

Nursery Pescatarian Menu 2024/5



WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of Cereals , Weetabix, Cornflakes, Rice Krispies, Porridge, Ready Brek Toast Yoghurt with Fruit Puree Milk to Drink				
Snack	Alternating between a selection of fresh fruit, vegetable sticks, crackers with spread, crumpets, or pitta bread fingers with a selection of homemade dips or hummus. Milk or water to drink.				
Lunch	Vegetarian pasta Bolognese served with parsley garlic bread	Butter Quorn fillet Served with rice and peas	Lentil & vegetable casserole served with mashed potato	Tomato, roast pepper & mackerel pasta	Moroccan spiced vegetables served with couscous
Dessert	Yoghurt served with peach coulis	Pineapple	Carrot & courgette cake	Coconut yoghurt	Banana
Snack	Alternating between a selection of fresh fruit, vegetable sticks, crackers with spread, crumpets, or pitta bread fingers with a selection of homemade dips or hummus. Milk or water to drink.				
Tea	Carrot, sweet potato and butter bean soup served with wholemeal toast	Garlic & herb roasted potatoes served with baked beans and cheese	Vegetable fried rice	Coconut & lentil soup served with chapati	Cheese & spinach pinwheels served with tomato salsa
Pudding	Apricot and oat cookies	Raspberry coulis served with yoghurt	Apple	Orange	Yoghurt served with blackberry coulis

WEEK 2	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of Cereals , Weetabix, Cornflakes, Rice Krispies, Porridge, Ready Brek Toast Yoghurt with Fruit Puree Milk to Drink				
Snack	Alternating between a selection of fresh fruit, vegetable sticks, crackers with spread, crumpets, or pitta bread fingers with a selection of homemade dips or hummus. Milk or water to drink.				
Lunch	Red pepper & courgette ratatouille served with mashed potato	Red Kidney Bean & Vegetable Cobbler served with Sweetcorn	Coconut-lime Quorn Served with Rice	Vegetable Stew Served with Mashed Potato	Fish & vegetable rice
Dessert	Peach	Banana	Pear	Blueberry & banana muffins	Pineapple
Snack	Alternating between a selection of fresh fruit, vegetable sticks, crackers with spread, crumpets, or pitta bread fingers with a selection of homemade dips or hummus. Milk or water to drink.				
Tea	Cheesy squash pasta bake	Cream of vegetable soup served with bread roll	Potato, cauliflower & chickpea chana aloo	Beans on toast served with grated cheese and vegetable sticks	Jacket potato served with vegetable con carne and cheese
Pudding	Banana & orange yoghurt	Orange & lemon cake	Very blueberry yoghurt	Melon	Coconut yoghurt with raspberry compote

WEEK 3	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of Cereals , Weetabix, Cornflakes, Rice Krispies, Porridge, Ready Brek Toast Yoghurt with Fruit Puree Milk to Drink				
Snack	Alternating between a selection of fresh fruit, vegetable sticks, crackers with spread, crumpets, or pitta bread fingers with a selection of homemade dips or hummus. Milk or water to drink.				
Lunch	Sweetcorn, chickpea and spinach curry served with rice	Roast Quorn served with mash, carrots, peas & gravy	Salmon fish fingers served with mashed potato & peas	Cheesy pepper pasta bake	Vegetable & black eye bean pie
Dessert	Raspberry & pear crumble with custard	Spiced apple	Banana & cocoa yoghurt	Pineapple	Rice pudding with peach coulis
Snack	Alternating between a selection of fresh fruit, vegetable sticks, crackers with spread, crumpets, or pitta bread fingers with a selection of homemade dips or hummus. Milk or water to drink.				
Tea	Vegetable and lentil pie	Mixed bean, tomato & spinach pasta bake	Creamy butternut squash & carrot soup served with warm naan bread	Chapati pizza with cheese, tomato and red pepper	Vegetable soup of the day served with bread roll
Pudding	Melon	Lemon & peach yoghurt	Orange	Yoghurt with raspberry compote	Pear

Please note: All meals will be prepared to ensure they are age and stage appropriate and in line with each child's dietary requirements. Menu options or ingredients may change due to unforeseen circumstances. Your Nursery team will let you know if an alternative meal has been provided to your child.