

BIRDHURST NURSERY MENU

Week 1



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Choice of cereals and fruit	Choice of cereals and fruit	Choice of cereals and fruit	Choice of cereals and fruit	Choice of cereals and fruit
Snack	Pitta bread & cream cheese, cucumber and carrot	Rice cakes with dairy free spread, cherry, tomato & cucumber	Butter puffs with celery & peppers	Crispbread with dairy free spread, & apples	Rice cakes, cream cheese & satsuma
Lunch	Green Linguine with sweetcorn Berry yoghurt	Roast chicken/plant based chicken pieces, roast potatoes, gravy & green beans Cranberry & white chocolate cookie	Courgette pasta and spinach balls with sweetcorn Strawberry and banana yoghurt	Chicken Jambalaya or plant based Jambalaya with carrots Lemon Sponge	Herby Pilchard pasta or Cheese Pasta Chocolate and raspberry pots
Tea	Toasted Crumpets Pineapple	Green cheese pasta Apple	Pancakes and cream cheese Melon	Scrambled Egg and toast Strawberry and plum	Muffin Pizza Sweetcorn Orange

MILK IS OFFERED THREE TIMES A DAY & WATER IS ALWAYS AVAILABLE

All allergies are catered for with suitable alternatives.

We have minimised food with refined sugars and additives

We will be using tofu instead of Quorn.

Please note food is manufactured in an environment where there are nuts, wheat, barley, oat, gluten, sesame & milk.

Please let us know if this is a concern.



BIRDHURST NURSERY MENU

Week 2



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Choice of cereals and fruit	Choice of cereals and fruit	Choice of cereals and fruit	Choice of cereals and fruit	Choice of cereals and fruit
Snack	Crispbread & dairy free spread, cucumber & carrot	Bread sticks & apples	Butter puffs, grapes & strawberries	Rice cake & cream cheese, tomato & beetroot	Rice cakes & dairy free spread, peppers & carrot
Lunch	Veggie sausage jambalaya & sweetcorn Mango yoghurt	Roast Chicken or chicken style pieces with roast potatoes, gravy & peas Ice lollies/milk lollies	Lentil Bolognese Oaty raspberry tray bake	Spring filo chicken or chicken style pieces pie & mash Strawberry sponge	Coconut fish or vegetable curry Apricot yoghurt
Tea	Cucumber, pea & lettuce soup with wholemeal bread Apples	Red pepper & lemon pasta Melon	Chicken or Quorn nuggets & baked beans Fruit jelly	Falafels & pitta bread with cucumber & mint yoghurt Pineapple	Cheese & chive scones Oranges

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Week 3



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Choice of cereals and fruit	Choice of cereals and fruit	Choice of cereals and fruit	Choice of cereals and fruit	Choice of cereals and fruit
Snack	Butter puffs, cucumber & peppers	Crispbread dairy free spread, carrot & celery	Rice cake, cream cheese, cherry tomato & cucumber	Breadsticks & apple	Crispbread dairy free spread, beetroot & peppers
Lunch	Vegetable biryani & green beans Mandarin yoghurt	Cottage cheese alfredo with peas Sweet potato brownie	Roast Chicken or chicken style pieces, roast potatoes, gravy and carrots Ice cream	Mushroom stroganoff pasta with sweetcorn Raspberry yoghurt	Zingy salmon & rice salad wrap Blueberry & orange tray bake
Tea	Selection of sandwiches on wholemeal bread Plum & pear	Toasted bagel with cream cheese Banana	Fishfingers or fishless fingers with spaghetti hoops Orange	Sweet potato soup with wholemeal bread Melon	Roasted tomato & pepper pasta Pineapple

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Week 4



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Choice of cereals and fruit	Choice of cereals and fruit	Choice of cereals and fruit	Choice of cereals and fruit	Choice of cereals and fruit
Snack	Breadsticks, cucumber & tomato	Water biscuit, grapes & pear	Crispbread, cream cheese, pepper & cucumber	Rice cake, dairy free spread, carrot & beetroot	Butter puffs with melon
Lunch	Roasted butternut squash & brocolli pasta Fruit salad & cream	Roast chicken or chicken style pieces, roast potatoes, gravy & sweetcorn Berry yoghurt	Yellow lentil & sweet potato dahl Fruit jelly	Creamy chicken or chicken style pieces & mushroom pasta with green beans Peach yoghurt	Fishfingers or fishless fingers with mashed potato & peas Snicker doodles (no nuts)
Tea	Spiced citrus bean soup with wholemeal bread Melon	Singapore noodles Satsumas	Tuna fish cakes & sweetcorn Banana	Chicken &/or cheese wraps Pineapple	Butternut & cheese scones with cucumber Apples

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