



Children's Weekly Menu

We care about your child's healthy development and this necessitates high quality, nutritious food and snacks to fuel their growing bodies. All our meals are prepared off site in a professional kitchen with a five-star food rating from Environmental Health. The food arrives hot so all the staff have to do is serve up.

We have a four-week menu which gives plenty of variety for the children and each meal is carefully thought out to include all the food groups. The menu was designed following government guidelines on healthy eating and portion size. We do not offer sugary desserts or drinks; natural yoghurt, fruit, milk and water are provided instead.

We are aware that if you have a child with food allergies, or intolerances, this is an extra worry when choosing a nursery; be reassured that we are completely committed to keeping your child safe. Alternative meals are provided when necessary and come separately packaged from the main meals. Children with allergies are identified in the food serving areas and the staff check at each meal or snack time. A list of allergens in every meal is available.

WEEKLY MENUS

WEEK ONE



Monday

Macaroni Cheese with Peas & sweetcorn

Tuesday

Lamb Shepard's Pie with veg

Wednesday

Chicken & broccoli bake with breadcrumbs, carrots & peas

Thursday

Minced beef & broccoli fusilli pasta bake

Friday

Cod goujons with diced potatoes & peas

WEEK TWO



Monday

Beef lasagne with steamed broccoli

Tuesday

Creamy fish pie with mash, sweetcorn and peas

Wednesday

Creamy chicken and tomato pasta bake

Thursday

Savoury lamb stew with potatoes & veg

Friday

Chicken goujons with rustic oven chips & peas

WEEK THREE



Monday

Mild turkey curry with mixed veg and wholemeal rice

Tuesday

Spaghetti Bolognese

Wednesday

Bacon, cabbage & mash with parsley sauce

Thursday

Sweet and sour chicken with wholemeal rice

Friday

Savoury pork sausages with mixed veg, mash & gravy

