

# Summer Pescatarian Menu 2026



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

Our meals are always prepared to be age and stage appropriate and to meet your child's individual dietary requirements. Occasionally, we may need to make small changes to the menu due to supply issues or other unexpected circumstances. If this happens, your nursery team will let you know.

## Breakfast every morning

A tasty start to the day with cereal, wholemeal toast, yoghurt, warm porridge or overnight oats, and fresh fruit, served with milk or water - providing the energy children need for learning and play.

## Snacks mid-morning & afternoon

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.



We're proud to present the winning dishes from our 2026 Super Chef Competition, celebrating culinary innovation, nourishing ingredients, and standout flavours - all thoughtfully crafted by our very best chefs.



See a  ?

Click to find the recipe and make it at home

## Monday

Cheesy macaroni with sweetcorn and peas

**Raspberry and apricot muffins**



Chef's choice sandwiches with cucumber sticks and homemade houmous

Fresh red apples

## Tuesday

Herby fish with mashed potatoes and steamed carrots

Greek-style yoghurt with blackberry and banana

Healthy homemade veggie pizza

Fresh oranges

## Wednesday

Lentil con carne with rice

Fresh watermelon

**Award winning:** Chickpea fingers with sweet potato mash & tomato sauce



**Lemon, courgette and pear loaf**



## Thursday

Vegetable moussaka with steamed greens

Greek-style yoghurt with mango

Hearty fish chowder with chapati

Fresh banana

## Friday

Oven-baked salmon with sweet potatoes

Rhubarb and apple crumble with custard

Baked jacket potato with tuna mayo

Greek-style yoghurt with raspberry and pear

## Monday

Golden rice with roasted vegetables

Peaches

Salmon and cream cheese pitta pockets with cucumber batons and homemade houmous

Greek-style yoghurt with berries

## Tuesday

Fish pie with green beans

Greek-style yoghurt with raspberry

Tuna melts with crunchy cucumber batons

Rice pudding with peach coulis

## Wednesday

**Award winning:** Thai-style chickpeas with courgette & beansprout noodles



Blueberry and banana cake

**Rich tomato and red pepper soup with orzo**



Fresh honeydew melon

## Thursday

Salmon and vegetable pasta bake

Fresh pears

Nut-free pesto and cheese pinwheels served with homemade salsa

**Apple and courgette tray bake**



## Friday

Vegetable and lentil stew with parsley couscous

Fresh bananas

Chef's choice veggie burrito bowl

Greek-style yoghurt with blackberry and apple

## Monday

Wholemeal pasta with tomato & mascarpone sauce, served with broccoli

Greek-style yoghurt with mango and apricot

Lentil and mushroom pitta pockets served with mint yoghurt

Fresh bananas

## Tuesday

Lemon and thyme fish with vegetable rice

**Chocolate and beetroot muffins**

**Award winning:**  
**Salmon rainbow power patties**



Greek-style yoghurt with apricot

## Wednesday

Moroccan-spiced lentils and vegetables with rice

Fresh cantaloupe melon

Homemade cauliflower & cheese scones with vegetable batons and homemade dips

Lemon and orange biscuits

## Thursday

Falafel roast with potatoes and seasonal vegetables

Banana and baby spinach loaf

Sweet potato and bean quesadillas

Fresh satsumas

## Friday

Creamy haddock and vegetable pasta bake

Greek-style yoghurt with blueberry

Cheese & vegetable baguettes, tomato houmous & pepper sticks

Pear and sultana flapjacks