



# TWO-WEEK FOOD & NUTRITION MENU • WEEK ONE

**OUR CANOPY FOOD PROMISE • A varied balance of fruit, vegetables, wholegrains and plant & animal proteins. Our puddings contain no added sugar, using the natural sweetness of fruit wherever possible. Fresh drinking water is always available.**

|                 | Monday                                                                                                                                                                                                                       | Tuesday                                                                                                                                                                                                    | Wednesday                                                                                                                                                              | Thursday                                                                                                                                                                                                           | Friday                                                                                                                 |
|-----------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------|
| Breakfast       | Low-Sugar Cereals,<br>Wholemeal Toast & Fresh Fruit                                                                                                                                                                          | Low-Sugar Cereals,<br>Wholemeal Toast & Fresh Fruit                                                                                                                                                        | Low-Sugar Cereals,<br>Wholemeal Toast & Fresh Fruit                                                                                                                    | Low-Sugar Cereals,<br>Wholemeal Toast & Fresh Fruit                                                                                                                                                                | Low-Sugar Cereals,<br>Wholemeal Toast & Fresh Fruit                                                                    |
| Morning Snack   | Pear & Natural yoghurt                                                                                                                                                                                                       | Melon & Cheese                                                                                                                                                                                             | Banana & Plain Oatcakes                                                                                                                                                | Cucumber & Pepper with<br>Hummus                                                                                                                                                                                   | Apple or Pear & Cheese                                                                                                 |
| Lunch           | Chicken, Tomato &<br>Vegetable Pasta Bake<br>Courgette, Red Pepper, Carrot &<br>Spinach<br><br><u>Vegetarian:</u><br>Red Lentil, Tomato & Vegetable Pasta<br>Bake<br><br><u>Pudding</u><br>Avocado, Banana & Cocoa<br>Mousse | White Fish & Potato Pie<br>Peas, Sweetcorn & Spinach, with Green<br>Beans<br><br><u>Vegetarian:</u><br>Cannellini Bean & Vegetable Potato Pie<br><br><u>Pudding</u><br>Apple & Cinnamon Oat<br>Crumble Pot | Mild Coconut, Chickpea & Vegetable<br>Curry<br>Sweet Potato, Cauliflower, Spinach,<br>Carrots & Peas, with Rice<br><br><u>Pudding</u><br>Berry & Natural Yoghurt Swirl | Slow-Cooked Beef & Vegetable Stew<br>Carrots, Parsnip, Peas & Mushrooms,<br>with Homemade Dumplings<br><br><u>Vegetarian:</u><br>Mixed Bean & Vegetable Stew<br><br><u>Pudding</u><br>Baked Pear & Vanilla Yoghurt | Cauliflower, Broccoli & Spinach<br>Macaroni Cheese<br>Served with Tomato<br><br><u>Pudding</u><br>Banana & Oat Pudding |
| Afternoon Snack | Plain Rice Cakes &<br>Fresh Fruit                                                                                                                                                                                            | Breadsticks & Cucumber                                                                                                                                                                                     | Plain Oatcakes & Fresh Fruit                                                                                                                                           | Rice Cakes & Cheese                                                                                                                                                                                                | Breadsticks & Fresh Fruit                                                                                              |
| Tea             | Wholemeal Pitta with Hummus,<br>Cucumber &<br>Grated Carrot & Fresh Fruit                                                                                                                                                    | Savoury Vegetable Rice with<br>Chickpeas, Peas & Sweetcorn                                                                                                                                                 | Jacket Potato with Low-Salt Baked<br>Beans & Grated Cheese                                                                                                             | Wholemeal Wrap with Hummus,<br>Avocado, Grated Carrot & Cucumber                                                                                                                                                   | Tomato & Red Lentil Soup with<br>Wholemeal Bread & Fresh Fruit                                                         |

**SEED TO SPOON • Helping children understand where food comes from, explore new flavours and develop a positive relationship with nutritious food.**

**ALLERGIES & DIETARY NEEDS • Canopy-prepared breakfasts, snacks, puddings and high teas do not contain nuts as ingredients. Hot lunches are prepared by the Blue Diamond kitchen, where walnuts are handled and used in other dishes. As a result, we cannot guarantee that any food supplied or served at the nursery is completely free from traces of nuts or other allergens. Parents and carers must inform the Nursery Manager of any allergies, intolerances, medical dietary requirements or other individual dietary needs so that these can be discussed and appropriate arrangements agreed.**



# TWO-WEEK FOOD & NUTRITION MENU • WEEK TWO



**OUR CANOPY FOOD PROMISE • A varied balance of fruit, vegetables, wholegrains and plant & animal proteins. Our puddings contain no added sugar, using the natural sweetness of fruit wherever possible. Fresh drinking water is always available.**

|                 | Monday                                                                                                                                                                                      | Tuesday                                                                                                                                                                                                        | Wednesday                                                                                                                                                                                                                 | Thursday                                                                                                                                                      | Friday                                                                                                                                                                                                                                                 |
|-----------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Breakfast       | Low-Sugar Cereals,<br>Wholemeal Toast & Fresh Fruit                                                                                                                                         | Low-Sugar Cereals,<br>Wholemeal Toast & Fresh Fruit                                                                                                                                                            | Low-Sugar Cereals,<br>Wholemeal Toast & Fresh Fruit                                                                                                                                                                       | Low-Sugar Cereals,<br>Wholemeal Toast & Fresh Fruit                                                                                                           | Low-Sugar Cereals,<br>Wholemeal Toast & Fresh Fruit                                                                                                                                                                                                    |
| Morning Snack   | Pear & Natural Yoghurt                                                                                                                                                                      | Banana & Cheese                                                                                                                                                                                                | Melon & Natural Yoghurt                                                                                                                                                                                                   | Vegetable Sticks with<br>Hummus                                                                                                                               | Seasonal Fresh Fruit &<br>Cheese                                                                                                                                                                                                                       |
| Lunch           | Tuna & Sweetcorn Pasta Bake<br>Broccoli, Tomato & Courgette<br><br><u>Vegetarian:</u><br>Cannellini Bean, Sweetcorn &<br>Vegetable Pasta Bake<br><br><u>Pudding</u><br>Mango Yoghurt Mousse | Chicken & Vegetable Casserole<br>Carrots, Leeks, Peas & Green Beans,<br>with Creamy Mashed Potato<br><br><u>Vegetarian:</u><br>Chickpea & Vegetable Casserole<br><br><u>Pudding</u><br>Peach & Oat Yoghurt Pot | Beef & Vegetable Lasagne<br>Tomato, Carrot, Courgette & Spinach,<br>with Broccoli<br><br><u>Vegetarian:</u><br>Lentil & Roasted Vegetable Lasagne<br><br><u>Pudding</u><br>Baked Apple & Cinnamon<br>with Natural Yoghurt | Lentil, Sweet Potato & Vegetable<br>Cottage Pie<br>Carrots, Peas, Courgette & Tomato,<br>with Seasonal Greens<br><br><u>Pudding</u><br>Banana & Avocado Cream | Creamy Haddock with New Potatoes<br>Broccoli, Peas, Carrots & Green Beans<br><br><u>Vegetarian:</u><br>Butter Bean & Vegetable Casserole<br><br><u>Pudding</u><br>Pear, Berry & Yoghurt Pot<br>with fully soaked Chia where<br>age/texture appropriate |
| Afternoon Snack | Rice Cakes & Cucumber                                                                                                                                                                       | Breadsticks & Fresh Fruit                                                                                                                                                                                      | Plain Oatcakes & Cheese                                                                                                                                                                                                   | Rice Cakes & Fresh Fruit                                                                                                                                      | Breadsticks & Cucumber                                                                                                                                                                                                                                 |
| Tea             | Wholemeal Pitta with Cream Cheese,<br>Avocado, Cucumber & Tomato & Fresh<br>Fruit                                                                                                           | Sweet Potato with Mild Chickpea &<br>Tomato Filling                                                                                                                                                            | Mediterranean Savoury Rice with<br>Butter Beans, Peas, Sweetcorn &<br>Vegetables                                                                                                                                          | Wholemeal Wrap with Hummus, Grated<br>Cheese, Cucumber & Tomato                                                                                               | Vegetable & Red Lentil Soup with<br>Wholemeal Bread & Fresh Fruit                                                                                                                                                                                      |

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