

Sample Nursery Menu

Spring/ Summer

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|-----------|--|--|--|--|
| Monday | <p>BREAKFAST</p> <p>Wheat biscuits with milk with fruit</p> | <p>LUNCH</p> <p>Cajun (quorn) chicken with brown rice</p> <p>.....</p> <p>Starter/ Pudding:</p> <p>Relish and breadsticks</p> | <p>TEA</p> <p>Continental platter</p> | <p>SNACKS</p> <p>AM: Seasonal fruit selection</p> <p>.....</p> <p>PM: Healthy savoury snack</p> |
| Tuesday | <p>BREAKFAST</p> <p>Wholemeal toast fingers and fresh fruit</p> | <p>LUNCH</p> <p>Macaroni cheese served with butternut squash</p> <p>.....</p> <p>Starter/ Pudding:</p> <p>Corn on the cob</p> | <p>TEA</p> <p>Turkey goujons (Quorn) wraps served with salad</p> | <p>SNACKS</p> <p>AM: Seasonal fruit selection</p> <p>.....</p> <p>PM: Healthy savoury snack</p> |
| Wednesday | <p>BREAKFAST</p> <p>Sugar free banana bread slice with fruits</p> | <p>LUNCH</p> <p>Beef (Tofu) and broccoli goulash served in a bread</p> <p>.....</p> <p>Starter/ Pudding:</p> <p>Banana Split</p> | <p>TEA</p> <p>Seasonal pasta salad</p> | <p>SNACKS</p> <p>AM: Seasonal fruit selection</p> <p>.....</p> <p>PM: Healthy savoury snack</p> |
| Thursday | <p>BREAKFAST</p> <p>Selection of cereals & toast</p> | <p>LUNCH</p> <p>Fish (Lentil) pie served with sweetcorn</p> <p>.....</p> <p>Starter/ Pudding:</p> <p>Greek yoghurt and fruit</p> | <p>TEA</p> <p>Chicken (Vegetable) fajitas with sour cream</p> | <p>SNACKS</p> <p>AM: Seasonal fruit selection</p> <p>.....</p> <p>PM: Healthy savoury snack</p> |
| Friday | <p>BREAKFAST</p> <p>Warm porridge and cereals with fruit topper</p> | <p>LUNCH</p> <p>Sausage (quorn) & leek casserole served with steamed potatoes</p> <p>.....</p> <p>Starter/ Pudding:</p> <p>Garlic bread</p> | <p>TEA</p> <p>Tuna and sweetcorn wholemeal rolls with salad</p> | <p>SNACKS</p> <p>AM: Seasonal fruit selection</p> <p>.....</p> <p>PM: Healthy savoury snack</p> |

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.