

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	A Selection of Cereal served with toast, Fresh Drinking Water or Apple/Orange juice (Unicorns only)	A Selection of Cereal served with toast, Fresh Drinking Water or Apple/Orange juice (Unicorns only)	A Selection of Cereal served with toast, Fresh Drinking Water or Apple/Orange juice (Unicorns only)	A Selection of Cereal served with toast, Fresh Drinking Water or Apple/Orange juice (Unicorns only)	A Selection of Cereal served with toast, Fresh Drinking Water or Apple/Orange juice (Unicorns only)
Mid Morning Snack	A selection of Fresh Fruit served with Fresh Drinking Water	A selection of Fresh Fruit served with Fresh Drinking Water	A selection of Fresh Fruit served with Fresh Drinking Water	A selection of Fresh Fruit served with Fresh Drinking Water	A selection of Fresh Fruit served with Fresh Drinking Water
Lunch	Poached Fish or (V) Quorn in a Cheese Parsley Sauce served with Mashed Potato, Carrots and Peas.	Homemade Lamb and Mixed Vegetable Bolognese or (V) Vegetable Bolognese served with Spaghetti	Roast Chicken or (V) Quorn, Boiled Potatoes with Chopped Cabbage & Carrot served with Vegetable Gravy	Chickpea and Vegetable Curry served on a bed of Brown Rice	Salmon and Broccoli Pasta or (V) Broccoli & Lentil Pasta served with Sweetcorn
Dessert	Fresh Peach and Pear Slices	Banana Slices served with Custard	Fruit Jelly	Raspberry Puree served with Plain Fromage Frais	Eves Pudding with Custard
Afternoon Snack	Milk to Drink A selection of Rice Cakes and Breadsticks	Milk to Drink with Cream Crackers and Cheese Spread	Milk to Drink Sliced Cherry Tomatoes served with Bread Sticks and Mozzarella	Milk to Drink White Bread with Spread served with Sliced Grapes	Milk to Drink Wholemeal Pitta Bread served with Tzatziki
Tea	Quorn and Vegetable Couscous Salad	Chicken Risotto or Tofu Risotto	Selection of Sandwiches with a Variety of Fillings served with Carrot and Cucumber Sticks	Fish Fingers with Homemade Tomato Salsa	Jacket Potato served with Cheese and Beans
Dessert	Plain Yoghurt served with Pureed Apple & Blackberries	Seasonal Fruit Salad	Blueberry Muffin	Banana and Raisin Flapjack	Homemade Ginger Biscuits served with Sliced Apple

Full ingredient lists and allergy information for any dish is available from each of our Nurseries.

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Morning Session

Afternoon Session

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	A Selection of Cereal served with toast, Fresh Drinking Water or Apple/Orange juice (Unicorns only)	A Selection of Cereal served with toast, Fresh Drinking Water or Apple/Orange juice (Unicorns only)	A Selection of Cereal served with toast, Fresh Drinking Water or Apple/Orange juice (Unicorns only)	A Selection of Cereal served with toast, Fresh Drinking Water or Apple/Orange juice (Unicorns only)	A Selection of Cereal served with toast, Fresh Drinking Water or Apple/Orange juice (Unicorns only)
Mid Morning Snack	A selection of Fresh Fruit served with Fresh Drinking Water	A selection of Fresh Fruit served with Fresh Drinking Water	A selection of Fresh Fruit served with Fresh Drinking Water	A selection of Fresh Fruit served with Fresh Drinking Water	A selection of Fresh Fruit served with Fresh Drinking Water
Lunch	Sausages or (V) Vegetarian Sausages served with Mashed Potato, Sweetcorn, Peas and Vegetable Gravy	Vegetarian Lasagne served with Homemade Garlic Bread	Sweet and Sour Chicken or (V) Sweet and Sour Tofu served with Noodles and Brown Rice	Roast Turkey or (V) Quorn served with Cream Swede, Potato and Carrots	Cod Fish Cakes or (V) Potato Cakes served with Mini Roast Potatoes, Peas and Sweetcorn
Dessert	Rice Pudding served with Sultanas	Apple Crumble and Custard	Semolina with Fruit	Stewed Apple & Raisins served with Ice Cream	Pineapple Upside Down Cake with Custard
Afternoon Snack	Milk to Drink White Bread with Spread served with Sliced Grapes	Milk to Drink A selection of Rice Cakes and Breadsticks	Milk to Drink Wholemeal Pitta Bread served with Tzatziki	Milk to Drink Sliced Malt Bread	Milk to Drink Sliced Cherry Tomatoes served with Bread Sticks and Mozzarella
Tea	Cheese and Tomato Muffin Pizza served with Carrot and Cucumber Sticks	Selection of Mixed Wraps served with Mixed Pepper Sticks	Cheesy Beans on Wholemeal Toast	Homemade Hummus with Toasted Pitta Slices served Sugar Snap Peas	Chickpea and Sweetcorn Wholemeal Pasta Salad
Dessert	Banana Buns	Crunchy Summer Crumble with Yoghurt	Vanilla Sauce with Pureed Peach	Fruit Jelly	Oaty Biscuits served with Orange Slices

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Morning Session

Afternoon Session

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	A Selection of Cereal served with toast, Fresh Drinking Water or Apple/Orange juice (Unicorns only)	A Selection of Cereal served with toast, Fresh Drinking Water or Apple/Orange juice (Unicorns only)	A Selection of Cereal served with toast, Fresh Drinking Water or Apple/Orange juice (Unicorns only)	A Selection of Cereal served with toast, Fresh Drinking Water or Apple/Orange juice (Unicorns only)	A Selection of Cereal served with toast, Fresh Drinking Water or Apple/Orange juice (Unicorns only)
Mid Morning Snack	A selection of Fresh Fruit served with Fresh Drinking Water	A selection of Fresh Fruit served with Fresh Drinking Water	A selection of Fresh Fruit served with Fresh Drinking Water	A selection of Fresh Fruit served with Fresh Drinking Water	A selection of Fresh Fruit served with Fresh Drinking Water
Lunch	Vegetable Chilli served with Long Grain Rice	Roast Lamb or (V) Roasted Butternut Squash with Mashed Potatoes, Mixed Vegetables and a Yorkshire Pudding	Potato and Courgette Hot Pot with a Cheesy Topping	Chicken or (V) Quorn Curry served on a bed of Basmati Rice	Tuna Pasta Bake Or (V) Lentil Bake
Dessert	Peach Crumble with Custard	Seasonal Fruit Platter	Cocoa Beetroot Sponge with Cocoa Custard	Stewed Apple with Plain Yoghurt	Lemon Sponge with Custard
Afternoon Snack	Milk to Drink White Bread with Spread served with Sliced Grapes	Milk to Drink with Sliced Malt Bread	Milk to Drink Wholemeal Pitta Bread served with Tzatziki	Milk to Drink A selection of Rice Cakes and Breadsticks	Milk to Drink Sliced Cherry Tomatoes served with Bread Sticks and Mozzarella
Tea	Pasta in a Tomato Sauce	Cracker Bread served with Homemade Hummus and Crunchy Summer Salad	Homemade Cheese, Onion and Tomato Quiche served with Beans	Tuna Paté served with Pitta Bread and Sliced Mixed Peppers	Butternut Squash and Red Lentil Soup served with Fresh Rolls
Dessert	Fresh Apple and Pear Slices	Carrot Cake	Fresh Melon Selection	Homemade Short Bread served with Fresh Strawberries	Seasonal Fruit Salad

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Morning Session

Afternoon Session

Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	A Selection of Cereal served with toast, Fresh Drinking Water or Apple/Orange juice (Unicorns only)	A Selection of Cereal served with toast, Fresh Drinking Water or Apple/Orange juice (Unicorns only)	A Selection of Cereal served with toast, Fresh Drinking Water or Apple/Orange juice (Unicorns only)	A Selection of Cereal served with toast, Fresh Drinking Water or Apple/Orange juice (Unicorns only)	A Selection of Cereal served with toast, Fresh Drinking Water or Apple/Orange juice (Unicorns only)
Mid Morning Snack	A selection of Fresh Fruit served with Fresh Drinking Water	A selection of Fresh Fruit served with Fresh Drinking Water	A selection of Fresh Fruit served with Fresh Drinking Water	A selection of Fresh Fruit served with Fresh Drinking Water	A selection of Fresh Fruit served with Fresh Drinking Water
Lunch	Sweet Potato and Spinach Bake with Braised Cabbage.	Savoury Minced Lamb or (V) Quorn with Boiled Parsley Potatoes, Red Cabbage and Peas.	Chicken Supreme or (V) Vegetable Supreme served with Rice, Peas and Sweetcorn	Moroccan Lamb or (V) Quorn served with Couscous, Peas and Sweetcorn	Fish Pie or (V) Red Lentil Pie with Sweet Potato Topping
Dessert	Apple and Blackberry Puree served with Plain Yoghurt	Fruit Jelly	Apple and Pear Crumble served with Custard	Fruit Trifle	Banana Buns served with Custard
Afternoon Snack	Milk to Drink White Bread with Spread served with Sliced Grapes	Milk to Drink A selection of Rice Cakes and Breadsticks	Milk to Drink Wholemeal Pitta Bread served with Tzatziki	Milk to Drink Sliced Malt Bread	Milk to Drink Sliced Cherry Tomatoes served with Bread Sticks and Mozzarella
Tea	Tuna and Sweetcorn Pasta Salad	Mixed Vegetable Risotto	Cheese and Potato Pie topped with Fresh Tomatoes	Banana, Pear and Cheese Sandwiches served with Carrot and Cucumber Slices	Jacket Potato served with Cheese and Beans
Dessert	Peach and Pear Slices	Apricot Puree with Plain Yoghurt	Seasonal Fruit Salad	Homemade Flapjack	Fresh Fruit served with Ice Cream

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Morning Session

Afternoon Session