

Sample Nursery Menu

Autumn/ Winter

Monday	BREAKFAST Selection of cereals & toast	LUNCH Mexican bean chilli served with wholegrain rice Starter/ Pudding: Corn on the cob	TEA Chicken (vegetable) fajita wraps with sour cream	SNACKS AM: Seasonal fruit selection PM: Healthy savoury snack
Tuesday	BREAKFAST Selection of cereals & toast	LUNCH Roast chicken (quorn) with roasted new potatoes & seasonal vegetables Starter/ Pudding: Peaches & cream	TEA Pasta salad	SNACKS AM: Seasonal fruit selection PM: Healthy savoury snack
Wednesday	BREAKFAST Selection of cereals & toast	LUNCH Cheesy swede, carrot & potato pie with fish fingers (quorn) & baked beans Starter/ Pudding: Greek yoghurt with honey	TEA Hearty winter vegetable & lentil soup with croutons	SNACKS AM: Seasonal fruit selection PM: Healthy savoury snack
Thursday	BREAKFAST Selection of cereals & toast	LUNCH Tomato & mascarpone wholemeal pasta Starter/ Pudding: Garlic bread	TEA Wholemeal sandwiches with a selection of meats (quorn) & crudités	SNACKS AM: Seasonal fruit selection PM: Healthy savoury snack
Friday	BREAKFAST Selection of cereals & toast	LUNCH Sausage (quorn) & leek casserole served with steamed potatoes Starter/ Pudding: Garlic bread	TEA Jacket potatoes with cheese & homemade coleslaw	SNACKS AM: Seasonal fruit selection PM: Healthy savoury snack

Castle Nursery meals are all homemade daily with no added sugar or salt.

Drinks: Tap water is served throughout the day, with milk available at snack times.

Dietaries: All dietary needs are catered for, **vegetarian options are highlighted in green.**

Weaning: Purees and finger foods are available for smaller children who have begun weaning.

This is a sample menu. Menus are rotated on a three-week basis.

Please contact your nursery manager to request the full three-week menu rotation or weaning menu, including allergen information.