



WEEK 1 MENU

4 WEEKLY ROLLING MENU

MONDAY

- Breakfast: Wholemeal toast with a selection of fruit and cereals
- Morning Snack: Apple slices, oatcakes
- Lunch: Grilled chicken, sweet potato mash, broccoli, peas
- Afternoon Snack: Carrot sticks, hummus
- Tea: Wholemeal pasta with tomato & vegetable sauce, cheese

TUESDAY

- Breakfast: Wholemeal toast with a selection of fruit and cereals
- Morning Snack: Pear slices
- Lunch: Cottage pie (lean beef, mashed potatoes, mixed vegetables)
- Afternoon Snack: Rice cakes, cream cheese
- Tea: Lentil soup, wholemeal bread

WEDNESDAY

- Breakfast: Wholemeal toast with a selection of fruit and cereals
- Morning Snack: Melon cubes
- Lunch: Salmon fishcakes, new potatoes, green beans
- Afternoon Snack: Cucumber sticks, guacamole
- Tea: Vegetable frittata with sweetcorn, cherry tomatoes

THURSDAY

- Breakfast: Wholemeal toast with a selection of fruit and cereals
- Morning Snack: Orange slices, wholemeal crackers
- Lunch: Chicken & vegetable stir-fry with brown rice
- Afternoon Snack: Apple slices, peanut butter
- Tea: Wholemeal pita with tuna, cucumber, grated carrot

FRIDAY

- Breakfast: Wholemeal toast with a selection of fruit and cereals
- Morning Snack: Grapes, oat biscuits
- Lunch: Baked potato with beans & cheese, side salad
- Afternoon Snack: Pear, cheese cubes
- Tea: Turkey & vegetable wraps, carrot sticks

Breakfast - ends at 9am
Morning snack - 10.00am
Lunch - 12:30pm
Afternoon snack - 3:30pm
Tea - 4:45pm

Timings are a guide as they may change depending on the days activities / naps

If we are in the house during lunchtime then we will offer a hot meal as shown on the menu. If we are out then it will be a picnic style lunch.

Children are offered a selection of puddings.

We also freshly prepare baby puree's for babies.



WEEK 2 MENU

4 WEEKLY ROLLING MENU

MONDAY

- Breakfast: Wholemeal toast with a selection of fruit and cereals
- Morning Snack: Pear slices, oat crackers
- Lunch: Spaghetti Bolognese with hidden vegetables
- Afternoon Snack: Cucumber sticks, hummus
- Tea: Grilled vegetable & cheese quesadilla

TUESDAY

- Breakfast: Wholemeal toast with a selection of fruit and cereals
- Morning Snack: Rice cakes, cream cheese
- Lunch: Chicken casserole with carrots, potatoes, peas
- Afternoon Snack: Apple slices, peanut butter
- Tea: Wholemeal pita pizzas with tomato, cheese, spinach

WEDNESDAY

- Breakfast: Wholemeal toast with a selection of fruit and cereals
- Morning Snack: Orange slices
- Lunch: Fish fingers, mashed potatoes, peas, carrots
- Afternoon Snack: Melon cubes
- Tea: Vegetable & chickpea curry with brown rice

THURSDAY

- Breakfast: Wholemeal toast with a selection of fruit and cereals
- Morning Snack: Carrot sticks, hummus
- Lunch: Homemade vegetable soup, wholemeal bread
- Afternoon Snack: Apple slices, cheddar cubes
- Tea: Baked sweet potato with cottage cheese, cucumber sticks

FRIDAY

- Breakfast: Wholemeal toast with a selection of fruit and cereals
- Morning Snack: Oat biscuits, grapes
- Lunch: Chicken fajitas with peppers, onions, guacamole
- Afternoon Snack: Pear slices, oatcakes
- Tea: Wholemeal pasta with pesto, cherry tomatoes, peas

Breakfast – ends at 9am
Morning snack – 10.00am
Lunch – 12:30pm
Afternoon snack – 3:30pm
Tea – 4:45pm

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WEEK 3 MENU

4 WEEKLY ROLLING MENU

MONDAY

- Breakfast: Wholemeal toast with a selection of fruit and cereals
- Morning Snack: Rice cakes, cream cheese
- Lunch: Shepherd's pie (lean lamb, mashed potatoes, carrots)
- Afternoon Snack: Carrot sticks, hummus
- Tea: Vegetable stir-fry with tofu, brown rice

TUESDAY

- Breakfast: Wholemeal toast with a selection of fruit and cereals
- Morning Snack: Apple slices, peanut butter
- Lunch: Chicken & vegetable stew with mashed potatoes
- Afternoon Snack: Orange slices
- Tea: Wholemeal wraps with tuna, cucumber, tomatoes

WEDNESDAY

- Breakfast: Wholemeal toast with a selection of fruit and cereals
- Morning Snack: Oatcakes, pear slices
- Lunch: Salmon with couscous, peas, carrots
- Afternoon Snack: Cheese cubes, cucumber sticks
- Tea: Lentil & vegetable soup, wholemeal bread

THURSDAY

- Breakfast: Wholemeal toast with a selection of fruit and cereals
- Morning Snack: Melon cubes
- Lunch: Turkey meatballs with tomato sauce, wholemeal pasta
- Afternoon Snack: Rice cakes, avocado
- Tea: Vegetable frittata with sweetcorn, cherry tomatoes

FRIDAY

- Breakfast: Wholemeal toast with a selection of fruit and cereals
- Morning Snack: Grapes, oat biscuits
- Lunch: Fish pie with broccoli, carrots
- Afternoon Snack: Cucumber sticks, hummus
- Tea: Wholemeal pita pizzas with cheese, spinach, peppers

Breakfast - ends at 9am
Morning snack - 10.00am
Lunch - 12:30pm
Afternoon snack - 3:30pm
Tea - 4:45pm

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WEEK 4 MENU

4 WEEKLY ROLLING MENU

MONDAY

- Breakfast: Wholemeal toast with a selection of fruit and cereals
- Morning Snack: Rice cakes, cream cheese
- Lunch: Beef stew with potatoes, carrots, green beans
- Afternoon Snack: Apple slices, cheddar cubes
- Tea: Wholemeal pasta with tomato & vegetable sauce

TUESDAY

- Breakfast: Wholemeal toast with a selection of fruit and cereals
- Morning Snack: Cucumber sticks, hummus
- Lunch: Roast chicken, new potatoes, peas, carrots
- Afternoon Snack: Orange slices
- Tea: Grilled vegetable & cheese quesadilla

WEDNESDAY

- Breakfast: Wholemeal toast with a selection of fruit and cereals
- Morning Snack: Melon cubes, oatcakes
- Lunch: Fish fingers, mashed potatoes, peas
- Afternoon Snack: Carrot sticks, guacamole
- Tea: Lentil curry with brown rice

THURSDAY

- Breakfast: Wholemeal toast with a selection of fruit and cereals
- Morning Snack: Pear slices, cheddar cubes
- Lunch: Chicken & vegetable stir-fry with brown rice
- Afternoon Snack: Oat biscuits, grapes
- Tea: Wholemeal pita with tuna, cucumber, grated carrot

FRIDAY

- Breakfast: Wholemeal toast with a selection of fruit and cereals
- Morning Snack: Apple slices, peanut butter
- Lunch: Spaghetti Bolognese with hidden vegetables
- Afternoon Snack: Melon cubes
- Tea: Baked sweet potato with cottage cheese, cucumber sticks

Breakfast - ends at 9am
Morning snack - 10.00am
Lunch - 12:30pm
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