

THE NURTURY MENU - SPRING 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 Chicken Sweet and sour with rice Carrot and pepper sweet and sour (vegetarian) ----- Apple & cinnamon compote	Lunch Spaghetti Bolognese Lentil Bolognese (vegetarian) ----- Greek yoghurt with blackberry puree	Lunch Roasted white fish with mashed potatoes and cabbage Vegetable bakes (vegetarian) ----- Pineapple cake	Lunch Tofu and vegetable pasta with carrots (vegetarian) ----- Greek yoghurt with banana slices	Lunch Chicken & spring vegetable risotto with broccoli Spring vegetable risotto (vegetarian) ----- Vanilla and strawberry cupcake
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 Wholemeal muffins with grated cheese and salad (vegetarian) Seasonal fruits	Tea Pancakes with strawberries and blueberries (vegetarian) Seasonal fruits	Tea Quinoa & Roasted Vegetable Salad (vegetarian) Seasonal fruits	Tea Pancakes with strawberries and blueberries (vegetarian) Seasonal fruits	Tea Spanish potato tortilla With peas (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.