Week 2 of 4 Menu

Monday

B	Cereal & organic milk
L	Salmon & broccoli pasta Sugar free gingerbread
D	Bean Stir fry Fruit & natural yoghurt
S	Rice cake & vegetable sticks
N	Kcal 990.5, Carb 170.6, Fib 24.0, P42.2, Sal 0.7, Sug 7.2, Vit C 35.4

Tuesday

B	Cereal & Organic Milk
L	Pasta Bolognese Banana pancakes
D	Jacket potato with beans & cheese Fruit yoghurt
S	Crumpet & spread
N	Kcal 1040.8, Carb 166.5, Fib 27.8, P41.3, Sal 1.7g, Sug 6.5, Vit C 61.8

Wednesday

B	Cereal & organic milk
L	Beef stew, potatoes & vegetables Sugar free oat cookies
D	Creamy chicken & chickpea curry & rice Raspberry fool
S	Rice cakes & veg sticks
N	Kcal 1042.9, Carb 166.6, Fib 21.9, P41.1, Sal 1.8, Sug 5.9, Vit C 44.5

Thursday

B	Cereal & organic milk
L	Vegetable cobbler Sugar free banana loaf
D	Mixed bean tagine with herby couscous Seasonal fruit salad
S	Breadsticks & Humus
N	Kcal 1004.2, Carb 154.9, Fib 21.6, P36.3, Sal 1.4g, Sug 2.6, Vit C 33.8

Friday

B	Cereal & organic milk
L	Fish pie Oat & banana balls
D	Leek & potato soup with homemade bread Stewed apples & pears with custard
S	Breadsticks
N	Kcal 1028.0, Carb 178.1, Fib 19.0, P41.5, Sal 1.2, Sug 6.1, Vit C 36.6

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.

FOOD FOR LIFE BRONZE SERVED HERE Soil Association

FOOD HYGIENE RATING 0 1 2 3 4 5

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.