

All main meals, soups and baked puddings are homemade. Water and milk is offered at meal times. Drinking water is available throughout the day in the children's rooms. The hot tea menu is recommended for children 7-10 months.

Spring/Summer Hot Tea - Week One

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Nursery toast/cereal or fruit provided by parents	Nursery toast/cereal or fruit provided by parents	Nursery toast/cereal or fruit provided by parents	Nursery toast/cereal or fruit provided by parents	Nursery toast/cereal or fruit provided by parents
Lunch	Salmon and broccoli pasta FF - Broccoli	Chicken and apricot casserole FF - Parsnip	Veggie bean chilli FF - Pepper	Roast pork dinner FF - Broccoli	Vegetable and lentil lasagne FF - Pepper
Pudding	Banana	Apple	Natural yoghurt with pureed peach	Natural yoghurt with raspberry puree	Coconut rice pudding with melon
Hot Tea	Homemade tomato and red lentil soup Toast FF - Pepper Blueberries and peach	Mediterranean hotpot FF - Pepper Strawberries and banana	Roast chicken dinner FF - Broccoli Melon	Vegetable and chickpea pasta bake FF - Courgette Kiwi and pineapple	Cottage pie FF - Carrot Orange

Seasonal Fruit and Vegetables you may find - Apple, Blueberries, Peach, Cherry, Kale, Spinach, Runner Beans, Carrots,
Celery, Mushrooms, Onions, swede, Cabbage.

August 2025

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Spring/Summer Hot Tea - Week Two

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Nursery toast/cereal or fruit provided by parents	Nursery toast/cereal or fruit provided by parents	Nursery toast/cereal or fruit provided by parents	Nursery toast/cereal or fruit provided by parents	Nursery toast/cereal or fruit provided by parents
Lunch	Mixed bean and pepper pasta FF - Pepper	Fruity chicken curry served with boiled rice FF - Pepper	Mixed bean and cous cous FF - Wrap	Fish pie FF - Carrot	Turkey meat balls, boiled potatoes, cabbage and gravy FF - Greenbeans
Pudding	Apricot	Fromage frais apple	Banana	Cherry overnight oats	Mixed berry and natural yoghurt
High Tea	Chicken and apricot casserole FF - Carrot Banana and blueberries	Salmon and broccoli pasta FF - Broccoli Apple	Creamy broccoli and cheese soup FF - Brown toasted fingers Pineapple and kiwi	Vegetable and lentil lasagne FF - Pepper Mango	Veggie bean chilli FF - Pepper Melon

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Spring/Summer Hot Tea - Week Three

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Nursery toast/cereal or fruit provided by parents	Nursery toast/cereal or fruit provided by parents	Nursery toast/cereal or fruit provided by parents	Nursery toast/cereal or fruit provided by parents	Nursery toast/cereal or fruit provided by parents
Lunch	Salmon and tuna pasta with asparagus in a tomato and garlic sauce FF - Asparagus	Roast turkey dinner FF - Carrot	Mushroom and red lentil bolognese served with spaghetti pasta FF - Courgette	Lamb hotpot FF - Carrot	Mixed bean and root vegetable stew FF - Parsnip
Pudding	Natural yoghurt and blueberries	Natural yoghurt and strawberries	Vanilla rice pudding and fruit	Orange	Peach
High Tea	Roast pork dinner FF - Broccoli Mandarin and pineapple	Homemade pea and mint soup FF - brown toasted fingers Banana and watermelon	Fish pie FF - Carrot Apple and raspberries	Mixed bean and pepper pasta FF - Parsnip Apricots	Fruity chicken curry served with boiled rice FF - Pepper Mango and kiwi

Seasonal Fruit and Vegetables you may find - Apple, Blueberries, Peach, Cherry, Kale, Spinach, Runner Beans, Carrots, Celery, Mushrooms, Onions, swede, Cabbage.

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Spring/Summer Hot Tea - Week Four

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Nursery toast/cereal or fruit provided by parents	Nursery toast/cereal or fruit provided by parents	Nursery toast/cereal or fruit provided by parents	Nursery toast/cereal or fruit provided by parents	Nursery toast/cereal or fruit provided by parents
Lunch	Cannellini bean masala pasta FF - Pasta	Mediterranean hotpot FF - Peppers	Roast chicken dinner FF - Broccoli	Cottage pie FF - Broadbeans	Vegetable and chickpea pasta bake FF - courgette
Pudding	Natural yoghurt and strawberries	Kiwi	Fromage frais with fruit	Natural yoghurt with banana	Semolina with plum sauce
High Tea	Roast turkey dinner FF - Carrot Mango and kiwi	Salmon and tuna pasta with asparagus in a tomato and garlic sauce FF - Asparagus Apple	Mixed bean and root vegetable stew FF - Carrot Melon	Mushroom and red lentil bolognese serves with spaghetti pasta FF - Peppers Pineapple and apricots	Lamb hotpot FF - Carrots Satsuma and pear

Seasonal Fruit and Vegetables you may find - Apple, Blueberries, Peach, Cherry, Kale, Spinach, Runner Beans, Carrots, Celery, Mushrooms, Onions, swede, Cabbage.

August 2025