Our Pescatarian *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
Week 1	Lunch & Dessert	Roasted carrot & red lentil orzo Golden apple & apricot flapjack	Fragrant chickpea curry with brown rice Super Chef Featured Recipe Natural red velvet sweet potato soft cookies with date cream cheese frosting	Traditional fish pie with tender broccoli Fresh pears	Roast falafel with polenta or potatoes & seasonal vegetables Greek-style yoghurt with berries & banana	Hearty fish & vegetable hotpot Rustic blueberry bake
	Tea & Pudding	Tomato & red pepper soup with wholemeal toast Fresh cantaloupe & honeydew melon	'Everyone's favourite' jacket potatoes with baked beans & cheese Fresh oranges	Red bean & vegetable jambalaya Banana & baby spinach loaf	Cheesy cauliflower pasta bake Baked peach crumble	Veggie pizza pinwheels with pepper sticks Fresh red apples
Week 2	Lunch & Dessert	Comforting bean pie with peas & sweetcorn Greek-style yoghurt with blueberries & pear	Vegetable fried rice Greek-style yoghurt with banana	Wholemeal pasta veggie bolognaise Fresh cantaloupe & honeydew melon	Warming vegetable stew with pearl barley Healthy apple & beetroot sponge	Salmon & vegetable pasta bake with white sauce Velvety peach custard
	Tea & Pudding	Wholemeal pasta with tuna & herby tomato sauce No added sugar apple & cinnamon cookies	Cheesy red bean quesadillas Fresh pineapple	Rich leek & potato soup with chapati Coconut rice pudding with peach	Golden butternut squash & butter bean bake Fresh oranges	Cheese wholemeal sandwiches with pepper sticks & homemade houmous Pear crumble with dates
Week 3	Lunch & Dessert	Chickpea & vegetable stew with mashed potato Pear & apricot crumble	Mexican-style bean & vegetable rice Greek-style yoghurt with banana & blackberries	Wholemeal pasta in mild tomato & basil sauce with vegan parmesan cheese Apple & cinnamon oaty crumble	Vegetable & lentil casserole with mashed swede & potatoes Pear & sultana flapjack	Tuna, tomato & spinach pasta bake Gently spiced pears
	Tea & Pudding	Pitta pockets with tuna mayo & fresh tomato salsa Fresh oranges	Vegetable & bean enchilada bake Delicious date & oat bites	Bean & vegetable casserole with flatbread dippers Fresh bananas	Creamy fish chowder with wholemeal toast Greek-style yoghurt with apple & raspberry	Homemade houmous & falafel wraps with tzatziki 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.