



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

Mexican bean casserole, with rice or potatoes (v)

Tuesday

Pork & apple casserole/ vegetable & apple casserole (v) with mashed potato

Wednesday

Vegetable pasta bake (v)

Thursday

Chicken & pineapple in tomato sauce/vegetables & pineapple in tomato sauce (v) with rice or potatoes

Friday

Beef hot pot/ vegetable hot pot (v) with mashed potatoes

WEEK TWO



Monday

Ham & sweetcorn carbonara / vegetable carbonara (v)

Tuesday

Irish stew/ vegetable stew (v)

Wednesday

Thai beef curry/ vegetable curry (v) with rice or potatoes

Thursday

Turkey/ vegetable casserole (v) with carrots & mashed potato

Friday

Chicken bites/ vegetable burger (v) with peas, carrots & mashed potato

WEEK THREE



Monday

Chilli con carne/ chilli con carne (v) with rice or potato

Tuesday

Chicken & vegetable casserole/ vegetable casserole (v) with sweet potato

Wednesday

Quorn pasta bolognese (v) with potato

Thursday

Chicken pie/ vegetable pie (v) topped with potato

Friday

Fish fingers/ vegetable burger (v) with carrots & mashed potato

WEEK FOUR



Monday

Quorn pasta bake (v) with mashed potato

Tuesday

Cottage pie/ vegetable cottage pie (v)

Wednesday

Ham/ vegetable pie (v) with mixed vegetables & mashed potato

Thursday

Chicken curry/ vegetable curry (v) with rice or potato

Friday

Vegetable nuggets with chips or potato (depending on age) & peas