

THE NURTURY MENU - AUTUMN 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 Haricot beans and root vegetable casserole with rice and sweetcorn (vegetarian) ----- Greek yoghurt with mango puree	Lunch Beef and lentil lasagne with cucumber and tomatoes Lentil and vegetable lasagne (vegetarian) ----- Apple and Pear crumble with custard	Lunch Roast Chicken with roast potatoes, yorkshire puddings and seasonal vegetables Roasted cauliflower bake (vegetarian) ----- Greek yoghurt with peach puree	Lunch Turkey strips with cous cous and courgettes Homemade vegetable fingers (vegetarian) ----- Lemon cake	Lunch Fish pie with a sweet potato topping and cabbage Vegetable pie with a sweet potato topping (vegetarian) ----- Greek yoghurt with berry 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 Vegetable soup (vegetarian) Seasonal fruits	Tea Boiled eggs with wholemeal toast (vegetarian) Seasonal fruits	Tea Cheesy red bean quesadillas (vegetarian) Seasonal fruits	Tea Leek & potato soup with chapati (vegetarian) Seasonal fruits	Tea Bagels or crumpet fingers with cream cheese and cucumber batons (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.