

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 and Mascarpone Wholemeal Pasta Starter/ Pudding: Garlic Bread	TEA Wholemeal Sandwiches with a Selection of meats (Quorn) & crudité	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 3 week basis. Please contact your nursery manager to request a full three 3 week menu with allergens.