



# Spring/Summer Menu 2024



**LUNCH**

Beef or Bean Chilli con Carne with wholemeal rice  
\*\*  
Coconut and kiwi cake

**LIGHT TEA**

Avocado and egg crème fraiche pasta  
\*\*  
Whole/Oat/Soya milk and fresh fruit

**LUNCH**

Ultimate Summer Frittata (V) with petit pois  
\*\*  
Crunchy Granola and Kefir

**LIGHT TEA**

French bread pizza  
\*\*  
Whole/Oat/Soya milk and fresh fruit

**LUNCH**

Fish or Leek Pie with carrots  
\*\*  
Blueberry cornbread

**LIGHT TEA**

Cheese, lettuce and gherkin & Cheese and beetroot wholemeal wraps (V)  
\*\*  
Whole/Oat/Soya milk and fresh fruit

**LUNCH**

Chicken or veggie Fajitas with sweetcorn mayo  
\*\*  
Pineapple Crush

**LIGHT TEA**

Ploughman's tea (Pork Pie, cheese, celery, grapes, tomatoes and homemade apple chutney)  
\*\*  
Whole/Oat/Soya milk and fresh fruit

**LUNCH**

Broccoli and celeriac stroganoff with nutritional yeast (V)  
\*\*  
Lime and cottage cheese cake

**LIGHT TEA**

Strawberry cream tea  
\*\*  
Whole/Oat/Soya milk and fresh fruit

**LUNCH**

Jacket potato with cheesy coleslaw (V)  
\*\*  
Summer Berry Crumble

**LIGHT TEA**

Mackerel Pâté, oatcakes and cucumber slices  
\*\*  
Whole/Oat/Soya milk and fresh fruit

**LUNCH**

Braised Mushroom and Kale Fricassée with wholemeal rice (V)  
\*\*  
Raspberry Mousse

**LIGHT TEA**

Sandwiches and salad  
\*\*  
Whole/Oat/Soya milk and fresh fruit

**LUNCH**

K'tzitzot (Israeli Meatballs) with Israeli salad and wholemeal pitta bread  
\*\*  
Greek Yoghurt and fruit compote

**LIGHT TEA**

Carrot, flax seed muffins (V)  
\*\*  
Whole/Oat/Soya milk and fresh fruit

**LUNCH** Vit C

Salmon or fishless fingers, baby potatoes, green beans and parsley sauce  
\*\*  
Pear and chocolate cake

**LIGHT TEA**

Banana bread and cinnamon cream cheese (V)  
\*\*  
Whole/Oat/Soya milk and fresh fruit

**LUNCH**

Paneer, pepper and tomato curry with chapati (V)  
\*\*  
Ginger and poppy seed rice pudding

**LIGHT TEA**

Vegetable Miso Soup (Vegan)  
\*\*  
Whole/Oat/Soya milk and fresh fruit

**LUNCH**

Tofu, cauliflower & sweet potato in Teriyaki sauce and brown rice (V)  
\*\*  
Prune and vanilla sponge

**LIGHT TEA**

Tuna, pasta and sweetcorn salad  
\*\*  
Whole/Oat/Soya milk and fresh fruit

**LUNCH**

Coronation chicken or lentil, iceberg lettuce and potato wedges  
\*\*  
Sweet potato cookies

**LIGHT TEA**

Crumpets with stewed apples and Greek yoghurt  
\*\*  
Whole/Oat/Soya milk and fresh fruit

**LUNCH**

Fully loaded Massaman Potatoes with Kachumber salad (V)  
\*\*  
Banana Split

**LIGHT TEA**

Cullen skink  
\*\*  
Whole/Oat/Soya milk and fresh fruit

**LUNCH**

Sausage Arrabiata Pasta  
\*\*  
Peaches and cream

**LIGHT TEA**

Black bean and corn quinoa (V)  
\*\*  
Whole/Oat/Soya milk and fresh fruit

**LUNCH**

Vegetable Ramen (Vegan)  
\*\*  
Fresh fruit and Greek yoghurt

**LIGHT TEA**

Sandwiches and salad  
\*\*  
Whole/Oat/Soya milk and fresh fruit

**LUNCH**

Kimchi Jjigae (Kimchi stew) (Pork and potato)  
\*\*  
Mango fool

**LIGHT TEA**

Spinach pesto pin wheels (V)  
\*\*  
Whole/Oat/Soya milk and fresh fruit

**Meal times**

**Breakfast**  
7.30 - 8.45am

**Snack**  
10.00am

**Lunch**  
11.30am / midday

**Light Tea & milk drink**  
3.30pm

**Breakfast Menu**

Overnight oats, choice of cereals, porridge with fruit, toast & spreads and a selection of fresh fruit

**Sample snacks**

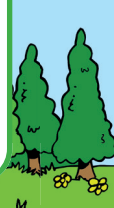
Healthy crackers/breadsticks with homemade hummus, avocado & banana dip, cheese chunks, cream cheese, selection of seasonal fruits

Our menu is on a three week rolling rota over 16 days, this ensures that the dishes evenly rotate giving children the chance to experience all the dishes regardless of which days they attend.

## We are allergen friendly!

All freshly made meals are marked with known allergens, so you can make informed decisions on your child's dietary requirements.

- |           |             |          |
|-----------|-------------|----------|
| Cereals   | Sulphites   | Eggs     |
| Dairy     | Soy (Soya)  | Lupin    |
| Fish      | Crustaceans | Molluscs |
| Celery    | Sesame      | Mustard  |
| Tree Nuts | Peanuts     |          |





# We are passionate about great food



Freshly prepared, home-cooked food, made on-site daily

**Our commitment to you is to provide delicious, healthy, home-cooked, nutritionally balanced meals that your children will enjoy.**

Low saturated fats, lean meat & fish which we grill, bake, poach or steam

We are dedicated to helping parents give their children the best possible nutritional start here at our nurseries.

All dairy free, vegan, and allergy-specific diets are fully catered for

Our well researched menu provides a variety of meals that will educate the children in new flavours and different cultures and of course it will always include some family favourites!

No added salt & reduced sugar cereals, with wholegrain breads, pasta and rice

Every meal is freshly cooked on-site, using the very best locally sourced ingredients.



## Why our food is so special



Brains



Energy



Muscle



Digestion



Eyes



Heart



Bones



Chewing

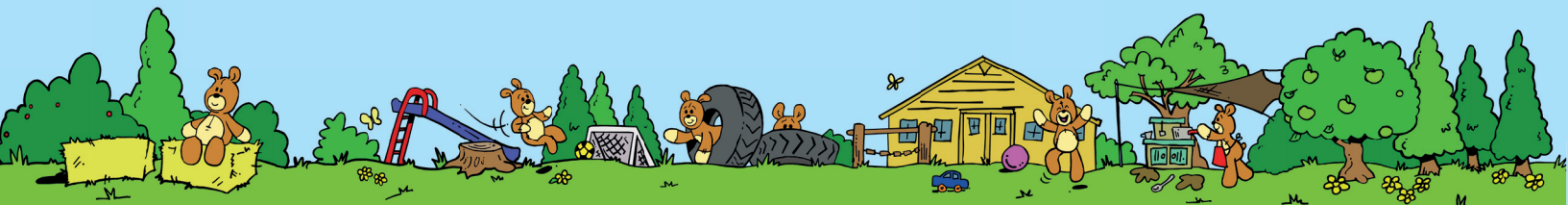


Vitamin C

Every meal is designed to help your children grow-up strong and healthy. With complex vitamins and minerals, calcium, fibre, and iron rich foods, every mealtime is an opportunity for growth.

Packed with antioxidants our yummy dishes protect childrens cells from damage, support eye health, aid in brain function and contribute to mental health improvement.

We've created our own range of icons so you can easily see what each meal provides each day.



## We are passionate about providing excellent food

