

**Eat better,
start better**

Spring

by Action for Children

Spring and Summer Menus



Spring and Summer Nursery Menu

Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	A choice of cereal Toast Banana/Pear Water or milk	A choice of cereal Toast Banana/Pear Water or milk	A choice of cereal Toast Banana/Pear Water or milk	A choice of cereal Toast Banana/Pear Water or milk	A choice of cereal Toast Banana/Pear Water or milk
Mid morning Snack	Bread Sticks Vegetable slices	Selection of Seasonal Fruit	Pitta Bread with Tzatziki and Tomatoes	Oat Cakes with Banana	Selection of seasonal fruit
Lunch	Cod, potato and spinach curry with cous cous Lemon and Sultana Cake	Vegetable lasagne with whole-wheat pasta Garlic bread Banana and custard	Cowboy casserole with sweet potato topping Peas Fruit Salad	Chicken Stew with roast potatoes, carrots and broccoli Gravy Peach Fool Ripple	Cottage Pie with potato mash Green beans Fruity Oat Crumble Sundae
Weaning – finger food	Cauliflower florets	Soft Garlic Bread	Carrot Batons	Swede Batons	Green Beans
Vegetarian Option	Lentil, potato and spinach curry	Vegetable lasagne	Vegetarian cowboy casserole	Vegetable Stew	Vegetable and lentil cottage Pie
Mid afternoon snack	Tomato slices and Cheese Sticks	Toasted Crumpets	Selection of Seasonal Fruit	Selection of seasonal fruit	Crackers and Cheese Spread
Afternoon tea	Assorted wraps Tuna / chicken Selection of Seasonal Fruit	Falafel and salad Carrot sticks Houmous Pitta bread fingers Greek Style Yoghurt	Wholemeal Bagel with ham and cheese spread carrots and peppers sticks Apple slice	Cheese and potato pie Cucumber sticks Banana Slices	Tomato and lentil pasta Apple Slices and Pears
Weaning – finger food	Soft bread strips	Soft carrot batons	Soft pepper sticks	Cucumber sticks	Strips of rice cakes
Vegetarian Option	Egg savoury wraps	Falafel and salad	Wholemeal bagel	Cheese and potato pie	Tomato pasta

All children have access to fresh drinking water throughout the day

Water and milk will be available with morning and afternoon snack

Water will be served with Lunch

Milk will be served with afternoon tea



For allergens information please ask at nursery office or nursery kitchen



Spring and Summer Nursery Menu

Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	A choice of cereal Toast Banana/Pear Water or milk	A choice of cereal Toast Banana/Pear Water or milk	A choice of cereal Toast Banana/Pear Water or milk	A choice of cereal Toast Banana/Pear Water or milk	A choice of cereal Toast Banana/Pear Water or milk
Mid morning Snack	Houmous and Pitta Fingers	Selection of seasonal fruit	Breadsticks Cucumber and Carrot Sticks	Selection of seasonal fruit	Cheese Scone
Lunch	Tuna Pasta with Sweetcorn Fruit Salad	Pork and apple casserole New potatoes Carrots Rice pudding with sultanas	Chickpea and spinach Curry White Rice Seasonal Fruit Salad	Beef Bolognese Whole-wheat Spaghetti and Garlic Bread Blueberry Tray Bake	Chicken and Red Pepper Fajitas Fruit and Natural Yoghurt
Weaning – finger food	Pepper Strips	Carrot Batons	Broccoli Florets	Soft Garlic Bread	Pepper Strips
Vegetarian Option	Tuna Pasta with Sweetcorn	Mixed bean Tagine	Chickpea and Spinach Curry	Vegetable Bolognese	Vegetable fajitas
Mid afternoon snack	Selection of seasonal fruit	Crackers, tzatziki and cucumber slices	Selection of seasonal fruit	Oat Cakes and Cream Cheese	Selection of seasonal fruit
Afternoon tea	Bagel with cheese cubes, tomatoes and cucumber Sugar free angel delight	Muffin with egg mayonnaise and Vegetable sticks Natural Yoghurt with fruit	Baguettes Houmous and cucumbers sticks Yoghurt	Gammon New potatoes and salad Fruit salad	Tuna Pasta Salad Selection of seasonal fruit
Weaning – finger food	Cucumber Batons	Soft vegetable sticks	Cucumber Batons	Soft bread	Soft vegetable sticks
Vegetarian Option	Wholemeal Bagel	Muffin with egg mayonnaise	Baguette	Vegetable cous cous with mixed beans	Cheese Pasta Salad

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Water and milk will be available with morning and afternoon snack

Water will be served with Lunch

Milk will be served with afternoon tea

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Spring and Summer Nursery Menu

Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	A choice of cereal Toast Banana/Pear Water or milk	A choice of cereal Toast Banana/Pear Water or milk	A choice of cereal Toast Banana/Pear Water or milk	A choice of cereal Toast Banana/Pear Water or milk	A choice of cereal Toast Banana/Pear Water or milk
Mid morning Snack	Selection of seasonal fruit	Toasted Crumpets Banana	Selection of seasonal fruit	Crackers and Cheese Spread	Houmous and Vegetable Sticks Oat cake
Lunch	Toad in the hole & mash potato Broccoli Onion gravy Creamy Peach Dessert	Beef and Mushroom Stroganoff Brown Rice Banana Cake	Homemade cheese and tomato pizza with beans Coleslaw Salad Fruit and Yoghurt	Fish pie Green beans Natural Yoghurt and Sultanas	Chicken Curry White rice Summer Fruit and Apple Crumble with Custard
Weaning – finger food	Broccoli Florets	Sugar Snap Peas	Cucumber Batons	Green beans	Cauliflower Florets
Vegetarian Option	Toad in the hole	Bean and Mushroom Stroganoff	Homemade cheese and tomato pizza	Lentil and vegetable pie	Chickpea Curry
Mid afternoon snack	Bread Sticks and pepper sticks	Selection of seasonal fruit	Pitta Fingers and Houmous	Selection of seasonal fruit	Cheese Scone with spread
Afternoon tea	Wholemeal Pitta pockets, tuna mayonnaise with vegetable sticks Pears and yoghurt	Selection of rolls Cheese savoury Selection of seasonal fruit	Tomato and red lentil pasta Greek style Yoghurt	Chicken wrap with cucumber and lettuce Fruit Salad	Vegetable and chickpea cous cous Selection of seasonal fruit
Weaning – finger food	Soft vegetable sticks	Soft bread roll	Strips of Rice Cakes	Cucumber Batons	Soft vegetable sticks
Vegetarian Option	Pitta pockets Boiled egg	Selection of rolls Cheese Savoury	Tomato and Lentil Pasta	Cheese and chickpea wrap	Vegetable cous cous with mixed beans

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Water and milk will be available with morning and afternoon snack

Water will be served with Lunch

Milk will be served with afternoon tea

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