

WEEKLY

MENU 1



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Breakfast

Cereal
Wholemeal Toast
Fresh Fruit

Cereal
Wholemeal Toast
Fresh Fruit

Cereal
Wholemeal Toast
Fresh Fruit

Cereal
Wholemeal Toast
Fresh Fruit

Cereal
Wholemeal Toast
Fresh Fruit

Lunch

Irish Veggie Stew
with Mash and
Steamed Greens

Mild Beef Chilli with
Rice and Salad

Fish in Fresh Parsley
Sauce with Creamy
Mash and Fresh
Vegetables

Sweet & Sour
Chicken or Quorn
with Pineapple
served with Rice

Savoury Lamb Mince
(or veggie mince)
with Roast Potatoes,
Fresh Vegetables
and Gravy

Tea

Minestrone Soup and
Pitta Fingers

Jacket Potato topped
with Tuna &
Cucumber Sticks

Spaghetti with
Homemade Tomato
Sauce

Baked Breaded Fish,
Herby Potatoes,
Peas
Babies – Fish,
potatoes, carrots &
peas

Butternut Squash
Mac n Cheese

Dessert &/
Snack Time

Healthy desserts of fresh fruit/natural yoghurt/stewed fruit/fruit puree are served for lunch and tea. Daytime snacks include fresh fruits, fresh vegetable sticks, rice cakes with vegetable puree etc.

All dishes are homemade on site daily using fresh ingredients. Our sauces contain lots of "hidden" veggies making them very tasty and nutritious. Food for babies is mashed/pureed accordingly. All students dietary requirements are met. A full list of any allergens in each dish is available from your Nursery Manager.



WEEKLY

MENU 2



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Breakfast

Cereal
Wholemeal Toast
Fresh Fruit

Cereal
Wholemeal Toast
Fresh Fruit

Cereal
Wholemeal Toast
Fresh Fruit

Cereal
Wholemeal Toast
Fresh Fruit

Cereal
Wholemeal Toast
Fresh Fruit

Lunch

Cowboy Casserole
(Veggies & Beans in
BBQ Sauce) with
Brown Rice

Roast Chicken or
Quorn with Roast
Potatoes and Fresh
Vegetables

Homemade Salmon
& Cod Fish Pie (or
Butterbean Pie) with
Fresh Veg

Lamb Keema (or
veggie mince) with
Tomato Sauce and
Cous Cous

Turkey/Tofu & Red
Pepper Stroganoff
with Rice and Fresh
Vegetables

Tea

Pumpkin & Potato
Bake

Homemade
Vegetable Soup with
Bread & Butter

Spanish Vegetables
with Rice

Chicken Noodle
Soup

Cauliflower & Lentil
Dhal

Dessert &
Snack time

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WEEKLY

MENU 3



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Breakfast

Cereal
Wholemeal Toast
Fresh Fruit

Cereal
Wholemeal Toast
Fresh Fruit

Cereal
Wholemeal Toast
Fresh Fruit

Cereal
Wholemeal Toast
Fresh Fruit

Cereal
Wholemeal Toast
Fresh Fruit

Lunch

Lentil & Vegetable
Lasagna

Cottage Pie or Veggie
Mince Pie and Fresh
Vegetables

Sri Lankan Fish or
Chickpea &
Courgette Curry and
Rice

Beef meatballs
(Veggie – omit
meatballs) in
Homemade Tomato
& Vegetable Sauce
with Pasta

Spanish Chicken or
Quorn, Creamy
Mash and Green
Beans

Tea

Fish or Veggie
Fingers with Baked
Chips & Baked
Beans (low salt &
sugar)
Babies – Fish,
Butternut Squash,
Carrot Mash

Vegetable and Bean
Biryani

Baked Jacket Potato
with Baked Beans
(low salt) and
Cheese
Babies – mashed jacket
potato, courgette &
cheese

Moroccan Veggies
with Cous Cous

Homemade Butternut
Squash & Lentil
Soup with Bread &
Butter

Dessert &
Snack Time

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WEEKLY

MENU 4



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Breakfast

Cereal
Wholemeal Toast
Fresh Fruit

Cereal
Wholemeal Toast
Fresh Fruit

Cereal
Wholemeal Toast
Fresh Fruit

Cereal
Wholemeal Toast
Fresh Fruit

Cereal
Wholemeal Toast
Fresh Fruit

Lunch

Paprika Veggie
Mince with Creamy
Mash and Broccoli

Country Chicken
Casserole with Roast
Potatoes & Fresh
vegetables

Baked Cod or
Halloumi in Tomato
Sauce with Roasted
Veg Cous Cous

Spaghetti Bolognaise
or Veggie Bolognaise

Mild Chicken or
Quorn Mango Curry
with Rice

Tea

Chinese Vegetable
Stir Fry with Noodles
Babies – Vegetable
Puree

Lentil & Vegetable
Curry with Rice

Veggie Rice Pilaf

Homemade Carrot
and Cumin Soup with
Bread and Butter
fingers

Mushroom &
Sweetcorn Pasta

Dessert &
Snack Time

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