



Menu

Spring & Summer 2024

Sample Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Breakfast - A selection of cereal, porridge, and fresh fruit. Planned to provide about 20% of a child's daily energy and nutritional requirements</p>					
<p>Morning snack - Fresh vegetable sticks with toast or baked goods and served with a cup of milk or water. Planned to provide about 10% of a child's daily energy and nutritional requirements</p>					
<p>Lunch Planned to provide about 30% of a child's energy and nutritional requirements</p>	Lamb Cottage Pie with Sweet Potato Top served with Carrots and Peas	Chickpea, Butternut Squash and Spinach Curry served with Wholemeal Rice	Creamy Salmon and Broccoli Pasta Bake	Beef Spaghetti Bolognese served with Garlic Bread	Roast Chicken Served with Creamed Potato, Cauliflower and Green Beans
<p>Vegetarian Option</p>	Lentil and Vegetable Cottage Pie with Sweet Potato Top served with Carrots and Peas	Chickpea, Butternut Squash and Spinach Curry served with Wholemeal Rice	Creamy Vegetable Pasta Bake	Quorn Spaghetti Bolognese served with Garlic Bread	Quorn Chicken Served with Creamed Potato, Cauliflower and Green Beans
<p>Pudding</p>	Sliced Orange and Mango	Sliced Apple and Pear	Yoghurt and Blueberries	Banana and Raisins	Frozen Yoghurt and Grapes
<p>Afternoon Tea Planned to provide about 20% of a child's energy and nutritional requirements</p>	Butternut Squash and Spinach Soup served with Crusty French Stick	Tuna or Egg Bread Roll served with Cucumber sticks	Baked Beans and Cheese on Buttered Wholemeal Toast	Turkey or Hummus Wholemeal Tortilla Wraps served with Pepper Sticks	Spring Vegetable Frittata served with Baked Beans
<p>Vegetarian Option</p>	Butternut Squash and Spinach Soup served with Crusty French Stick	Egg Wholemeal Bread Roll served with Cucumber sticks	Baked Beans and Cheese on Buttered Wholemeal Toast	Hummus Wholemeal Tortilla Wraps served with Pepper Sticks	Spring Vegetable Frittata served with Baked Beans
<p>Pudding</p>	Yoghurt and Strawberries	Custard served with Mixed Fruit Salad	Melon Medley	Zesty Lemon Cupcakes	Sliced Pineapple and Satsuma
<p>Late afternoon snack - Fresh vegetables sticks with either rice cakes, bread sticks, oat cakes, warm pitta bread and served with a cup of milk or water. Planned to provide about 10% of a child's daily energy and nutritional requirements</p>					

Please note : All meals will be prepared to ensure they are age and stage appropriate and in line with any specific dietary requirements. Weaning babies will be offered simple purees using fresh vegetables in our main dishes. We will follow your lead from home and progress to more complex dishes following your instruction.