Castle Nursery & Pre-School

Sample Nursery Menu

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