# Our Core *Winter* Menu 2026/7

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

Bright Horizons

## *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.

| | | Monday | Tuesday | Wednesday | Thursday | Friday |
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| Week 1 | Lunch & Dessert | Roasted carrot & red lentil orzo<br>Golden apple & apricot flapjack | Fragrant chicken curry with brown rice<br>Super Chef Featured Recipe<br>Natural red velvet sweet potato soft cookies with date cream cheese frosting | Traditional cottage pie with tender broccoli<br>Fresh pears | Classic roast chicken with polenta or potatoes & seasonal vegetables<br>Greek-style yoghurt with berries & banana | Baked turkey hotpot served with root veg medley<br>Fresh red apples |
| | Tea & Pudding | Tomato & red pepper soup with wholemeal toast<br>Fresh cantaloupe & honeydew melon | 'Everyone's favourite' jacket potatoes with baked beans & cheese<br>Fresh oranges | Red bean & vegetable jambalaya<br>Banana & baby spinach loaf | Cheesy cauliflower pasta bake<br>Baked peach crumble | Veggie pizza pinwheels with pepper sticks<br>Rustic blueberry bake |
| Week 2 | Lunch & Dessert | Shepherd's pie with peas & sweetcorn<br>Greek-style yoghurt with blueberries & pear | Chicken & vegetable fried rice<br>Greek-style yoghurt with banana | Wholemeal pasta beef bolognese<br>Fresh cantaloupe & honeydew melon | Warming turkey stew with pearl barley<br>Fresh oranges | Salmon & vegetable pasta bake with white sauce<br>Velvety peach custard |
| | Tea & Pudding | Wholemeal pasta with herby tomato sauce<br>No added sugar apple & cinnamon cookies | Cheesy red bean quesadillas<br>Fresh pineapple | Rich leek & potato soup with chapati<br>Coconut rice pudding with peach | Golden butternut squash & butter bean bake<br>Healthy apple & beetroot sponge | Chicken & cheese wholemeal sandwiches with pepper sticks & homemade houmous<br>Pear crumble with dates |
| Week 3 | Lunch & Dessert | Chickpea & vegetable stew with mashed potato<br>Pear & apricot crumble | Mexican-style beef & vegetable rice<br>Greek-style yoghurt with banana & blackberries | Wholemeal pasta in mild tomato & basil sauce with parmesan cheese<br>Apple & cinnamon oaty crumble | Chicken & vegetable casserole with mashed swede & potatoes<br>Pear & sultana flapjack | Tuna, tomato & spinach pasta bake<br>Gently spiced pears |
| | Tea & Pudding | Pitta pockets with chicken & fresh tomato salsa<br>Fresh oranges | Vegetable & bean enchilada bake<br>Delicious date & oat bites | Turkey & vegetable casserole with flatbread dippers<br>Fresh bananas | Creamy vegetable soup with wholemeal toast<br>Greek-style yoghurt with apple & raspberry | Homemade houmous & falafel wraps with tzatziki<br>Carrot & courgette muffins with date crumble |

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.