

Our Pescatarian *Winter* Menu 2025/6

No added salt, no added sugar, just lots of taste and goodness.



		Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Breakfast	A tasty start to the day with cereals, wholemeal toast, yoghurt, warm porridge or overnight oats, and fresh fruit, served with milk or water.				
	Snack	A rotating selection of fresh fruit, veggie sticks, rice cakes, crackers, crumpets, pakoras, or wholemeal pitta fingers with homemade dips, served with milk or water.				
	Lunch &	Winter butternut tagine with lemon couscous	Fragrant chickpea curry with brown rice	Traditional fish pie with tender broccoli	Falafel roast with potatoes & seasonal vegetables	Hearty fish & vegetable hot pot
	Dessert	Golden apple & apricot flapjack	Fresh oranges	Fresh pears	Baked peach crumble	Rustic blueberry bake
	Snack	A rotating selection of fresh fruit, veggie sticks, rice cakes, crackers, crumpets, pakoras, or wholemeal pitta fingers with homemade dips, served with milk or water.				
	Tea & Pudding	Tomato & red pepper soup with wholemeal toast	'Everyone's favourite' jacket potatoes with tuna & cheese	Red bean & vegetable jambalaya	Cheesy cauliflower pasta bake	Healthy homemade veggie pizza
		Fresh cantaloupe & honeydew melon	Greek style yoghurt with peach compote	Banana & baby spinach loaf	Berry & banana greek style yoghurt	Fresh red apples
Week 2	Breakfast	A tasty start to the day with cereals, wholemeal toast, yoghurt, warm porridge or overnight oats, and fresh fruit, served with milk or water.				
	Snack	A rotating selection of fresh fruit, veggie sticks, rice cakes, crackers, crumpets, pakoras, or wholemeal pitta fingers with homemade dips, served with milk or water.				
	Lunch &	Comforting bean pie with peas & sweetcorn	Rainbow ratatouille with wholemeal focaccia	Warming vegetable stew with mashed potato	Wholemeal pasta veggie bolognese	Oven-baked salmon & sweet potato with green beans
	Dessert	Greek style yoghurt with blueberries & pear	Superfood banana & chia pudding	Fresh cantaloupe & honeydew melon	Healthy apple & beetroot sponge	Velvety peach custard
	Snack	A rotating selection of fresh fruit, veggie sticks, rice cakes, crackers, crumpets, pakoras, or wholemeal pitta fingers with homemade dips, served with milk or water.				
	Tea & Pudding	Wholemeal pasta with haddock & herby tomato sauce	Cheesy red bean quesadillas	Hearty fish chowder with chapati	Bean & vegetable risotto	Wholemeal tuna sandwiches with pepper sticks & homemade houmous
		Apple & cinnamon cookies	Fresh pineapple	Mango & apricot yoghurt	Fresh oranges	Pear crumble with dates
Week 3	Breakfast	A tasty start to the day with cereals, wholemeal toast, yoghurt, warm porridge or overnight oats, and fresh fruit, served with milk or water.				
	Snack	A rotating selection of fresh fruit, veggie sticks, rice cakes, crackers, crumpets, pakoras, or wholemeal pitta fingers with homemade dips, served with milk or water.				
	Lunch &	Chickpea & vegetable stew with mashed potato	Mild bean chilli with rice	Bean & vegetable wholemeal pasta with sweetcorn	Vegetable casserole with mashed swede & potatoes	Tuna, tomato & spinach pasta bake
	Dessert	Orange & apricot bake	Greek style yoghurt with banana & blackberries	Apple & cinnamon oatly crumble	Pear & sultana flapjack	Gently spiced pears
	Snack	A rotating selection of fresh fruit, veggie sticks, rice cakes, crackers, crumpets, pakoras, or wholemeal pitta fingers with homemade dips, served with milk or water.				
	Tea & Pudding	Salmon & cream cheese bagels with vegetable sticks	Warming winter vegetable gratin	Haddock & vegetable stew with wholemeal pitta dippers	Creamy vegetable soup with wholemeal toast	Homemade houmous & falafel wraps with tzatziki
		Fresh oranges	Delicious date & oat bites	Fresh bananas	Greek style yoghurt with apple & raspberry	Carrot & courgette muffins with date crumble

Our meals will always be prepared to ensure that they are age and stage appropriate and meet your child's dietary requirements, sometimes our menu options or ingredients may vary if we encounter a supply issue or other unforeseen circumstance. Your nursery team will let you know if this happens.