

Spring/Summer 2026 Menu 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 7:00-7:45	Selection of whole-grain cereals such as porridge, fortified whole-wheat biscuit cereals or shredded wheat provided and served with milk or a sugar-free alternative and a selection of fresh fruits. Or Boiled egg with wholemeal soldiers and a selection of fresh fruits				
Snack 9:30- 10:00	Breadsticks with Watermelon & Cucumber Sticks (2,7)	Toasted Crumpets with Strawberries & Grapes with the choice of Butter or Honey (2)	Corn Bread with Oranges & Tomatoes (2,11)	Homemade Seeded Bread & a choice of Butter or Cream cheese with Honeydew Melon & Cucumber Sticks (2)	Wholemeal Bagel & a choice of Marmalade or Honey with Blueberries & Oranges (2,4)
	Milk/Water 100-150ml				
Lunch 11:45- 12:15	Bean & Veggie Sausage Pasta Bake (2)	Beef Ragu (or Quorn Mince) with Tagliatelle & Garlic Bread (1)	Sweet Potato & Chickpea Curry with Basmati Rice & Mini poppadoms (13)	Salmon, Sweet Potato, Roasted Vegetables (Courgette, Peppers)	Sweet & Sour Chicken With Wild Rice and Prawn Crackers (2,3,4)
	Sweet Potato Brownie Bites	Raspberry Oat Cookies	Blueberry Yoghurt (7)	Apple & Cinnamon Flapjacks (2,7)	Banana Bread (2,4,7)
Snack 14:00 -14:30	Apple & Sliced Tomatoes with Wholegrain Crackers & Spread (2,7)	Onion Veggie Cakes with Sugar Snap Peas & Bananas (2)	Pitta Sticks With Sweetcorn & Apples with Butter Or Honey (2,7)	Pepper Sticks & Apples with Wholegrain Crackers & Marmalade or Butter (2)	Grapes & Carrot Sticks with Cream Crackers With Lemon Curd or Honey (2)
	Milk/Water 100-150ml				
Tea 15:45-16:15	Fish Finger Sandwiches with Homemade Tartar Sauce & Carrot Fries (2,4,12)	Wholemeal Pizza Muffins with Mushrooms, Tomatoes & Pepper Sticks (2,7,12)	Mixed Bean Pasta Topped with Cheese (2,7)	Cheese & Broccoli Quiche with Corn On The Cob (2,4,7)	Cheese & Tomato and Chicken Mayo Sandwiches Selection With Cucumber Sticks (2,9,12)
	Strawberries (40g)	Pineapple sticks (40g)	Bananas (40g)	Pear Slices (40g)	Bananas (40g)
Dinner 18:20-18:50	A selection of light and wholesome meals, such as refreshing pasta salads with fresh vegetables and lean protein, or sandwiches made with wholemeal bread, filled with nutritious ingredients to aid quality sleep (Magnesium and Melatonin), such as ham, turkey, cheese, houmous, and spinach. Served with a side of fresh fruit.				
Fresh drinking water will be available and accessible at all times. We will provide an alternative option to ensure we accommodate all religious and dietary requirements. All our food is freshly prepared on-site each day by our cook, using locally sourced meat with no added salt or sugar. This ensures that our entire menu is suitable for weaning babies, with textures adjusted to their developmental stage.					
Allergens: Celery (1), Cereals containing gluten (2.) Barley (2.1) Rye (2.3) Triticale (2.4) Durum (2.5) Emmer (2.6) Semolina (2.7) Spelt (2.8) Farina (2.9) Farro (2.10) Graham (2.11)KAMUT® (2.12), Crustaceans (3), Eggs(4), Fish (5), Lupin (6), Milk (7), Molluscs (8), Mustard (9), Peanuts (10), Sesame (11), Soyabean (12), Sulphur dioxide and sulphites (13), Tree nuts					

Spring/Summer 2026 Menu 2

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Breakfast 7:00-7:45	Selection of whole-grain cereals such as porridge, fortified wholewheat biscuit cereals or shredded wheat provided and served with milk or a sugar-free alternative and a selection of fresh fruits. Or Boiled egg with wholemeal soldiers and a selection of fresh fruits				
Snack 9:30- 10:00	Satsumas, Strawberries Oat Cakes & Butter Or Honey (2)	Wholemeal Toast Kiwi Slices & Cucumber Sticks with Jam Or Honey (2,12)	Honey Dew Melon & Sugar Snap Peas with Breadsticks & Cream Cheese Dip (2,7)	Apples & Oranges, Butterpuff Crackers with Homemade Chocolate Spread or Butter (2,7)	Oat Cookies with Mixed Grapes & Bananas (2)
	Milk/Water 100-150ml				
Lunch 11:45- 12:15	Cheesy Potato & Bean Pie with Broccoli (7)	Steamed Cod (Or Tofu) in a Tomato & Pepper Sauce With Vegetable Cous Cousins (1,5)	Beef (or Chickpea) Chilli-Con-Carne and Rice (2)	BBQ Chicken (or BBQ Quorn Pieces) with New Potatoes & Peas & Sweetcorn (1)	Pork Meatballs (Or Vegetable Meatballs) With Penne Pasta in a Marinara Sauce (2)
	Raspberry Yoghurt (7)	Strawberry & Blueberry Ice-lollies	Homemade Low Sugar Chocolate Shortbread (2)	Watermelon Pizza (7)	Mango Sorbet
Snack 14:00 -14:30	Carrot Sticks & Apple Sticks, Rice Cakes with Butter or Jam	Pepper Sticks & Mixed Grapes, Breadsticks (2,7)	Babycorn & Blueberries With Pitta Sticks with Mint Dip (2,7)	Ryvita Thins with Cucumber Sticks & Pomegranate Seeds (2,7,11)	Cherry Tomatoes & Pears with Cream Crackers, Butter or Jam (2)
	Milk/Water 100-150ml				
Tea 15:45-16:15	Cheese & Tomato Wholemeal Pitta with Cucumber & Bean Salad (2,7)	Jacket Potato With Beans & Cheese or Chicken & Bacon Filling (7)	Homemade Jam Sandwiches & Egg Mayo Sandwiches (2,4,7,12)	Prawns in Thousand Island Dressing on Toast (2,3,4)	Ham & Cheese (Or Quorn Ham) Puff Pastry Tarts (2,7)
	Pears (40g)	Watermelon (40g)	Pineapple Sticks (40g)	Bananas (40g)	Tangerines (40g)
Dinner 18:20-18:50	A selection of light and wholesome meals, such as refreshing pasta salads with fresh vegetables and lean protein, or a selection of sandwiches made with wholemeal bread, filled with nutritious ingredients to aid quality sleep (magnesium and Melatonin) such as ham, turkey, cheese, houmous and spinach. Served with a side of fresh fruit.				
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Spring/Summer 2026 Menu 3

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Snack 9:30- 10:00	Blueberries & Carrot Sticks with Toasted Pitta & Honey or Butter (2,7)	Strawberries & Cucumber Sticks with Breadsticks (2,7)	Bananas & Pineapple with Rice Cakes with Butter Or Homemade Chocolate Spread	Watermelon & Tomato Crispbreads with Butter or Jam (2,7,11)	Oranges & Mixed Grapes with Butterpuff Crackers with Marmalade or Butter (2,7)
	Milk/Water 100-150ml				
Lunch 11:45- 12:15	Mediterranean Bean Tagine with Cous Cous (2)	Beef, Carrot & Courgette (Or Lentil) Bolognese with Wholegrain Spaghetti with Garlic Bread (1,2)	Thai Green Fish (Or Tofu) Curry with Sticky Rice (5,9)	Chicken & Vegetable Noodle Stir Fry (4)	Cod Bites (Or Carrot & Pea Bites) With Swede & Potato Mash & Green Beans (5)
	Honeydew Melon Slices	Black Forest Overnight Oats (2,7)	Sugar-Free Dark Chocolate Brownies Bites (2,4,7)	Blueberry Oat Muffins (2,4,7)	Watermelon Ice lollies
Snack 14:00 -14:30	Cucumber Sticks & Bananas with Butterpuff Crackers, Butter or Jam (2,7)	Sweetcorn & Sugar Snap Peas with Cream Crackers with Butter or Honey (2)	Baby Carrots & Grapes, Breadsticks (2,7)	Cucumber Slices & Blueberries & Multigrain Crackers (2,7,11)	Babycorn & Apples with Waterbiscuits & Butter or Marmalade (2)
	Milk/Water 100-150ml				
Tea 15:45-16:15	Wholemeal Pizza Sticks with Pepper Sticks (2,7,12)	Cheese & Tomato Toasties (2)	Jerk Chicken Wraps & Garlic Dip (2,7)	Mixed Vegetable Lentil Pasta Topped with Grated Cheese (2,7)	Ham and/or Cucumber and Cream Cheese Sandwich Selection With Tomato & Sweetcorn Salad (2,7,12)
	Clementines (40g)	Apples (40g)	Mixed Berries (40g)	Bananas (40g)	Pears (40g)
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