

SPRING SUMMER MENU

WEEK ONE



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MONDAY

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

Macaroni Bake
Macaroni, cauliflower & broccoli in a
homemade cheese sauce, baked in the
oven till golden
Served with garlic bread
Selection of fresh seasonal fruit
Allergens: **G SY DA SU LU**
LUNCH

Topped Jackets
Jacket potatoes served with a choice
of toppings, including beans & tuna,
served with salad sticks, cherry
tomatoes & houmous
Peaches & yoghurt
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, milk 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 SU LU**
LUNCH

Red Pepper & Chickpea Paella
Chickpeas, onions, garlic, red peppers,
sweetcorn, peas, turmeric, smoked
paprika and paella rice
Selection of fresh seasonal fruit
Allergens: **G CE SU LU**
DINNER

WEDNESDAY

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

Minted Lamb
Lamb and onions in a rich, minty gravy
Served with baby potatoes and
a duo of seasonal vegetables
Summer fruit and Greek yoghurt
Allergens: **G SY DA SU**
LUNCH

Rainbow Pasta
Diced mixed peppers, sweetcorn and
peas in a tomato sauce on a bed of
pasta and topped with grated cheddar
Served with crusty bread & herb butter
Selection of fresh seasonal fruit
Allergens: **G SY DA SU LU**
DINNER

THURSDAY

Selection of cereals
Wholemeal toast and spreads
Natural yoghurt & fresh fruit
Diluted fruit juice, milk 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
Lemon & blueberry muffins
Allergens: **G SY DA CE SU LU**
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 F SY DA SU LU**
DINNER

FRIDAY

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

Sweet Potato & Lentil Curry
Sweet potato, lentil and spinach
in a spicy coconut sauce
Served with brown rice and cucumber
and raita
Cheese & biscuits with pear wedges
Allergens: **G SY DA CE SU LU**
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 E F SY DA CE 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

SPRING & SUMMER MENU

WEEK TWO



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MONDAY

Selection of cereals
Wholemeal toast and spreads
Natural yoghurt & fresh fruit
Diluted fruit juice, milk or water

Allergens: **G DA SU**

BREAKFAST

Sausage Surprise

Homemade sausage pie
Served with minted potatoes and a duo of seasonal vegetables
Fresh fruit & yoghurt

Allergens: **G E SY DA SU LU**

LUNCH

Pesto Pasta

Homemade red pepper and pesto sauce on a bed of pasta
Served with warm French bread and garlic butter
Cheese & biscuits with apple wedges

Allergens: **G SY DA SU LU**

DINNER

TUESDAY

Selection of cereals
Wholemeal toast and spreads
Natural yoghurt & fresh fruit
Diluted fruit juice, milk or water

Allergens: **G DA SU**

BREAKFAST

Baked Chicken & Tomato Rice

Chicken, onions, garlic, tomato, parsley & rice, topped with cheese and baked in the oven
Served with a side of Spring vegetables

Selection of fresh seasonal fruit

Allergens: **G DA SU LU**

LUNCH

Soup & Sandwiches

Homemade soup of the day served with a ham or cream cheese sandwiches*

Please ask for today's choices
Fruit smoothie & homemade cookies

Allergens: **G E SY DA CE SU LU**

DINNER

WEDNESDAY

Selection of cereals
Wholemeal toast and spreads
Natural yoghurt & fresh fruit
Diluted fruit juice, milk 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
Selection of fresh seasonal fruit

Allergens: **G DA CE SU LU**

LUNCH

Fish Tacos

Fish goujons on a bed of crispy iceberg lettuce inside a soft wrap with homemade tartare sauce
Served with sweetcorn salad
Banana muffins

Allergens: **G DA E F SU LU**

DINNER

THURSDAY

Selection of cereals
Wholemeal toast and spreads
Natural yoghurt & fresh fruit
Diluted fruit juice, milk or water

Allergens: **G DA SU**

BREAKFAST

Savoury Cobbler

Minced beef and mushrooms in a rich gravy with a herby cobbler topping
Served with carrots and broccoli
Summer fruits and Greek yoghurt

Allergens: **G E DA SU LU**

LUNCH

Moroccan Tagine

Butternut squash, tomatoes, chickpeas, onions, turmeric, cumin, coriander & ginger

Served with fruity cous cous
Selection of fresh seasonal fruit

Allergens: **G SU LU**

DINNER

FRIDAY

Selection of cereals
Wholemeal toast and spreads
Natural yoghurt & fresh fruit
Diluted fruit juice, milk or water

Allergens: **G DA SU**

BREAKFAST

Turkey Supreme

Turkey breast, onions, celery and mushrooms
in a creamy sauce
Served with boiled brown rice and fine green beans

Mandarin jelly and ice-cream

Allergens: **SY DA CE SU LU**

LUNCH

Jamie's Smoked Chilli Beans

Jamie Oliver's smoked chilli beans
Served with sweet potato wedges & sour cream

Selection of fresh seasonal fruit

Allergens: **G DA SU**

DINNER

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SPRING & SUMMER MENU

WEEK THREE



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MONDAY

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

Spaghetti Bolognese
Lean minced beef, garlic, onions, celery, peppers, mushrooms and tomatoes
Served on a bed of spaghetti
Summer berries and Greek yoghurt
Allergens: **G DA CE SU LU**
LUNCH

Wrap it Up!
Soft tortilla wraps with a selection of fillings for children to create their own flavour sensation!
Served with crudité's & houmous
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, milk 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 SE SU LU**
DINNER

WEDNESDAY

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

Chicken Stroganoff
Diced chicken, mushrooms and peppers in a creamy sauce
Served with lemon rice
Cheese & biscuits with pear
Allergens: **G 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, milk or water
Allergens: **G DA SU**
BREAKFAST

Salmon Pasta
Flaked salmon, florets of broccoli and penne pasta in a tomato sauce
Served with spring vegetables
Oat & banana bites with yoghurt
Allergens: **G F SY DA LU**
LUNCH

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

FRIDAY

Selection of cereals
Wholemeal toast and spreads
Natural yoghurt & fresh fruit
Diluted fruit juice, milk 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 & crudité's
Selection of fresh seasonal fruit
Allergens: **E F SY DA CE SU LU**
DINNER

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WEEK FOUR



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MONDAY

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

Vegetable Curry of the Day
Chef's choice of Curry of the day
Served with a selection of Indian breads, mango chutney & raita
Peaches and ice-cream
Allergens: **G DA SY SU LU**
LUNCH

Spanish Chicken
Chicken, onions, peppers, celery 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, milk or water
Allergens: **G DA SU**
BREAKFAST

Pie of the Day
Chef's Pie of the day
Served with swede and carrot mash and spring greens
Ginger biscuit & pear 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: **E F SY DA CE SU LU**
DINNER

WEDNESDAY

Selection of cereals
Wholemeal toast and spreads
Natural yoghurt & fresh fruit
Diluted fruit juice, milk 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 brown rice
Selection of fresh seasonal fruit
Allergens: **G CE SU LU**
LUNCH

Pizza Swirls
Homemade pizza swirls in a choice of flavours including tuna, pesto & mozzarella
Served with garden salad
Rice pudding & sultanas
Allergens: **G F SY DA CE 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**

THURSDAY

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

Buried Treasure
Catch of the day in a white sauce topped with buttery mashed potato
Served with diced swede and fine green beans
Selection of fresh seasonal fruit
Allergens: **F SY DA LU**
LUNCH

Roasted Veg Rigatoni
Roasted courgettes, onions, peppers, mushrooms, cannellini beans, in a tomato sauce
Served on a bed of rigatoni pasta
Cheese & biscuits with apple wedges
Allergens: **G SY DA LU**
DINNER

FRIDAY

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

Chorizo & Chickpea Stew
Chickpeas, diced chorizo, onions, celery, peppers & tomatoes
Served with garden peas and crusty bread
Summer berries and yoghurt
Allergens: **G 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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