

THE NURTURY MENU - WINTER 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 Cottage pie with peas and carrots Beans and diced vegetable cottage pie (vegetarian) ----- Blueberry muffins	Lunch Broccoli and cheese pasta bake (vegetarian) ----- Greek yoghurt with cherry puree	Lunch Chicken and vegetable casserole with rice Vegetable casserole (vegetarian) ----- Homemade Rice pudding	Lunch Turkey stew served with roasted root vegetables Vegetable hot pot (vegetarian) ----- Greek yoghurt with strawberry puree	Lunch Cod, potato and spinach curry with cous cous Lentil, potato and spinach curry with cous cous (vegetarian) ----- Apple cake
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 Omelette with wholemeal toast (vegetarian) Seasonal fruits	Tea Butternut squash soup (vegetarian) Seasonal fruits	Tea Jacket potatoes with homemade baked beans & cheese (vegetarian) Seasonal fruits	Tea Bean & vegetable gnocchi (vegetarian) Seasonal fruits	Tea Carrot and sweet pepper soup (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.