

Menu Week 1

Fresh drinking water is available throughout the day

THE NOOK NURSERY

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Selection of wholegrain cereals and toast	Selection of wholegrain cereals and toast	Selection of wholegrain cereals and toast	Selection of wholegrain cereals and toast	Selection of wholegrain cereals and toast
Snack	Selection of fruit and vegetables available all day	Selection of fruit and vegetables available all day	Selection of fruit and vegetables available all day	Selection of fruit and vegetables available all day	Selection of fruit and vegetables available all day
Lunch (Main)	Homemade beef lasagne Steamed broccoli and carrots	Mild chicken curry and rice Tomato and cucumber salad	Homemade cod and haddock fish pie Steamed green beans	Chicken tacos with Mexican rice, sweetcorn and peppers	Lamb and vegetable soup with dumplings
Vegetarian	Spinach and ricotta lasagne	Chickpea and vegetable curry	Lentil and vegetable cottage pie	Three-bean tacos	Vegetable and butter bean soup with dumpling
Dessert	Orange wedges	Natrual Greek yougurt with berries	Fruit platter	Mixed berries	Seasonal fruits
Tea	Egg mayonnaise and cucumber wholemeal pinwheels	Banana and oat pancake fingers served with a selection of fruits	Blueberry and banana muffin and cucumber sticks	Tuna and sweetcorn mini wholemeal baps Soft pepper strips	Falafel fingers with herby yoghurt dip served with a selection of fruits

Fresh, Balanced Meals Following 'Eat Better, Start Better' Guidance

Menu Week 2

Fresh drinking water is available throughout the day



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Selection of wholegrain cereals and toast	Selection of wholegrain cereals and toast	Selection of wholegrain cereals and toast	Selection of wholegrain cereals and toast	Selection of wholegrain cereals and toast
Snack	Selection of fruit and vegetables available all day	Selection of fruit and vegetables available all day	Selection of fruit and vegetables available all day	Selection of fruit and vegetables available all day	Selection of fruit and vegetables available all day
Lunch (Main)	Salmon and spinach pasta bake	Cottage pie, with carrot and cucumber ribbons	Brown stew chicken with rice and steamed cabbage	Butternut squash and red lentil soup with homemade wholemeal bread rolls	Chicken bites, and macaroni cheese with roasted carrots and courgette
Vegetarian	Lentil, Spinach & Tomato Pasta Bake	Lentil & veggie cottage pie	Butter bean and sweet potatoe stew		chickpea patties
Dessert	Greek yoghurt with berries	Fruit salad	pears and grapes	Oat apple crumble	Fruit platter
Tea	Banna bread and greek yoghurt	Wholemeal bread sticks, avocado wedges and homemade hummus	feta and spinach quiche with kiwi slices	Chicken and vegetable couscous salad	Boiled egg, wholemeal toast fingers, cucumber and soft pear slices

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Menu Week 3

Fresh drinking water is available throughout the day



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Selection of wholegrain cereals and toast	Selection of wholegrain cereals and toast	Selection of wholegrain cereals and toast	Selection of wholegrain cereals and toast	Selection of wholegrain cereals and toast
Snack	Selection of fruit and vegetables available all day	Selection of fruit and vegetables available all day	Selection of fruit and vegetables available all day	Selection of fruit and vegetables available all day	Selection of fruit and vegetables available all day
Lunch (Main)	Spaghetti Bolognese with tomato and mozzarella salad	Chicken and mushroom pie with sweetcorn	Homemade salmon fish fingers, sweet potato wedges and mushy peas	Lamb and vegetable stir-fry noodles with steamed broccoli	Oven baked mackerel with seasonal vegetables and plain rice
Vegetarian	Quorn mince	Vegetable and lentil pie	chickpea and vegetable fingers	Vegetable and tofu stir-fry noodles	Tofu
Dessert	Seasonal Fruits	Fruit platter	Berry and rolled oat crumble	Fruit yoghurt sticks	Fruit Salad
Tea	Chicken mayo wrap served with sweet pepper sticks	Cheese scones with tomato wedges and grapes	Cream cheese and cucumber sandwich served with a selection of fruits	Apple and oat fingers with plain Greek yoghurt	Homemade baked vegetable spring rolls with a selection of fresh fruits

Fresh, Balanced Meals Following 'Eat Better, Start Better' Guidance

Menu week 4

Fresh drinking water is available throughout the day

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Selection of wholegrain cereals and toast	Selection of wholegrain cereals and toast	Selection of wholegrain cereals and toast	Selection of wholegrain cereals and toast	Selection of wholegrain cereals and toast
Snack	Selection of fruit and vegetables available all day	Selection of fruit and vegetables available all day	Selection of fruit and vegetables available all day	Selection of fruit and vegetables available all day	Selection of fruit and vegetables available all day
Lunch (Main)	Roast Lamb, roast sweet potatoes & butternut squash with gravy	Oven-baked salmon bites with creamy mashed potato, roasted carrots and aubergine	Chicken meatballs and bulgur wheat and roasted aubergine and sweet pepper	Jacket potato with grated cheese and four bean chilli served with coleslaw	Chicken and vegetable noodle soup
Vegetarian	Sweet Potato & Chickpea Patties	chickpea and vegetable bites	vegetable pattie		butter bean & vegetable noddle soup
Dessert	Seasonal Fruits	Stewed apples with cinnamon	Fruit salad	Greek yoghurt with berries	Fruit platter
Tea	Blueberry pancakes and Pear Slices	Cheese & onion pastry and carrot and cucumber sticks	Mini vegetable quiche muffins	Tuna pasta salad	Chicken & Sweetcorn Pitta Pockets

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