# Winter Pescatarian Menu 2026/7

**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.



## Week 1: Lunch & Tea

### Monday

Roasted carrot & red lentil orzo

Golden apple & apricot flapjack

Tomato & red pepper soup with wholemeal toast

Fresh cantaloupe & honeydew melon

### Tuesday

Fragrant chickpea curry with brown rice

**Super Chef featured recipe**
Red velvet sweet potato soft cookies with date cream cheese

'Everyone's favourite' jacket potatoes with baked beans & cheese

Fresh oranges

### Wednesday

Traditional fish pie with tender broccoli

Fresh pears

Red bean & vegetable jambalaya

Banana & baby spinach loaf

### Thursday

Roast falafel with polenta or potatoes & seasonal vegetables

Greek-style yoghurt with berries & banana

Cheesy cauliflower pasta bake

Baked peach crumble

### Friday

Hearty fish & vegetable hotpot

Rustic blueberry bake

Veggie pizza pinwheels with pepper

Fresh red apples

## Week 2: Lunch & Tea

### Monday

Comforting bean pie with peas & sweetcorn

Greek-style yoghurt with blueberries & pear

Wholemeal pasta with tuna & herby tomato sauce

No added sugar apple & cinnamon cookies

### Tuesday

Vegetable fried rice

Greek-style yoghurt with banana

Cheesy red bean quesadillas

Fresh pineapple

### Wednesday

Wholemeal pasta veggie bolognaise

Fresh cantaloupe & honeydew melon

Rich leek & potato soup with chapati

Coconut rice pudding with peach

### Thursday

Warming vegetable stew with pearl barley

Healthy apple & beetroot sponge

Golden butternut squash & butter bean bake

Fresh oranges

### Friday

Salmon & vegetable pasta bake with white sauce

Velvety peach custard

Cheese wholemeal sandwiches with pepper sticks & homemade houmous

Pear crumble with dates

## Week 3: Lunch & Tea

### Monday

Chickpea & vegetable stew with mashed potato

Pear & apricot crumble

Pitta pockets with tuna mayo & fresh tomato salsa

Fresh oranges

### Tuesday

Mexican-style bean & vegetable rice

Greek-style yoghurt with banana & blackberries

Vegetable & bean enchilada bake

Delicious date & oat bites

### Wednesday

Wholemeal pasta in mild tomato & basil sauce with vegan parmesan cheese

Apple & cinnamon oaty crumble

Bean & vegetable casserole with flatbread dippers

Fresh bananas

### Thursday

Vegetable & lentil casserole with mashed swede & potatoes

Pear & sultana flapjack

Creamy fish chowder with wholemeal toast

Greek-style yoghurt with apple & raspberry

### Friday

Tuna, tomato & spinach pasta bake

Gently spiced pears

Homemade houmous & falafel wraps with tzatziki

Carrot & courgette muffins with date crumble