

WEEK 1



Menu



Freshly cooked, delicious healthy meals that allow children to explore exciting tastes and textures.

Monday

BREAKFAST

A choice of cereal from Weetabix, Rice Crispies or Cornflakes with warm or cold milk

LUNCH

Risotto Primavera
Risotto with lots of yummy vegetables
Fruit and Ice Cream
Water

AFTERNOON SNACK

Homemade Orange, Oat & Sultana Cookies

AFTERNOON TEA

Cream Cheese & Tomato Sandwiches
on wholemeal bread served with tortilla crisps
Selection of Fresh Fruit
Water

Tuesday

BREAKFAST

A choice of cereal from Weetabix, Rice Crispies or Cornflakes with warm or cold milk

LUNCH

Lamb & Vegetable Casserole
Fromage Frais
Water

AFTERNOON SNACK

Selection of Fresh Fruit

AFTERNOON TEA

Individual Wholemeal Chicken & Vegetable Pies
Strawberry Jelly
Water

Wednesday

BREAKFAST

A choice of cereal from Weetabix, Rice Crispies or Cornflakes with warm or cold milk

LUNCH

Selection of Vegetable Sticks
Cheesy Salmon & Spaghetti Bake
Water

AFTERNOON SNACK

Hummus & Wholemeal Pitta Bread

AFTERNOON TEA

Pizza Pinwheels
Selection of Fresh Fruit
Water

Thursday

BREAKFAST

A choice of cereal from Weetabix, Rice Crispies or Cornflakes with warm or cold milk

LUNCH

Autumn Shepherd's Pie with hidden Autumn veg
Biscuity Lime Pie
Water

AFTERNOON SNACK

Selection of Fresh Fruit

AFTERNOON TEA

Jacket Potatoes with Ham, Cheese & Sweetcorn
No Bake Coconut & Date Balls
Water

Friday

BREAKFAST

A choice of cereal from Weetabix, Rice Crispies or Cornflakes with warm or cold milk

LUNCH

Potted Tuna & Oat Cakes
Chicken Hot Pot
Delicious chicken, potatoes & veg
Water

AFTERNOON SNACK

Mini Apple & Sultana Muffins

AFTERNOON TEA

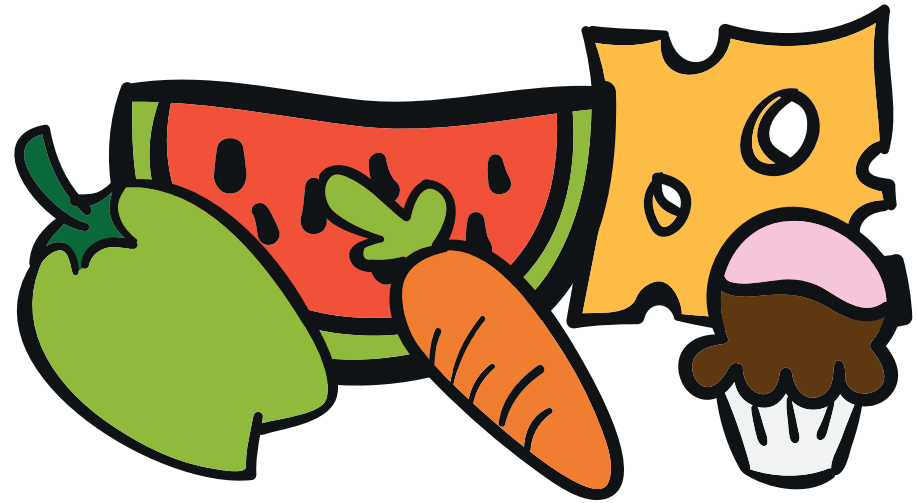
Mini Beef Wraps
Selection of Fresh Fruit
Water

All our food is freshly prepared by our cook on a daily basis using all fresh ingredients. copies of all recipes are available from the nursery manager.

WEEK 2



Menu



Freshly cooked, delicious healthy meals that allow children to explore exciting tastes and textures.

Monday

BREAKFAST

A choice of cereal from Weetabix, Rice Crispies or Cornflakes with warm or cold milk

LUNCH

Homemade Cheese & Onion Pie
Served with tooth-kind, low sugar baked beans
Fruit Yoghurts
Water

AFTERNOON SNACK

Selection of Fresh Fruit

AFTERNOON TEA

Egg Mayo Bruschetta
Crunchy bread with egg mayo on top served with sweet pepper strips on the side
Malt Loaf
Water

Tuesday

BREAKFAST

A choice of cereal from Weetabix, Rice Crispies or Cornflakes with warm or cold milk

LUNCH

Crunchy Cod with Orzo
Apricot Puffed Rice Bars
Water

AFTERNOON SNACK

Homemade Mini Carrot & Apple Muffins

AFTERNOON TEA

Hearty Red Chicken Stew
Made with sweetcorn, beans and a little bit of spice!
Fresh Fruit
Water

Wednesday

BREAKFAST

A choice of cereal from Weetabix, Rice Crispies or Cornflakes with warm or cold milk

LUNCH

Green Hummus & Pitta
Beannie Cottage Pie with green vegetables
Water

AFTERNOON SNACK

Selection of Fresh Fruit

AFTERNOON TEA

Fish Finger Sandwiches in wholemeal roll with lettuce & mayo
Fruity Flapjack Biscuits
Water

Thursday

BREAKFAST

A choice of cereal from Weetabix, Rice Crispies or Cornflakes with warm or cold milk

LUNCH

Penne Pasta with Tuna & Tomatoes
Pineapple & Coconut Cake
Water

AFTERNOON SNACK

Homemade Veggie Finger Scones

AFTERNOON TEA

Squash & Turkey Bake
Tasty minced turkey with a creamy butternut squash topping
Fresh Fruit
Water

Friday

BREAKFAST

A choice of cereal from Weetabix, Rice Crispies or Cornflakes with warm or cold milk

LUNCH

Roast Pork Dinner
Served with creamed potatoes, broccoli & gravy
Banana Bread & Butter Pudding with Custard
Water

AFTERNOON SNACK

Selection of Fresh Fruit

AFTERNOON TEA

Friday Night Tandoori Chicken Pittas
Ice Cream
Water

All our food is freshly prepared by our cook on a daily basis using all fresh ingredients. copies of all recipes are available from the nursery manager.

WEEK 3



Menu



Freshly cooked, delicious healthy meals that allow children to explore exciting tastes and textures.

Monday

BREAKFAST

A choice of cereal from Weetabix, Rice Crispies or Cornflakes with warm or cold milk

LUNCH

Vegetable Sticks
Vegetarian Hot Pot
Water

AFTERNOON SNACK

Three Berry Bread

AFTERNOON TEA

Aubergine Parmigiana
with Garlic Bread
Fresh Fruit
Water

Tuesday

BREAKFAST

A choice of cereal from Weetabix, Rice Crispies or Cornflakes with warm or cold milk

LUNCH

Tomato & Bacon Pasta Shells
Milk Jelly
Water

AFTERNOON SNACK

Selection of Fresh Fruit

AFTERNOON TEA

Cheese & Tomato Melts with
Baked Beans
Fruit Yoghurt
Water

Wednesday

BREAKFAST

A choice of cereal from Weetabix, Rice Crispies or Cornflakes with warm or cold milk

LUNCH

Sweet Pea Fish Pie
Banana Crunch
Water

AFTERNOON SNACK

Toasted Bagels with two toppings

AFTERNOON TEA

Thick Root Vegetable
'Soup in a Mug'
Fresh Fruit
Water

Thursday

BREAKFAST

A choice of cereal from Weetabix, Rice Crispies or Cornflakes with warm or cold milk

LUNCH

Roast Chicken Dinner
served with all the trimmings
Plum Crumble & Custard
Water

AFTERNOON SNACK

Selection of Fresh Fruit

AFTERNOON TEA

Crunchy Chicken Fillet Burgers
Fromage Frais
Water

Friday

BREAKFAST

A choice of cereal from Weetabix, Rice Crispies or Cornflakes with warm or cold milk

LUNCH

Poppadums with Mango Chutney
Salmon & Tomato Curry
served with green rice (It's Nice!)
Water

AFTERNOON SNACK

Cranberry & Banana Cake

AFTERNOON TEA

Bolognaise Bake
Fresh Fruit
Water

All our food is freshly prepared by our cook on a daily basis using all fresh ingredients. copies of all recipes are available from the nursery manager.

WEEK 4



Menu



Freshly cooked, delicious healthy meals that allow children to explore exciting tastes and textures.

Monday

BREAKFAST

A choice of cereal from Weetabix, Rice Crispies or Cornflakes with warm or cold milk

LUNCH

Red Lentil & Aubergine Moussaka
Bananas & Custard
Water

AFTERNOON SNACK

Selection of Fresh Fruit

AFTERNOON TEA

Spinach & Sweet Potato
Dumpling Bake
Selection of Dried Fruits
Water

Tuesday

BREAKFAST

A choice of cereal from Weetabix, Rice Crispies or Cornflakes with warm or cold milk

LUNCH

Italian Salmon & Broccoli Bake
Jelly
Water

AFTERNOON SNACK

Popping Blueberry Poppers

AFTERNOON TEA

Cowboy Waffles, Bacon & Beans
Fresh Fruit
Water

Wednesday

BREAKFAST

A choice of cereal from Weetabix, Rice Crispies or Cornflakes with warm or cold milk

LUNCH

Sweetcorn UFOs
(They come from outer space you know!)
Beans & Bangers Stew
Water

AFTERNOON SNACK

Selection of Dried Fruits

AFTERNOON TEA

Homemade Turkey Sliders
Sugar Free Coconut Rice
Pudding with Berry Compote
Water

AS CREATED
BY OUR
NMT NURSERY
AWARDS 2017
CHEF OF
THE YEAR!

Thursday

BREAKFAST

A choice of cereal from Weetabix, Rice Crispies or Cornflakes with warm or cold milk

LUNCH

Fruity Lamb Pilaf
Rice, lamb & apricots baked together to make a lovely warming pilaf
Fromage Frais
Water

AFTERNOON SNACK

Sunflower Flapjacks

AFTERNOON TEA

Thick 'n' Creamy
Lentil & Bacon Soup
Fresh Fruit
Water

Friday

BREAKFAST

A choice of cereal from Weetabix, Rice Crispies or Cornflakes with warm or cold milk

LUNCH

Baked Fish Fingers
served with creamed potato & baked beans
Plum & White Chocolate Tray Bake
with Custard
Water

AFTERNOON SNACK

Selection of Fruits

AFTERNOON TEA

Crispy Crunch Beef Pie
Homemade Jammy
Splodge Biscuits
Water

All our food is freshly prepared by our cook on a daily basis using all fresh ingredients. copies of all recipes are available from the nursery manager.