

Week 4 of 4 Menu

Monday

- B** Cereal & organic milk
- Tuna pasta bake
- L** Peaches & cream
- Butternut squash & carrot soup
- D** Autumn fruit
- S** Breadsticks
- N** Kcal 939.0, Carb 50.9, Fib 17.8, P40.2, Sal 1.6, Sug 5.2, Vit C 40.9

Tuesday

- B** Cereal & organic milk
- Chickpea & vegetable biriyani
- L** Chocolate orange tofu pots
- D** Jacket potato with chilli beans
Winter fruit salad & Greek yoghurt
- S** Pitta & tuna dip
- N** Kcal 1030.7, Carb 174.0, Fib 25.7, P38.2, Sal 0.8, Sug 6.3, Vit C 58.9

Wednesday

- B** Cereal & organic milk
- Beef Ragu with broccoli
- L** Sugar free gingerbread
- D** White fish & pesto pasta
Fruit salad
- S** Crackers, cheese & pineapple
- N** Kcal 980.4, Carb 153.0, Fib 21.9, P43.3, Sal 0.9, Sug 4.3, Vit C 32.7

Thursday

- B** Cereal & organic milk
- Thai green Quorn curry & rice
- L** Chocolate & raspberry chia seed pudding
- D** Wholemeal cheesy pasta, peas & carrots
Seasonal fruit salad
- S** Rice cakes, vegetables sticks & humus
- N** Kcal 1018, Carb 161.1, Fib 20.9, P37.0, Sal 1.3, Sug 1.5, Vit C 54.2

Friday

- B** Cereal & organic milk
- Salmon & broccoli pasta
- L** Sugar free fruit cookies
- D** Bean stir fry
Fruit & natural yoghurt
- S** Pitta & tuna dip
- N** Kcal 990.5, Carb 170.6, Fib 24, P42.2, Sal 0.7, Sug 7.2, Vit C 35.4

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.