

# Our Vegetarian Summer Menu 2026

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



## 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.

		Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Lunch & Dessert	Cheesy macaroni with sweetcorn and peas	Herb-seasoned beans with mashed potatoes and steamed carrots	Lentil con carne with rice	Vegetable moussaka with steamed greens	Sweet potatoes, spinach and red lentil bake
	Tea & Pudding	Raspberry and apricot muffins	Greek-style yoghurt with blackberry and banana	Fresh watermelon	Greek-style yoghurt with mango	Rhubarb and apple crumble with custard
	Tea & Pudding	Chef's choice sandwiches with cucumber sticks and homemade houmous	Healthy homemade veggie pizza	<b>Award winning</b> Chickpea fingers with sweet potato mash & tomato sauce 	Pea, mint & butter bean soup with wholemeal pitta breadsticks	Cheesy jacket potato with beans and fresh coleslaw
	Tea & Pudding	Fresh red apples	Fresh oranges	Lemon, courgette and pear loaf	Fresh bananas	Greek-style yoghurt with raspberry and pear
Week 2	Lunch & Dessert	Golden rice with roasted vegetables	Vegetable pie with green beans	<b>Award winning</b> Thai-style chickpeas with courgette & beansprout noodles 	Vegetable and bean pasta bake	Vegetable and lentil stew with parsley couscous
	Tea & Pudding	Peaches	Greek-style yoghurt with raspberry	Blueberry and banana cake	Fresh pears	Fresh bananas
	Tea & Pudding	Cream cheese pitta pockets with cucumber batons and homemade houmous	Cheesy tomato melts with bean salad	Rich tomato and red pepper soup with orzo	Nut-free pesto and cheese pinwheels served with homemade salsa	Chef's choice veggie burrito bowl
	Tea & Pudding	Greek-style yoghurt with berries	Rice pudding with peach coulis	Fresh honeydew melon	Apple and courgette tray bake	Greek-style yoghurt with blackberry and apple
Week 3	Lunch & Dessert	Wholemeal pasta with tomato and mascarpone sauce, served with broccoli	Lemon and thyme chickpeas with vegetable rice	Moroccan-spiced lentils and vegetables with rice	Falafel roast with potatoes and seasonal vegetables	Creamy leek, mushroom and butter bean pasta bake
	Tea & Pudding	Greek-style yoghurt with mango and apricot	Chocolate and beetroot muffins	Fresh cantaloupe melon	Banana and baby spinach loaf	Greek-style yoghurt with blueberry
	Tea & Pudding	Lentil and mushroom pitta pockets served with mint yoghurt	<b>Award winning</b> Veggie rainbow power patties 	Homemade cauliflower & cheese scones with vegetable batons and homemade dips	Sweet potato and bean quesadillas	Cheese and vegetable baguettes with tomato houmous and pepper sticks
	Tea & Pudding	Fresh bananas	Greek-style yoghurt with apricot	Lemon and orange biscuits	Fresh satsumas	Pear and sultana flapjacks

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.