

Sample Menu



This sample menu has been developed to meet the nutritional needs of children aged 3 months to 4 years. Meals are designed to offer a balance of fruits, vegetables, protein, and whole grains, encouraging healthy eating habits. Each day includes vegetarian and meat options, with adaptations for weaning babies at different stages. The chef in your nursery will select fresh and nutritionally balanced meals in accordance with dietary needs.

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of cereals & wholemeal toast	Selection of cereals & wholemeal toast	Selection of cereals & wholemeal toast	Selection of cereals & wholemeal toast	Selection of cereals & wholemeal toast
Morning Snack	Options of Soft fruit slices / vegetable Sticks	Options of Soft fruit slices / vegetable Sticks	Options of Soft fruit slices / vegetable Sticks	Options of Soft fruit slices / vegetable Sticks	Options of Soft fruit slices / vegetable Sticks
Lunch	Chicken and vegetable casserole with mashed potato Lentil and vegetable stew with mashed potato (V) Seasonal fruit salad	Lamb moussaka with garlic bread and mixed salad Lentil moussaka with garlic bread and mixed salad (V) Rhubarb Fool	Pork Ragu with new potatoes, broad beans and courgettes Soya and apple ragu with new potatoes broad beans and courgettes Pineapple upside down pudding with custard	Salmon and pea risotto Bean and pea risotto (V) Blueberry sponge cake	Chicken curry with white rice Vegetable curry with white rice (V) Fruit crumble and custard
Afternoon Snack	Yoghurt / Cheese cubes and cucumber sticks	Crumpets and spread	Pepper sticks and cheese	Banana and yoghurt	Rice cakes, cucumber sticks and tomatoes
Tea	Bean and tomato gnocchi bake with bread and spread Strawberry frozen yoghurt	Lemon chicken wrap with lettuce and cucumber Lemon Soya wrap with lettuce and cucumber Rice pudding with peach purée	Pasta with Beans and Peas Plain Greek yoghurt with raspberry puree	Tuna Mayo wrap with sweetcorn Cream cheese and cucumber wrap (V) Seasonal fruit kebabs	Pea asparagus frittata with new potato salad Fruit yoghurt pots