingers
Kcal 1053.4, Carb 147.6, Fib20.3, P43.7, Sal 1.7g, Sug 3.5, Vit C 50.2

Friday

- B** Cereal & organic milk
- L** Tuna pasta bake
Peaches & cream
- D** Butternut squash & carrot soup
Autumn fruit kebabs
- S** Fruit & breadsticks
- N** Kcal 939, Carb 50.9, P 40.2, Fib 17.8, Sal 1.6, Sug 10.2, Vit C 50.4

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.