



# Weekly Menus

Lunch and tea at Wood St Nursery is cooked onsite by our very experienced cook Christina. Breakfast is prepared by our kitchen assistant Vivienne, who also sits and has breakfast with our youngest children in Willows. Both Christian and Vivienne hold Food safety and hygiene qualifications.

The children have breakfast, a morning snack, lunch and a light tea. The children have drinking water accessible at all times.

At snack time Chestnut and Oak children are offered snacks but can choose to partake or not. Snacks are a mixture of at least 3 different seasonal fruits and vegetables and a variety of multigrain or rye crackers or rice cakes with butter or cream cheese or an equivalent vegan option.

Children drink water at lunch and dairy or vegan milk at breakfast and tea

At lunch time as they sit down children are offered crudities, a variety of cucumber, mixed peppers, tomatoes and carrots. We find this is a really helpful way to encourage more veg eating and also to help children wait for their friends before lunch starts.

Willows and Chestnuts are offered a drink and cracker on waking in the afternoon

At meal times, staff sit with the children and eat the same food; we offer all staff a free lunch and we believe meal times are an important sociable time

Breakfast is from 8 to 8:45 and snacks from 9:30 to 10:15

Lunch is staggered, Willows 11:45, Chestnuts 12:00 and Oaks 12:15

Tea is earlier for Willows at 3:45, both Oaks and Chestnuts eat at 4pm



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WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Natural yoghurt or dairy-free yogurt with oats and warm homemade mixed berry compote. Wholemeal buttered toast	Apple and cinnamon porridge. Vegan option made with either oat or soya milk. Wholemeal buttered toast	Weetabix with sliced bananas and diary or vegan milk. Wholemeal buttered toast	Toasted brown soda bread, cheddar cheese, fresh tomatoes and gherkins (small pickled cucumbers)	Free-range boiled eggs with toasted English muffins and sliced cucumber
<b>Lunch</b>	Red lentil dhansak with basmati rice and Broccoli (V)  Toasty oat peach and nutmeg crumble with dairy or vegan cream	Salmon and spinach linguine with parmesan cheese with carrots  Or  Pinto beans and spinach linguine with peas (V)  Fruit salad	Golden turmeric chickpea couscous with roasted peppers, courgettes, white and red onions and cherry tomatoes (V)  Fresh bananas and homemade custard or vegan custard	Sweet potato shepherd's pie with lamb mince, garlic, ginger and green beans Or Sweet potato shepherd's pie with borlotti beans, garlic, ginger and green beans (V)  Christina's homemade apricot and lemon oat bars with yoghurt or vegan yoghurt	Fusilli, pea, herb and tomato bake with a mixed bean and vinaigrette salad (chickpea, pinto, borlotti and kidney beans) (V)  Nutmeg and raisin semolina made with dairy or vegan
<b>Tea</b>	Oatcakes with cream cheese or vegan cheese spread Seasonal fruit	Baked beans on toast  Seasonal fruit	Hummus, toasted pitta bread and raisins  Seasonal fruit	Buttered wholemeal bagels  Seasonal fruit	Cheese or vegan cheese and cucumber sandwiches  Seasonal fruit



# Weekly Menus

WEEK 2	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Apple and cinnamon porridge. Vegan option made with either oat or soya milk. Wholemeal buttered toast	Toasted brown soda bread, cheddar cheese, fresh tomatoes and gherkins (small pickled cucumbers)	Weetabix with sliced bananas and diary or vegan milk. Wholemeal buttered toast	Natural yoghurt or dairy free yogurt with oats and warm homemade mixed berry compote. Wholemeal buttered toast	Free-range boiled eggs with crumpets, tomatoes and cucumbers
Lunch	Pinto bean rice tray bake – vegetarian dish          Poached pears	Rich beef and tomato bolognese served with spaghetti and soya beans  Or  Rich tomato bolognese with vegan mince and borlotti beans served with spaghetti and soya beans  Cherry and cinnamon rice pudding or vegan cherry and cinnamon rice pudding	Green mac & cheese with broccoli and spinach sauce with broccoli  Or  Vegan green mac & cheese with broccoli and spinach sauce with broccoli  Stewed apples & homemade custard or vegan custard	Smoky BBQ marinated chicken, roast potatoes and green beans  Or  Smoky BBQ marinated tofu, roasted potatoes and green beans  Peaches with cream or vegan cream	Chickpea, cumin and coriander potato curry served with wholemeal rice and carrots (V)       Homemade cocoa & coconut oat bars with dairy or vegan yoghurt
Tea	Pizza muffins or vegan pizza muffins  Seasonal fruit	Buttered wholemeal bagels  Seasonal fruit	Beans on toast  Seasonal fruit	Homemade Oat bars  Seasonal fruit	Hummus with pitta bread and raisins  Seasonal fruit