

SUMMER MENU

WEEK ONE



WWW.TWINKLESNURSERIES.CO.UK

MONDAY

Selection of cereals
Wholemeal toast and spreads
Natural yoghurt & fresh fruit
Diluted fruit juice or water
Allergens: G DA SU

BREAKFAST

Seafood Macaroni

A selection of fish and macaroni in a
homemade cheese sauce
Served with a duo of seasonal
vegetables
Peaches and ice-cream
Allergens: G F DA SU

LUNCH

Topped Jackets

Jacket potatoes served with a choice
of toppings, served with salad sticks
and cherry tomatoes
Selection of fresh seasonal fruit
Allergens: E F SY DA CE SU LU

DINNER

TUESDAY

Selection of cereals
Wholemeal toast and spreads
Natural yoghurt & fresh fruit
Diluted fruit juice or water
Allergens: G DA SU

BREAKFAST

Cottage Pie

Lean minced beef and onion in
gravy topped with potatoes and baked
Served with a duo of seasonal
vegetables
Bananas and coconut custard
Allergens: G DA CE SU

LUNCH

Fish Paella

White Fish, onions, celery, peppers,
peas, turmeric and paella rice cooked
traditional style
Selection of fresh seasonal fruit
Allergens: G E F CE SU

DINNER

WEDNESDAY

Selection of cereals
Wholemeal toast and spreads
Natural yoghurt & fresh fruit
Diluted fruit juice or water
Allergens: G DA SU

BREAKFAST

Minted Lamb

Lamb and onions in a rich, minty stock
Served with baby potatoes and
seasonal vegetables
Summer fruit and Greek yoghurt
Allergens: G SY DA SU LU

LUNCH

Rainbow Pasta

Diced mixed peppers, sweetcorn and
peas in a tomato sauce on a bed of
pasta and topped with grated cheddar
Selection of fresh seasonal fruit
Allergens: G SY E DA CE SU LU

DINNER

THURSDAY

Selection of cereals
Wholemeal toast and spreads
Natural yoghurt & fresh fruit
Diluted fruit juice or water
Allergens: G DA SU

BREAKFAST

Turkey Lasagne

Turkey mince in homemade tomato and
vegetable sauce, layered with white
sauce and sheets of lasagne
Healthy home baking
Allergens: G E SY DA CE SE SU

LUNCH

Pastries of the Day

Chef's choice of filled homemade
savoury pastries served
with baked beans
Selection of fresh seasonal fruit
Allergens: G E SY DA SU LU

DINNER

FRIDAY

Selection of cereals
Wholemeal toast and spreads
Natural yoghurt & fresh fruit
Diluted fruit juice or water
Allergens: G DA SU

BREAKFAST

Sweet Potato & Chickpea Curry

Sweet potato, chickpeas and spinach
in a spicy coconut sauce with brown
rice and cucumber and raita
Carrot cake
Allergens: G SY DA CE SE SU

LUNCH

Picnic Platter

A selection of traditional picnic
foods from around the world* (please
ask for today's choice)*
Selection of fresh seasonal fruit
Allergens: G SF E F N SY DA CE SE SU LU

DINNER

Allergen Information: G-Gluten SF-Shellfish E-Egg F-Fish N-Nuts SY-Soya DA-Dairy CE-Celery M-Mustard SE-Sesame SU-Sulphites LU-Lupin

*In Baby Stars sandwiches and wraps will be served as a finger food along with a bowl of the Chef's dish of the day. This will be detailed in your baby's daily diary

SUMMER MENU

WEEK TWO



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MONDAY

Selection of cereals
Wholemeal toast and spreads
Natural yoghurt & fresh fruit
Diluted fruit juice or water
Allergens: G DA SU

BREAKFAST

Sausage Surprise
Homemade sausage pie
Served with minted potatoes and
seasonal vegetables
Fresh fruit platter
Allergens: G E SY DA SU LU

LUNCH

Pilchard Pesto Pasta
Pilchards in a homemade red pepper
and pesto sauce
Served on a bed of spaghetti
Selection of fresh seasonal fruit
Allergens: G E F SY DA CE SU LU

DINNER

TUESDAY

Selection of cereals
Wholemeal toast and spreads
Natural yoghurt & fresh fruit
Diluted fruit juice or water
Allergens: G DA SU

BREAKFAST

Risotto of the Day
Please ask in nursery for the Chef's
Risotto choice for today
Served with a side of Spring
vegetables
Healthy home baking
Allergens: G E F SY DA CE SU

LUNCH

Soup & Sandwiches
Homemade tomato soup of served with
a selection of sandwiches*
Please ask for today's choices
Selection of fresh seasonal fruit
Allergens: G E SY DA CE SU LU

DINNER

WEDNESDAY

Selection of cereals
Wholemeal toast and spreads
Natural yoghurt & fresh fruit
Diluted fruit juice or water
Allergens: G DA SU

BREAKFAST

Lamb Moussaka
Lamb, onions, celery and peppers in a
tomato sauce, layered with potatoes,
aubergine and béchamel sauce
Served with bread & Greek salad
Banana Buns
Allergens: G E SY DA CE SU LU

LUNCH

Fish Supper
Fishcakes, root vegetable wedges and
garden peas
Served with brown bread and butter
Selection of fresh seasonal fruit
Allergens: G SY F CE SU LU

DINNER

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THURSDAY

Selection of cereals
Wholemeal toast and spreads
Natural yoghurt & fresh fruit
Diluted fruit juice or water
Allergens: G DA SU

BREAKFAST

Ham & Leek Cobbler
Leeks, ham and mushrooms in a rich
stock with a herby cobbler topping
Served with carrots and broccoli
Summer fruits and Greek yoghurt
Allergens: G E DA SU LU

LUNCH

Butternut Squash Tagine
Butternut squash, tomatoes, onions,
turmeric, cumin, coriander & ginger
Served with fruity cous cous
Selection of fresh seasonal fruit
Allergens: G E F SY DA LU

DINNER

FRIDAY

Selection of cereals
Wholemeal toast and spreads
Natural yoghurt & fresh fruit
Diluted fruit juice or water
Allergens: G DA SU

BREAKFAST

Chicken Supreme
Chicken breast, mushrooms and onions
in a creamy sauce
Served with boiled brown rice and fine
green beans
Jelly and ice-cream
Allergens: SY DA CE SU LU

LUNCH

Burger in a Bun
Homemade burger of the day in a bun,
topped with cheese and served with a
leafy green salad
Selection of fresh seasonal fruit
Allergens: G E SY DA CE SU

DINNER

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SUMMER MENU

WEEK THREE



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MONDAY

Selection of cereals
Wholemeal toast and spreads
Natural yoghurt & fresh fruit
Diluted fruit juice or water
Allergens: G DA SU

BREAKFAST

Cheesie Leek Bake
Leeks, potatoes and cheese layered together and baked until golden
Serve with green beans and sweetcorn
Summer berries and Greek yoghurt

LUNCH

Spaghetti Bolognese
Lean minced beef, garlic onions, celery, peppers, mushrooms and tomatoes Served on a bed of spaghetti

Selection of fresh seasonal fruit
Allergens: G E SY DA CE LU

DINNER

TUESDAY

Selection of cereals
Wholemeal toast and spreads
Natural yoghurt & fresh fruit
Diluted fruit juice or water
Allergens: G DA SU

BREAKFAST

Pirates Catch
Catch of the day in herby tomato sauce
Served with sweet potato wedges and a duo of seasonal vegetables
Ice-cream cornet and homemade sauce
Allergens: G F SY DA SU LU

LUNCH

Around the World in 80 Days
Each week your nursery Chef will be trying out a different dish from around the world to allow the children to explore new tastes

Selection of fresh seasonal fruit
Allergens: G E F SY DA CE M SE SU LU

DINNER

WEDNESDAY

Selection of cereals
Wholemeal toast and spreads
Natural yoghurt & fresh fruit
Diluted fruit juice or water
Allergens: G DA SU

BREAKFAST

Chicken Stroganoff
Diced chicken, mushrooms and peppers in a creamy sauce
Served with lemon rice
Blueberry muffins
Allergens: G E F SY DA SU LU

LUNCH

Soup & Sandwiches
Homemade soup of the day served with a selection of sandwiches*
Please ask for today's choices
Selection of fresh seasonal fruit
Allergens: G E F SY DA CE SU LU

DINNER

THURSDAY

Selection of cereals
Wholemeal toast and spreads
Natural yoghurt & fresh fruit
Diluted fruit juice or water
Allergens: G DA SU

BREAKFAST

Salmon Pasta
Flaked salmon, florets of broccoli and penne pasta in a white sauce
Served with spring vegetables
Healthy home baking
Allergens: G F SY DA LU

LUNCH

Turkey Burger
Homemade turkey burger in a soft bread roll
Served with green salad, cherry tomatoes and cucumber sticks
Selection of fresh seasonal fruit
Allergens: G SY DA CE LU

DINNER

FRIDAY

Selection of cereals
Wholemeal toast and spreads
Natural yoghurt & fresh fruit
Diluted fruit juice or water
Allergens: G DA SU

BREAKFAST

Quiche of the Day
Homemade quiche of the day (Please ask for today's flavour)
Served with baked beans
Fresh fruit jelly
Allergens: G E SY DA SU LU

LUNCH

Topped Jackets
Jacket potatoes served with a choice of toppings
Served with lettuce and crudites
Selection of fresh seasonal fruit
Allergens: E F SY DA CE SU LU

DINNER

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SUMMER MENU

WEEK FOUR



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MONDAY

Selection of cereals
Wholemeal toast and spreads
Natural yoghurt & fresh fruit
Diluted fruit juice or water
Allergens: G DA SU

BREAKFAST

Seafood Macaroni

A selection of fish and macaroni in a
homemade cheese sauce
Served with a duo of seasonal
vegetables
Peaches and ice-cream
Allergens: G F DA SU

LUNCH

Spanish Chicken

Chicken, onions, peppers and olives
in a homemade tomato sauce
Served on a bed of cous cous
Selection of fresh seasonal fruit
Allergens: SY DA CE SU LU

DINNER

TUESDAY

Selection of cereals
Wholemeal toast and spreads
Natural yoghurt & fresh fruit
Diluted fruit juice or water
Allergens: G DA SU

BREAKFAST

Ham & Mushroom Pie

Diced ham, sliced mushrooms and
onions in a white sauce topped with
short crust pastry
Served with swede and carrot mash and
spring greens
Ginger biscuit & apple wedges
Allergens: G E SY DA SU LU

LUNCH

Topped Jackets

Jacket potatoes served with a choice
of toppings
Served with salad sticks and homemade
coleslaw
Selection of fresh seasonal fruit
Allergens: F SY DA CE SU LU

DINNER

WEDNESDAY

Selection of cereals
Wholemeal toast and spreads
Natural yoghurt & fresh fruit
Diluted fruit juice or water
Allergens: G DA SU

BREAKFAST

Chilli Con Carne

Minced beef, onions, celery, peppers
and kidney beans in a spicy tomato
sauce
Served with boiled rice
Selection of fresh seasonal fruit
Allergens: G E SY DA CE SU LU

LUNCH

Pizza Swirls

Homemade pizza swirls in a choice of
flavours including tuna, pesto & cheese
Served with garden salad
Rice pudding & sultanas
Allergens: G F SY DA CE SU LU

DINNER

THURSDAY

Selection of cereals
Wholemeal toast and spreads
Natural yoghurt & fresh fruit
Diluted fruit juice or water
Allergens: G DA SU

BREAKFAST

Buried Treasure

Catch of the day in a white sauce
topped with sweet potato mash
Served with diced swede and fine
green beans
Banana Cake
Allergens: G E F SY DA CE LU

LUNCH

Roasted Veg Rigatoni

Roasted courgettes, onions, peppers,
mushrooms, tomatoes and garlic
Served on a bed of rigatoni pasta
Selection of fresh seasonal fruit
Allergens: G SY DA LU

DINNER

FRIDAY

Selection of cereals
Wholemeal toast and spreads
Natural yoghurt & fresh fruit
Diluted fruit juice or water
Allergens: G DA SU

BREAKFAST

Pork, Chorizo & Chickpea Stew

Pork, chickpeas, diced chorizo,
onions, celery, peppers & tomatoes
Served with garden peas and crusty
bread
Summer berries and yoghurt
Allergens: G E SY DA CE SU LU

LUNCH

Sandwich Platter

A selection of breads with a choice
of fillings*
Served with salad sticks and dips
Selection of fresh seasonal fruit
Allergens: G E F SY DA CE SU LU

DINNER

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