

THE NURTURY MENU - SUMMER TERM WEEK 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast Weetabix/ Shredded Wheat/ Puffed Wheat Served with milk	Breakfast Weetabix/ Shredded Wheat/ Puffed Wheat Served with milk	Breakfast Weetabix/ Shredded Wheat/ Puffed Wheat Served with milk	Breakfast Weetabix/ Shredded Wheat/ Puffed Wheat Served with milk	Breakfast Weetabix/ Shredded Wheat/ Puffed Wheat Served with milk
Snack AM Fruit selection	Snack AM Fruit selection	Snack AM Fruit selection	Snack AM Fruit selection	Snack AM Fruit selection+
Lunch Beef & Vegetable Meatballs with Tomato Sauce and spaghetti Plantbased meat balls (vegetarian) ----- Greek yoghurt with pear puree	Lunch Chicken and veg stir fry Vegetable stir fry (vegetarian) ----- Stewed apples	Lunch Vegetable and bean chilli with brown rice (vegetarian) ----- Greek yoghurt with passionfruit puree	Lunch Lemon & Herb Chicken Pasta Salad Lemon & Herb Paneer Pasta Salad (vegetarian) ----- Mango sorbet	Lunch Baked Salmon with baby potatoes and greenbeans Baked courgettes (vegetarian) ----- Greek yoghurt with apricot puree
Snack PM A rotating selection of fresh fruit, veggie sticks, rice cakes, crackers or corncakes	Snack PM A rotating selection of fresh fruit, veggie sticks, rice cakes, crackers or corncakes	Snack PM A rotating selection of fresh fruit, veggie sticks, rice cakes, crackers or corncakes	Snack PM A rotating selection of fresh fruit, veggie sticks, rice cakes, crackers or corncakes	Snack PM A rotating selection of fresh fruit, veggie sticks, rice cakes, crackers or corncakes
Tea Quiche with spinach and cheese and cucumber batons (vegetarian) Seasonal fruits	Tea Vegetable Potato Cakes with peas (vegetarian) Seasonal fruits	Tea Wholemeal pita pockets with grated cheese and tomato (vegetarian) Seasonal fruits	Tea Vegetable and lentil dahl with broccoli (vegetarian) Seasonal fruits	Tea Scrabbled eggs with wholemeal toast (vegetarian) Seasonal fruits

Drinks: Children will be served water throughout the day. Milk is served in addition to water at snack times.

This menu has been developed in line with the Department for Education, EYFS Food and Nutrition Guidance (2025). Meals are assessed using the traffic-light nutritional system, ensuring mostly green (healthy) choices, with amber items served occasionally and no red-rated items included. All portion sizes are age-appropriate for 1–5-year-olds and follow government portion size recommendations.