

Menu A	Item 1	Item 2	Item 3
Monday	Chickpea & Potato Tagine (PU) (SD) (T) Chickpeas, potato, peppers, onion, carrot, rosemary, stock, tomato, cinnamon, cumin, garlic, dried apricots, rice flour	Not Applicable	Banana & Sultana Oaty Cookie (D) (E) (G) (SD)
Tuesday	Cheesy Baked Beans (D) (PU) (T) Haricot beans, garlic, onion, sweet potato, carrot, tomato, rice flour & grated cheese	Jacket Potato	Melon Slices
Wednesday	Thai Red Chicken Curry Noodles (D) (G) (PU) (SD) (T) Chicken, red onion, peppers, carrot, basil, Thai red curry paste, bechamel, peas, coconut milk, tomato, lime zest, coriander, cream, cornflour & wholewheat noodles	Not Applicable	Orange Slices
Thursday	Tuna & Sweetcorn Pasta Bake (D) (F) (G) (PU) (T) Tuna, penne pasta, cheese, tomato, garlic, butternut squash, sweetcorn, onion, basil & bechamel (contains coconut).	Not Applicable	Diced Pears
Friday	Lamb Chilli (PU) (SD) (T) Minced lamb, kidney beans, black turtle beans, carrot, mixed peppers, onion, garlic, tomato, coriander, cumin, smoked paprika, oregano, vegetable stock, cornflour	White Rice	Strawberry Yoghurt (D)

Menu B	Item 1	Item 2	Item 3
Monday	Cheesy Macaroni & Vegetable Bake (D) (G) (PU) Pasta, bechamel (contains coconut), butternut squash, cheese, garlic, onion, turmeric, yellow split peas & vegetable stock	Not Applicable	Apricot Flapjack (G) (SD)
Tuesday	Ham & Pineapple Pizza (D) (G) (T) Pizza base, tomato sauce, herbs, cheddar, mozzarella, ham & pineapple	Not Applicable	Diced Peaches
Wednesday	Bean & Cheese Fajita (D) (PU) (T) Mixed beans, peppers, tomato, carrot, red onion, garlic, mixed spices, smoked paprika, rice flour, basil, vegetable stock & cheese	Soft Flour Tortilla (G)	Melon Slices
Thursday	Beef Bolognaise Pasta Bake (G) (T) Minced beef, carrot, butternut squash, onion, red pepper, tomato, garlic, basil, mixed herbs, oregano, rice flour, pasta	Not Applicable	Pear & Apple Yoghurt (D)
Friday	Vegetable Korma (D) (PU) (SD) (T) Peppers, onion, butternut, carrot, garlic, tomato, coriander, lentils, peas, curry paste, garam masala, ginger, paprika, cumin, cream, mango chutney & bechamel (contains coconut)	White Rice	Orange Slices

Menu C	Item 1	Item 2	Item 3
Monday	Cheesy Baked Beans (D) (PU) (T) Haricot beans, garlic, onion, sweet potato, carrot, tomato, rice flour & grated cheese	Jacket Potato	Apricots & Pears
Tuesday	Mediterranean Salmon Pasta Bake (D) (F) (G) (PU) (SD) Salmon, sweetcorn, peppers, onion, butternut squash, peas, lemon juice, lemon zest, cream cheese, garlic, parsley, bechamel (contains coconut), basil, vegetable stock & pasta	Not Applicable	Apple & Ginger Flapjack (G)
Wednesday	Jerk Chicken (D) (PU) (T) Diced chicken, carrot, peppers, red onion, courgette, pineapple, tomato, rice flour, mixed spice, lime zest, thyme, kidney beans, cream cheese, stock & ginger	Soft Flour Tortilla (G)	Banana Yoghurt (D)
Thursday	Beef Meatball Pasta Bake (D) (G) (PU) (S) (SD) (T) Beef meatballs, onion, red lentils, peppers, swede, oregano, basil, tomato, cornflour, garlic, pasta & cheese	Not Applicable	Orange Slices
Friday	Turkey, Leek & Potato Pie (D) (PU) (SD) Turkey, onion, garlic, leeks, sweet potato, thyme, bechamel (contains coconut), cream, cornflour, potato, dairy free spread	Not Applicable	Melon Slices

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 PU = Contains Pulses/Beans S = Contains Soya SD = Contains Sulphur Dioxide T = Contains Tomato**
 Our kitchen does not handle peanuts, tree nuts, sesame seeds, mustard, lupin, crustacea and molluscs. Please refer to our Allergy Policy for further information about allergens.

NURSERY HOT Tea Menu

Autumn Winter 2024/25

VA Vegan	V Vegetarian	T Tomato	SD Sulphites	S Soya	PU Pulse/Bean	P Pork	HL Halal	G Gluten	F Fish	E Egg	D Dairy	CA Citric Acid/Spice	C Celery	B Beef
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Menu A	Dish	Dietaries															
Monday	Chickpea & Potato Tagine			●										●		●	●
	Not Applicable																
	Banana & Sultana Oaty Cookie			●	●	●											
Tuesday	Cheesy Baked Beans			●	●												
	Jacket Potato																
	Melon Slices			●													
Wednesday	Thai Red Chicken Curry Noodles			●	●												
	Not Applicable																
	Orange Slices			●													
Thursday	Tuna & Sweetcorn Pasta Bake			●	●												
	Not Applicable																
	Diced Pears			●													
Friday	Lamb Chilli			●													
	White Rice																
	Strawberry Yoghurt			●	●												

Menu B	Dish	Dietaries															
Monday	Cheesy Macaroni & Vegetable Bake			●	●												
	Not Applicable																
	Apricot Flapjack			●													
Tuesday	Ham & Pineapple Pizza			●	●												
	Not Applicable																
	Diced Peaches			●													
Wednesday	Bean & Cheese Fajita			●	●												
	Soft Flour Tortilla																
	Melon Slices			●													
Thursday	Beef Bolognese Pasta Bake	●		●													
	Not Applicable																
	Pear & Apple Yoghurt			●	●												
Friday	Vegetable Korma			●	●												
	White Rice																
	Orange Slices			●													

Menu C	Dish	Dietaries															
Monday	Cheesy Baked Beans			●	●												
	Jacket Potato																
	Apricots & Pears			●													
Tuesday	Mediterranean Salmon Pasta Bake			●	●												
	Not Applicable																
	Apple & Ginger Flapjack			●													
Wednesday	Jerk Chicken			●	●												
	Soft Flour Tortilla																
	Banana Yoghurt			●	●												
Thursday	Beef Meatball Pasta Bake	●		●	●												
	Not Applicable																
	Orange Slices			●													
Friday	Turkey, Leek & Potato Pie			●	●												
	Not Applicable																
	Melon Slices			●													

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Menu A	Item 1	Item 2	Item 3
Monday	Chickpea & Potato Tagine (PU) (SD) (T) Chickpeas, potato, peppers, onion, carrot, rosemary, stock, tomato, cinnamon, cumin, garlic, dried apricots, rice flour	Not Applicable	Banana & Sultana Oaty Cookie (D) (E) (G) (SD)
Tuesday	Cheesy Baked Beans (D) (PU) (T) Haricot beans, garlic, onion, sweet potato, carrot, tomato, rice flour & grated cheese	Jacket Potato	Melon Slices
Wednesday	Thai Red Halal Chicken Curry Noodles (D) (G) (PU) (SD) (T) Halal chicken, red onion, peppers, carrot, basil, Thai red curry paste, bechamel, peas, coconut milk, tomato, lime zest, coriander, cream, cornflour & wholewheat noodles	Not Applicable	Orange Slices
Thursday	Tuna & Sweetcorn Pasta Bake (D) (F) (G) (PU) (T) Tuna, penne pasta, cheese, tomato, garlic, butternut squash, sweetcorn, onion, basil & bechamel (contains coconut).	Not Applicable	Diced Pears
Friday	Halal Lamb Chilli (PU) (SD) (T) Minced halal lamb, kidney beans, black turtle beans, carrot, mixed peppers, onion, garlic, tomato, coriander, cumin, smoked paprika, oregano, vegetable stock, cornflour	White Rice	Strawberry Yoghurt (D)

Menu B	Item 1	Item 2	Item 3
Monday	Cheesy Macaroni & Vegetable Bake (D) (G) (PU) Pasta, bechamel (contains coconut), butternut squash, cheese, garlic, onion, turmeric, yellow split peas & vegetable stock	Not Applicable	Apricot Flapjack (G) (SD)
Tuesday	Cheese & Pineapple Pizza (D) (G) (T) Pizza base, tomato sauce, herbs, cheddar, mozzarella & pineapple	Not Applicable	Diced Peaches
Wednesday	Bean & Cheese Fajita (D) (PU) (T) Mixed beans, peppers, tomato, carrot, red onion, garlic, mixed spices, smoked paprika, rice flour, basil, vegetable stock & cheese	Soft Flour Tortilla (G)	Melon Slices
Thursday	Soya Bolognese Pasta Bake (G) (S) (T) Minced soya, carrot, butternut squash, onion, red pepper, tomato, garlic, basil, mixed herbs, oregano, rice flour, pasta	Not Applicable	Pear & Apple Yoghurt (D)
Friday	Vegetable Korma (D) (PU) (SD) (T) Peppers, onion, butternut, carrot, garlic, tomato, coriander, lentils, peas, curry paste, garam masala, ginger, paprika, cumin, cream, mango chutney & bechamel (contains coconut)	White Rice	Orange Slices

Menu C	Item 1	Item 2	Item 3
Monday	Cheesy Baked Beans (D) (PU) (T) Haricot beans, garlic, onion, sweet potato, carrot, tomato, rice flour & grated cheese	Jacket Potato	Apricots & Pears
Tuesday	Mediterranean Salmon Pasta Bake (D) (F) (G) (PU) (SD) Salmon, sweetcorn, peppers, onion, butternut squash, peas, lemon juice, lemon zest, cream cheese, garlic, parsley, bechamel (contains coconut), basil, vegetable stock & pasta	Not Applicable	Apple & Ginger Flapjack (G)
Wednesday	Jerk Halal Chicken (D) (PU) (T) Diced halal chicken, carrot, peppers, red onion, courgette, pineapple, tomato, rice flour, mixed spice, lime zest, thyme, kidney beans, cream cheese, stock & ginger	Soft Flour Tortilla (G)	Banana Yoghurt (D)
Thursday	Halal Chicken Pasta Bake (D) (G) (PU) (SD) (T) Halal chicken, onion, red lentils, peppers, swede, oregano, basil, tomato, cornflour, garlic, pasta & cheese	Not Applicable	Orange Slices
Friday	Halal Turkey, Leek & Potato Pie (D) (PU) (SD) Halal turkey, onion, garlic, leeks, sweet potato, thyme, bechamel (contains coconut), cream, cornflour, potato, dairy free spread	Not Applicable	Melon Slices

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HL HALAL NURSERY HOT TEA MENU

Autumn Winter 2024/25

VA Vegan	V Vegetarian	T Tomato	SD Sulphites	S Soya	PU Pulse/Bean	P Pork	HL Halal	G Gluten	F Fish	E Egg	D Dairy	CA Citric Acid/Spice	C Celery	B Beef
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Menu A	Dish	Dietaries															
Monday	Chickpea & Potato Tagine			●										●		●	●
	Not Applicable																
	Banana & Sultana Oaty Cookie			●	●	●											
Tuesday	Cheesy Baked Beans			●	●												
	Jacket Potato																
	Melon Slices			●													
Wednesday	Thai Red Halal Chicken Curry Noodles			●	●												
	Not Applicable																
	Orange Slices			●													
Thursday	Tuna & Sweetcorn Pasta Bake			●	●												
	Not Applicable																
	Diced Pears			●													
Friday	Halal Lamb Chilli			●													
	White Rice																
	Strawberry Yoghurt			●	●												

Menu B	Dish	Dietaries															
Monday	Cheesy Macaroni & Vegetable Bake			●	●												
	Not Applicable																
	Apricot Flapjack			●													
Tuesday	Cheese & Pineapple Pizza			●	●												
	Not Applicable																
	Diced Peaches			●													
Wednesday	Bean & Cheese Fajita			●	●												
	Soft Flour Tortilla																
	Melon Slices			●													
Thursday	Soya Bolognese Pasta Bake			●													
	Not Applicable																
	Pear & Apple Yoghurt			●	●												
Friday	Vegetable Korma			●	●												
	White Rice																
	Orange Slices			●													

Menu C	Dish	Dietaries															
Monday	Cheesy Baked Beans			●	●												
	Jacket Potato																
	Apricots & Pears			●													
Tuesday	Mediterranean Salmon Pasta Bake			●	●												
	Not Applicable																
	Apple & Ginger Flapjack			●													
Wednesday	Jerk Halal Chicken			●	●												
	Soft Flour Tortilla																
	Banana Yoghurt			●	●												
Thursday	Halal Chicken Pasta Bake			●	●												
	Not Applicable																
	Orange Slices			●													
Friday	Halal Turkey, Leek & Potato Pie			●	●												
	Not Applicable																
	Melon Slices			●													

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Menu A	Item 1	Item 2	Item 3
Monday	Chickpea & Potato Tagine (PU) (SD) (T) Chickpeas, potato, peppers, onion, carrot, rosemary, stock, tomato, cinnamon, cumin, garlic, dried apricots, rice flour	Not Applicable	Banana & Sultana Oaty Cookie (D) (E) (G) (SD)
Tuesday	Cheesy Baked Beans (D) (PU) (T) Haricot beans, garlic, onion, sweet potato, carrot, tomato, rice flour & grated cheese	Jacket Potato	Melon Slices
Wednesday	Thai Red Lentil Curry Noodles (D) (G) (PU) (SD) (T) Lentils, red onion, peppers, carrot, basil, Thai red curry paste, bechamel, peas, coconut milk, tomato, lime zest, coriander, cream, cornflour & wholewheat noodles	Not Applicable	Orange Slices
Thursday	Lentil & Sweetcorn Pasta Bake (D) (G) (PU) (T) Penne pasta, lentils, cheese, tomato, garlic, butternut, sweetcorn, onion, basil & bechamel (contains coconut)	Not Applicable	Diced Pears
Friday	Vegetable Chilli (PU) (SD) (T) Kidney beans, black turtle beans, carrot, mixed peppers, onion, garlic, tomato, coriander, cumin, smoked paprika, oregano, vegetable stock, corn flour	White Rice	Strawberry Yoghurt (D)

Menu B	Item 1	Item 2	Item 3
Monday	Cheesy Macaroni & Vegetable Bake (D) (G) (PU) Pasta, bechamel (contains coconut), butternut squash, cheese, garlic, onion, turmeric, yellow split peas & vegetable stock	Not Applicable	Apricot Flapjack (G) (SD)
Tuesday	Cheese & Pineapple Pizza (D) (G) (T) Pizza base, tomato sauce, herbs, cheddar, mozzarella & pineapple	Not Applicable	Diced Peaches
Wednesday	Bean & Cheese Fajita (D) (PU) (T) Mixed beans, peppers, tomato, carrot, red onion, garlic, mixed spices, smoked paprika, rice flour, basil, vegetable stock & cheese	Soft Flour Tortilla (G)	Melon Slices
Thursday	Soya Bolognese Pasta Bake (G) (S) (T) Minced soya, carrot, butternut squash, onion, red pepper, tomato, garlic, basil, mixed herbs, oregano, rice flour, pasta	Not Applicable	Pear & Apple Yoghurt (D)
Friday	Vegetable Korma (D) (PU) (SD) (T) Peppers, onion, butternut, carrot, garlic, tomato, coriander, lentils, peas, curry paste, garam masala, ginger, paprika, cumin, cream, mango chutney & bechamel (contains coconut)	White Rice	Orange Slices

Menu C	Item 1	Item 2	Item 3
Monday	Cheesy Baked Beans (D) (PU) (T) Haricot beans, garlic, onion, sweet potato, carrot, tomato, rice flour & grated cheese	Jacket Potato	Apricots & Pears
Tuesday	Mediterranean Bean Pasta Bake (D) (G) (PU) (SD) Mixed beans, sweetcorn, peppers, onion, butternut squash, peas, lemon juice, lemon zest, cream cheese, garlic, parsley, bechamel (contains coconut), basil, vegetable stock & pasta	Not Applicable	Apple & Ginger Flapjack (G)
Wednesday	Jerk Vegetables (D) (PU) (T) Kidney beans, carrot, peppers, red onion, courgette, pineapple, tomato, rice flour, mixed spice, lime zest, thyme, cream cheese, stock & ginger	Soft Flour Tortilla (G)	Banana Yoghurt (D)
Thursday	Quorn Vegan Pieces Pasta Bake (D) (G) (PU) (SD) (T) Quorn vegan pieces, onion, red lentils, peppers, swede, oregano, basil, tomato, cornflour, garlic, pasta & cheese	Not Applicable	Orange Slices
Friday	Pea, Leek & Potato Pie (D) (PU) (SD) Peas, red lentils, onion, garlic, leeks, sweet potato, thyme, bechamel (contains coconut), cream, cornflour, potato, dairy free spread	Not Applicable	Melon Slices

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V VEGETARIAN NURSERY HOT TEA MENU

Autumn Winter 2024/25

VA Vegan	V Vegetarian	T Tomato	SD Sulphites	S Soya	PU Pulse/Bean	P Pork	HL Halal	G Gluten	F Fish	E Egg	D Dairy	CA Citric Acid/Spice	C Celery	B Beef
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Menu A	Dish	Dietaries													
Monday	Chickpea & Potato Tagine			●										●	●
	Not Applicable														
	Banana & Sultana Oaty Cookie			●	●	●									●
Tuesday	Cheesy Baked Beans			●	●									●	●
	Jacket Potato														
	Melon Slices			●											●
Wednesday	Thai Red Lentil Curry Noodles			●	●									●	●
	Not Applicable														
	Orange Slices			●											●
Thursday	Lentil & Sweetcorn Pasta Bake			●	●									●	●
	Not Applicable														
	Diced Pears			●											●
Friday	Vegetable Chilli			●										●	●
	White Rice														
	Strawberry Yoghurt			●	●										●

Menu B	Dish	Dietaries													
Monday	Cheesy Macaroni & Vegetable Bake			●	●										●
	Not Applicable														
	Apricot Flapjack			●											●
Tuesday	Cheese & Pineapple Pizza			●	●									●	●
	Not Applicable														
	Diced Peaches			●											●
Wednesday	Bean & Cheese Fajita			●	●									●	●
	Soft Flour Tortilla														
	Melon Slices			●											●
Thursday	Soya Bolognese Pasta Bake			●										●	●
	Not Applicable														
	Pear & Apple Yoghurt			●	●										●
Friday	Vegetable Korma			●	●									●	●
	White Rice														
	Orange Slices			●											●

Menu C	Dish	Dietaries													
Monday	Cheesy Baked Beans			●	●									●	●
	Jacket Potato														
	Apricots & Pears			●											●
Tuesday	Mediterranean Bean Pasta Bake			●	●									●	●
	Not Applicable														
	Apple & Ginger Flapjack			●											●
Wednesday	Jerk Vegetables			●	●									●	●
	Soft Flour Tortilla														
	Banana Yoghurt			●	●										●
Thursday	Quorn Vegan Pieces Pasta Bake			●	●									●	●
	Not Applicable														
	Orange Slices			●											●
Friday	Pea, Leek & Potato Pie			●	●									●	●
	Not Applicable														
	Melon Slices			●											●

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Menu A	Item 1	Item 2	Item 3
Monday	Chickpea & Potato Tagine (PU) (SD) (T) Chickpeas, potato, peppers, onion, carrot, rosemary, stock, tomato, cinnamon, cumin, garlic, dried apricots, rice flour	Not Applicable	Plain Flapjack (Gluten Free)
Tuesday	Dairy Free Cheesy Baked Beans (PU) (T) Haricot beans, garlic, onion, sweet potato, carrot, tomato, rice flour & dairy free cheese	Jacket Potato	Melon Slices
Wednesday	Thai Red Lentil Curry Noodles (Dairy Free) (G) (PU) (SD) (T) Lentils, red onion, peppers, carrot, basil, Thai red curry paste, bechamel, peas, coconut milk, tomato, lime zest, coriander, cornflour & wholewheat noodles	Not Applicable	Orange Slices
Thursday	Lentil & Sweetcorn Pasta Bake (Dairy Free) (G) (PU) (T) Penne pasta, lentils, dairy free cheese, tomato, garlic, butternut, sweetcorn, onion, basil & bechamel (contains coconut)	Not Applicable	Diced Pears
Friday	Vegetable Chilli (PU) (SD) (T) Kidney beans, black turtle beans, carrot, mixed peppers, onion, garlic, tomato, coriander, cumin, smoked paprika, oregano, vegetable stock, corn flour	White Rice	Coconut Dessert Pot (Strawberry, Banana, Cherry or Apricot)

Menu B	Item 1	Item 2	Item 3
Monday	Cheesy Macaroni & Vegetable Bake (Dairy Free) (G) (PU) Pasta, bechamel (contains coconut), butternut squash, dairy free cheese, garlic, onion, turmeric, yellow split peas & vegetable stock	Not Applicable	Apricot Flapjack (G) (SD)
Tuesday	Dairy Free Cheese & Pineapple Pizza (G) (T) Pizza base, tomato sauce, herbs, dairy free cheese & pineapple	Not Applicable	Diced Peaches
Wednesday	Bean & Dairy Free Cheese Fajita (PU) (T) Mixed beans, peppers, tomato, carrot, red onion, garlic, mixed spices, smoked paprika, rice flour, basil, vegetable stock & dairy free cheese	Soft Flour Tortilla (G)	Melon Slices
Thursday	Soya Bolognese Pasta Bake (G) (S) (T) Minced soya, carrot, butternut squash, onion, red pepper, tomato, garlic, basil, mixed herbs, oregano, rice flour, pasta	Not Applicable	Coconut Dessert Pot (Strawberry, Banana, Cherry or Apricot)
Friday	Vegetable Korma (Dairy Free) (PU) (SD) (T) Peppers, onion, butternut, carrot, garlic, tomato, coriander, lentils, peas, curry paste, garam masala, ginger, paprika, cumin, mango chutney & bechamel (contains coconut).	White Rice	Orange Slices

Menu C	Item 1	Item 2	Item 3
Monday	Dairy Free Cheesy Baked Beans (PU) (T) Haricot beans, garlic, onion, sweet potato, carrot, tomato, rice flour & dairy free cheese	Jacket Potato	Apricots & Pears
Tuesday	Mediterranean Bean Pasta Bake (Dairy Free) (G) (PU) (SD) Mixed beans, sweetcorn, peppers, onion, butternut squash, peas, lemon juice, lemon zest, garlic, parsley, bechamel (contains coconut), basil, vegetable stock & pasta	Not Applicable	Apple & Ginger Flapjack (G)
Wednesday	Jerk Vegetables (Dairy Free) (PU) (T) Kidney beans, carrot, peppers, red onion, courgette, pineapple, tomato, rice flour, mixed spice, lime zest, thyme, stock & ginger	Soft Flour Tortilla (G)	Coconut Dessert Pot (Strawberry, Banana, Cherry or Apricot)
Thursday	Quorn Vegan Pieces Pasta Bake (Dairy Free) (G) (PU) (SD) (T) Quorn vegan pieces, onion, red lentils, peppers, swede, oregano, basil, tomato, cornflour, garlic, pasta	Not Applicable	Orange Slices
Friday	Pea, Leek & Potato Pie (Dairy Free) (PU) (SD) Peas, red lentils, onion, garlic, leeks, sweet potato, thyme, bechamel (contains coconut), cornflour, potato, dairy free spread	Not Applicable	Melon Slices

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VA VEGAN NURSERY HOT TEA MENU

Autumn Winter 2024/25

VA Vegan	V Vegetarian	T Tomato	SD Sulphites	S Soya	PU Pulse/Bean	P Pork	HL Halal	G Gluten	F Fish	E Egg	D Dairy	CA Citric Acid/Spice	C Celery	B Beef
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Menu A	Dish	Dietaries															
Monday	Chickpea & Potato Tagine			●										●		●	●
	Not Applicable																
	Plain Flapjack (Gluten Free)													●		●	●
Tuesday	Dairy Free Cheesy Baked Beans			●												●	●
	Jacket Potato																
	Melon Slices			●												●	●
Wednesday	Thai Red Lentil Curry Noodles (Dairy Free)			●					●							●	●
	Not Applicable																
	Orange Slices			●												●	●
Thursday	Lentil & Sweetcorn Pasta Bake (Dairy Free)			●					●							●	●
	Not Applicable																
	Diced Pears			●												●	●
Friday	Vegetable Chilli			●												●	●
	White Rice																
	Coconut Dessert Pot (Strawberry, Banana, Cherry or Apricot)			●												●	●

Menu B	Dish	Dietaries																
Monday	Cheesy Macaroni & Vegetable Bake (Dairy Free)			●					●								●	●
	Not Applicable																	
	Apricot Flapjack			●					●							●	●	●
Tuesday	Dairy Free Cheese & Pineapple Pizza			●					●								●	●
	Not Applicable																	
	Diced Peaches			●													●	●
Wednesday	Bean & Dairy Free Cheese Fajita			●													●	●
	Soft Flour Tortilla								●								●	●
	Melon Slices			●													●	●
Thursday	Soya Bolognese Pasta Bake			●					●						●		●	●
	Not Applicable																	
	Coconut Dessert Pot (Strawberry, Banana, Cherry or Apricot)			●													●	●
Friday	Vegetable Korma (Dairy Free)			●													●	●
	White Rice																	
	Orange Slices			●													●	●

Menu C	Dish	Dietaries																
Monday	Dairy Free Cheesy Baked Beans			●													●	●
	Jacket Potato																	
	Apricots & Pears			●													●	●
Tuesday	Mediterranean Bean Pasta Bake (Dairy Free)			●					●								●	●
	Not Applicable																	
	Apple & Ginger Flapjack			●					●								●	●
Wednesday	Jerk Vegetables (Dairy Free)			●													●	●
	Soft Flour Tortilla								●								●	●
	Coconut Dessert Pot (Strawberry, Banana, Cherry or Apricot)			●													●	●
Thursday	Quorn Vegan Pieces Pasta Bake (Dairy Free)			●					●								●	●
	Not Applicable																	
	Orange Slices			●													●	●
Friday	Pea, Leek & Potato Pie (Dairy Free)			●													●	●
	Not Applicable																	
	Melon Slices			●													●	●

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Menu A	Item 1	Item 2	Item 3
Monday	Chickpea & Potato Tagine (PU) (SD) (T) Chickpeas, potato, peppers, onion, carrot, rosemary, stock, tomato, cinnamon, cumin, garlic, dried apricots, rice flour	Not Applicable	Banana & Sultana Oaty Cookie (D) (E) (G) (SD)
Tuesday	Cheesy Baked Beans (D) (PU) (T) Haricot beans, garlic, onion, sweet potato, carrot, tomato, rice flour & grated cheese	Jacket Potato	Melon Slices
Wednesday	Thai Red Chicken Curry Noodles (D) (G) (PU) (SD) (T) Chicken, red onion, peppers, carrot, basil, Thai red curry paste, bechamel, peas, coconut milk, tomato, lime zest, coriander, cream, cornflour & wholewheat noodles	Not Applicable	Orange Slices
Thursday	Lentil & Sweetcorn Pasta Bake (D) (G) (PU) (T) Penne pasta, lentils, cheese, tomato, garlic, butternut, sweetcorn, onion, basil & bechamel (contains coconut)	Not Applicable	Diced Pears
Friday	Lamb Chilli (PU) (SD) (T) Minced lamb, kidney beans, black turtle beans, carrot, mixed peppers, onion, garlic, tomato, coriander, cumin, smoked paprika, oregano, vegetable stock, cornflour	White Rice	Strawberry Yoghurt (D)

Menu B	Item 1	Item 2	Item 3
Monday	Cheesy Macaroni & Vegetable Bake (D) (G) (PU) Pasta, bechamel (contains coconut), butternut squash, cheese, garlic, onion, turmeric, yellow split peas & vegetable stock	Not Applicable	Apricot Flapjack (G) (SD)
Tuesday	Ham & Pineapple Pizza (D) (G) (T) Pizza base, tomato sauce, herbs, cheddar, mozzarella, ham & pineapple	Not Applicable	Diced Peaches
Wednesday	Bean & Cheese Fajita (D) (PU) (T) Mixed beans, peppers, tomato, carrot, red onion, garlic, mixed spices, smoked paprika, rice flour, basil, vegetable stock & cheese	Soft Flour Tortilla (G)	Melon Slices
Thursday	Beef Bolognese Pasta Bake (G) (T) Minced beef, carrot, butternut squash, onion, red pepper, tomato, garlic, basil, mixed herbs, oregano, rice flour, pasta	Not Applicable	Pear & Apple Yoghurt (D)
Friday	Vegetable Korma (D) (PU) (SD) (T) Peppers, onion, butternut, carrot, garlic, tomato, coriander, lentils, peas, curry paste, garam masala, ginger, paprika, cumin, cream, mango chutney & bechamel (contains coconut)	White Rice	Orange Slices

Menu C	Item 1	Item 2	Item 3
Monday	Cheesy Baked Beans (D) (PU) (T) Haricot beans, garlic, onion, sweet potato, carrot, tomato, rice flour & grated cheese	Jacket Potato	Apricots & Pears
Tuesday	Mediterranean Bean Pasta Bake (D) (G) (PU) (SD) Mixed beans, sweetcorn, peppers, onion, butternut squash, peas, lemon juice, lemon zest, cream cheese, garlic, parsley, bechamel (contains coconut), basil, vegetable stock & pasta	Not Applicable	Apple & Ginger Flapjack (G)
Wednesday	Jerk Chicken (D) (PU) (T) Diced chicken, carrot, peppers, red onion, courgette, pineapple, tomato, rice flour, mixed spice, lime zest, thyme, kidney beans, cream cheese, stock & ginger	Soft Flour Tortilla (G)	Banana Yoghurt (D)
Thursday	Beef Meatball Pasta Bake (D) (G) (PU) (S) (SD) (T) Beef meatballs, onion, red lentils, peppers, swede, oregano, basil, tomato, cornflour, garlic, pasta & cheese	Not Applicable	Orange Slices
Friday	Turkey, Leek & Potato Pie (D) (PU) (SD) Turkey, onion, garlic, leeks, sweet potato, thyme, bechamel (contains coconut), cream, cornflour, potato, dairy free spread	Not Applicable	Melon Slices

C = Contains Celery D = Contains Dairy (Milk) E = Contains Egg F = Contains Fish G = Contains cereals containing Gluten
PU = Contains Pulses/Beans S = Contains Soya SD = Contains Sulphur Dioxide T = Contains Tomato

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F FISH FREE NURSERY HOT Tea MENU

Autumn Winter 2024/25

VA Vegan	V Vegetarian	T Tomato	SD Sulphites	S Soya	PU Pulse/Bean	P Pork	HL Halal	G Gluten	F Fish	E Egg	D Dairy	CA Citric Acid/Spice	C Celery	B Beef
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Menu A	Dish	Dietaries																
Monday	Chickpea & Potato Tagine			●										●			●	●
	Not Applicable																	
	Banana & Sultana Oaty Cookie			●	●	●					●							
Tuesday	Cheesy Baked Beans			●	●												●	●
	Jacket Potato																●	●
	Melon Slices			●													●	●
Wednesday	Thai Red Chicken Curry Noodles			●	●												●	●
	Not Applicable																●	●
	Orange Slices			●													●	●
Thursday	Lentil & Sweetcorn Pasta Bake			●	●												●	●
	Not Applicable																●	●
	Diced Pears			●													●	●
Friday	Lamb Chilli			●													●	●
	White Rice																●	●
	Strawberry Yoghurt			●	●												●	●

Menu B	Dish	Dietaries																
Monday	Cheesy Macaroni & Vegetable Bake			●	●												●	●
	Not Applicable																●	●
	Apricot Flapjack			●														
Tuesday	Ham & Pineapple Pizza			●	●												●	●
	Not Applicable																●	●
	Diced Peaches			●													●	●
Wednesday	Bean & Cheese Fajita			●	●												●	●
	Soft Flour Tortilla																●	●
	Melon Slices			●													●	●
Thursday	Beef Bolognese Pasta Bake	●		●													●	●
	Not Applicable																●	●
	Pear & Apple Yoghurt			●	●												●	●
Friday	Vegetable Korma			●	●												●	●
	White Rice																●	●
	Orange Slices			●													●	●

Menu C	Dish	Dietaries																
Monday	Cheesy Baked Beans			●	●												●	●
	Jacket Potato																●	●
	Apricots & Pears			●													●	●
Tuesday	Mediterranean Bean Pasta Bake			●	●												●	●
	Not Applicable																●	●
	Apple & Ginger Flapjack			●													●	●
Wednesday	Jerk Chicken			●	●												●	●
	Soft Flour Tortilla																●	●
	Banana Yoghurt			●	●												●	●
Thursday	Beef Meatball Pasta Bake	●		●	●												●	●
	Not Applicable																●	●
	Orange Slices			●													●	●
Friday	Turkey, Leek & Potato Pie			●	●												●	●
	Not Applicable																●	●
	Melon Slices			●													●	●

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Menu A	Item 1	Item 2	Item 3
Monday	Chickpea & Potato Tagine (PU) (SD) (T) Chickpeas, potato, peppers, onion, carrot, rosemary, stock, tomato, cinnamon, cumin, garlic, dried apricots, rice flour	Not Applicable	Plain Flapjack (Gluten Free)
Tuesday	Dairy Free Cheesy Baked Beans (PU) (T) Haricot beans, garlic, onion, sweet potato, carrot, tomato, rice flour & dairy free cheese	Jacket Potato	Melon Slices
Wednesday	Thai Red Chicken Curry Noodles (Dairy Free) (G) (PU) (SD) (T) Chicken, red onion, peppers, carrot, basil, Thai red curry paste, bechamel, peas, coconut milk, tomato, lime zest, coriander, cornflour & wholewheat noodles	Not Applicable	Orange Slices
Thursday	Tuna & Sweetcorn Pasta Bake (Dairy Free) (F) (G) (PU) (T) Tuna, penne pasta, tomato, garlic, butternut, sweetcorn, onion, basil, dairy free cheese & bechamel (contains coconut)	Not Applicable	Diced Pears
Friday	Lamb Chilli (PU) (SD) (T) Minced lamb, kidney beans, black turtle beans, carrot, mixed peppers, onion, garlic, tomato, coriander, cumin, smoked paprika, oregano, vegetable stock, cornflour	White Rice	Coconut Dessert Pot (Strawberry, Banana, Cherry or Apricot)

Menu B	Item 1	Item 2	Item 3
Monday	Cheesy Macaroni & Vegetable Bake (Dairy Free) (G) (PU) Pasta, bechamel (contains coconut), butternut squash, dairy free cheese, garlic, onion, turmeric, yellow split peas & vegetable stock	Not Applicable	Apricot Flapjack (G) (SD)
Tuesday	Ham & Pineapple Dairy Free Pizza (G) (T) Pizza base, tomato sauce, herbs, dairy free cheese, ham & pineapple	Not Applicable	Diced Peaches
Wednesday	Bean & Dairy Free Cheese Fajita (PU) (T) Mixed beans, peppers, tomato, carrot, red onion, garlic, mixed spices, smoked paprika, rice flour, basil, vegetable stock & dairy free cheese	Soft Flour Tortilla (G)	Melon Slices
Thursday	Beef Bolognese Pasta Bake (G) (T) Minced beef, carrot, butternut squash, onion, red pepper, tomato, garlic, basil, mixed herbs, oregano, rice flour, pasta	Not Applicable	Coconut Dessert Pot (Strawberry, Banana, Cherry or Apricot)
Friday	Vegetable Korma (Dairy Free) (PU) (SD) (T) Peppers, onion, butternut, carrot, garlic, tomato, coriander, lentils, peas, curry paste, garam masala, ginger, paprika, cumin, mango chutney & bechamel (contains coconut).	White Rice	Orange Slices

Menu C	Item 1	Item 2	Item 3
Monday	Dairy Free Cheesy Baked Beans (PU) (T) Haricot beans, garlic, onion, sweet potato, carrot, tomato, rice flour & dairy free cheese	Jacket Potato	Apricots & Pears
Tuesday	Mediterranean Salmon Pasta Bake (Dairy Free) (F) (G) (PU) (SD) Salmon, sweetcorn, peppers, onion, butternut squash, peas, lemon juice, lemon zest, garlic, parsley, bechamel (contains coconut), basil, vegetable stock & pasta	Not Applicable	Apple & Ginger Flapjack (G)
Wednesday	Jerk Chicken (Dairy Free) (PU) (T) Diced chicken, carrot, peppers, red onion, courgette, pineapple, tomato, rice flour, mixed spice, lime zest, thyme, kidney beans, stock & ginger	Soft Flour Tortilla (G)	Coconut Dessert Pot (Strawberry, Banana, Cherry or Apricot)
Thursday	Beef Meatball Pasta Bake (Dairy Free) (G) (PU) (S) (SD) (T) Beef meatballs, onion, red lentils, peppers, swede, oregano, basil, tomato, cornflour, garlic, pasta	Not Applicable	Orange Slices
Friday	Turkey, Leek & Potato Pie (Dairy Free) (PU) (SD) Turkey, onion, garlic, leeks, sweet potato, thyme, bechamel (contains coconut), cornflour, potato, dairy free spread	Not Applicable	Melon Slices

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PU = Contains Pulses/Beans S = Contains Soya SD = Contains Sulphur Dioxide T = Contains Tomato

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D DAIRY FREE NURSERY HOT TEA MENU

Autumn Winter 2024/25

VA Vegan	V Vegetarian	T Tomato	SD Sulphites	S Soya	PU Pulse/Bean	P Pork	HL Halal	G Gluten	F Fish	E Egg	D Dairy	CA Citric Acid/Spice	C Celery	B Beef
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Menu A	Dish	Dietaries															
Monday	Chickpea & Potato Tagine			●										●		●	●
	Not Applicable																
	Plain Flapjack (Gluten Free)													●		●	●
Tuesday	Dairy Free Cheesy Baked Beans			●												●	●
	Jacket Potato															●	●
	Melon Slices			●												●	●
Wednesday	Thai Red Chicken Curry Noodles (Dairy Free)			●												●	●
	Not Applicable																
	Orange Slices			●												●	●
Thursday	Tuna & Sweetcorn Pasta Bake (Dairy Free)			●												●	●
	Not Applicable																
	Diced Pears			●												●	●
Friday	Lamb Chilli			●												●	●
	White Rice															●	●
	Coconut Dessert Pot (Strawberry, Banana, Cherry or Apricot)			●												●	●

Menu B	Dish	Dietaries															
Monday	Cheesy Macaroni & Vegetable Bake (Dairy Free)			●												●	●
	Not Applicable																
	Apricot Flapjack			●												●	●
Tuesday	Ham & Pineapple Dairy Free Pizza			●												●	●
	Not Applicable																
	Diced Peaches			●												●	●
Wednesday	Bean & Dairy Free Cheese Fajita			●												●	●
	Soft Flour Tortilla															●	●
	Melon Slices			●												●	●
Thursday	Beef Bolognese Pasta Bake	●		●												●	●
	Not Applicable																
	Coconut Dessert Pot (Strawberry, Banana, Cherry or Apricot)			●												●	●
Friday	Vegetable Korma (Dairy Free)			●												●	●
	White Rice															●	●
	Orange Slices			●												●	●

Menu C	Dish	Dietaries															
Monday	Dairy Free Cheesy Baked Beans			●												●	●
	Jacket Potato															●	●
	Apricots & Pears			●												●	●
Tuesday	Mediterranean Salmon Pasta Bake (Dairy Free)			●												●	●
	Not Applicable																
	Apple & Ginger Flapjack			●												●	●
Wednesday	Jerk Chicken (Dairy Free)			●												●	●
	Soft Flour Tortilla															●	●
	Coconut Dessert Pot (Strawberry, Banana, Cherry or Apricot)			●												●	●
Thursday	Beef Meatball Pasta Bake (Dairy Free)	●		●												●	●
	Not Applicable																
	Orange Slices			●												●	●
Friday	Turkey, Leek & Potato Pie (Dairy Free)			●												●	●
	Not Applicable																
	Melon Slices			●												●	●

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Menu A	Item 1	Item 2	Item 3
Monday	Chickpea & Potato Tagine (PU) (SD) (T) Chickpeas, potato, peppers, onion, carrot, rosemary, stock, tomato, cinnamon, cumin, garlic, dried apricots, rice flour	Not Applicable	Plain Flapjack (Gluten Free)
Tuesday	Cheesy Baked Beans (D) (PU) (T) Haricot beans, garlic, onion, sweet potato, carrot, tomato, rice flour & grated cheese	Jacket Potato	Melon Slices
Wednesday	Thai Red Chicken Curry Noodles (D) (G) (PU) (SD) (T) Chicken, red onion, peppers, carrot, basil, Thai red curry paste, bechamel, peas, coconut milk, tomato, lime zest, coriander, cream, cornflour & wholewheat noodles	Not Applicable	Orange Slices
Thursday	Tuna & Sweetcorn Pasta Bake (D) (F) (G) (PU) (T) Tuna, penne pasta, cheese, tomato, garlic, butternut squash, sweetcorn, onion, basil & bechamel (contains coconut).	Not Applicable	Diced Pears
Friday	Lamb Chilli (PU) (SD) (T) Minced lamb, kidney beans, black turtle beans, carrot, mixed peppers, onion, garlic, tomato, coriander, cumin, smoked paprika, oregano, vegetable stock, cornflour	White Rice	Strawberry Yoghurt (D)

Menu B	Item 1	Item 2	Item 3
Monday	Cheesy Macaroni & Vegetable Bake (D) (G) (PU) Pasta, bechamel (contains coconut), butternut squash, cheese, garlic, onion, turmeric, yellow split peas & vegetable stock	Not Applicable	Apricot Flapjack (G) (SD)
Tuesday	Ham & Pineapple Pizza (D) (G) (T) Pizza base, tomato sauce, herbs, cheddar, mozzarella, ham & pineapple	Not Applicable	Diced Peaches
Wednesday	Bean & Cheese Fajita (D) (PU) (T) Mixed beans, peppers, tomato, carrot, red onion, garlic, mixed spices, smoked paprika, rice flour, basil, vegetable stock & cheese	Soft Flour Tortilla (G)	Melon Slices
Thursday	Beef Bolognese Pasta Bake (G) (T) Minced beef, carrot, butternut squash, onion, red pepper, tomato, garlic, basil, mixed herbs, oregano, rice flour, pasta	Not Applicable	Pear & Apple Yoghurt (D)
Friday	Vegetable Korma (D) (PU) (SD) (T) Peppers, onion, butternut, carrot, garlic, tomato, coriander, lentils, peas, curry paste, garam masala, ginger, paprika, cumin, cream, mango chutney & bechamel (contains coconut)	White Rice	Orange Slices

Menu C	Item 1	Item 2	Item 3
Monday	Cheesy Baked Beans (D) (PU) (T) Haricot beans, garlic, onion, sweet potato, carrot, tomato, rice flour & grated cheese	Jacket Potato	Apricots & Pears
Tuesday	Mediterranean Salmon Pasta Bake (D) (F) (G) (PU) (SD) Salmon, sweetcorn, peppers, onion, butternut squash, peas, lemon juice, lemon zest, cream cheese, garlic, parsley, bechamel (contains coconut), basil, vegetable stock & pasta	Not Applicable	Apple & Ginger Flapjack (G)
Wednesday	Jerk Chicken (D) (PU) (T) Diced chicken, carrot, peppers, red onion, courgette, pineapple, tomato, rice flour, mixed spice, lime zest, thyme, kidney beans, cream cheese, stock & ginger	Soft Flour Tortilla (G)	Banana Yoghurt (D)
Thursday	Beef Meatball Pasta Bake (D) (G) (PU) (S) (SD) (T) Beef meatballs, onion, red lentils, peppers, swede, oregano, basil, tomato, cornflour, garlic, pasta & cheese	Not Applicable	Orange Slices
Friday	Turkey, Leek & Potato Pie (D) (PU) (SD) Turkey, onion, garlic, leeks, sweet potato, thyme, bechamel (contains coconut), cream, cornflour, potato, dairy free spread	Not Applicable	Melon Slices

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E EGG FREE NURSERY HOT Tea MENU

Autumn Winter 2024/25

VA Vegan	V Vegetarian	T Tomato	SD Sulphites	S Soya	PU Pulse/Bean	P Pork	HL Halal	G Gluten	F Fish	E Egg	D Dairy	CA Citric Acid/Spice	C Celery	B Beef
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Menu A	Dish	Dietaries															
Monday	Chickpea & Potato Tagine			●										●		●	●
	Not Applicable																
	Plain Flapjack (Gluten Free)															●	●
Tuesday	Cheesy Baked Beans			●	●											●	●
	Jacket Potato															●	●
	Melon Slices			●												●	●
Wednesday	Thai Red Chicken Curry Noodles			●	●											●	●
	Not Applicable																
	Orange Slices			●												●	●
Thursday	Tuna & Sweetcorn Pasta Bake			●	●											●	●
	Not Applicable																
	Diced Pears			●												●	●
Friday	Lamb Chilli			●												●	●
	White Rice															●	●
	Strawberry Yoghurt			●	●											●	●

Menu B	Dish	Dietaries																
Monday	Cheesy Macaroni & Vegetable Bake			●	●												●	●
	Not Applicable																	
	Apricot Flapjack			●													●	●
Tuesday	Ham & Pineapple Pizza			●	●												●	●
	Not Applicable																	
	Diced Peaches			●													●	●
Wednesday	Bean & Cheese Fajita			●	●												●	●
	Soft Flour Tortilla																●	●
	Melon Slices			●													●	●
Thursday	Beef Bolognaise Pasta Bake		●	●													●	●
	Not Applicable																	
	Pear & Apple Yoghurt			●	●												●	●
Friday	Vegetable Korma			●	●												●	●
	White Rice																●	●
	Orange Slices			●													●	●

Menu C	Dish	Dietaries																
Monday	Cheesy Baked Beans			●	●												●	●
	Jacket Potato																●	●
	Apricots & Pears			●													●	●
Tuesday	Mediterranean Salmon Pasta Bake			●	●												●	●
	Not Applicable																	
	Apple & Ginger Flapjack			●													●	●
Wednesday	Jerk Chicken			●	●												●	●
	Soft Flour Tortilla																●	●
	Banana Yoghurt			●	●												●	●
Thursday	Beef Meatball Pasta Bake		●	●													●	●
	Not Applicable																	
	Orange Slices			●													●	●
Friday	Turkey, Leek & Potato Pie			●	●												●	●
	Not Applicable																	
	Melon Slices			●													●	●

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Menu A	Item 1	Item 2	Item 3
Monday	Chickpea & Potato Tagine (PU) (SD) (T) Chickpeas, potato, peppers, onion, carrot, rosemary, stock, tomato, cinnamon, cumin, garlic, dried apricots, rice flour	Not Applicable	Plain Flapjack (Gluten Free)
Tuesday	Cheesy Baked Beans (D) (PU) (T) Haricot beans, garlic, onion, sweet potato, carrot, tomato, rice flour & grated cheese	Jacket Potato	Melon Slices
Wednesday	Thai Red Chicken Curry Noodles (Gluten Free) (D) (PU) (SD) (T) Chicken, red onion, peppers, carrot, basil, Thai red curry paste, bechamel, peas, coconut milk, tomato, lime zest, coriander, cream, cornflour & gluten free noodles	Not Applicable	Orange Slices
Thursday	Tuna & Sweetcorn Pasta Bake (Gluten Free) (D) (F) (PU) (T) Tuna, gluten free pasta, cheese, tomato, garlic, butternut, sweetcorn, onion, basil & bechamel (contains coconut)	Not Applicable	Diced Pears
Friday	Lamb Chilli (PU) (SD) (T) Minced lamb, kidney beans, black turtle beans, carrot, mixed peppers, onion, garlic, tomato, coriander, cumin, smoked paprika, oregano, vegetable stock, cornflour	White Rice	Strawberry Yoghurt (D)

Menu B	Item 1	Item 2	Item 3
Monday	Cheesy Macaroni & Vegetable Bake (Gluten Free) (D) (PU) Gluten free pasta, bechamel (contains coconut), butternut squash, cheese, garlic, onion, turmeric, yellow split peas & vegetable stock	Not Applicable	Apricot Flapjack (Gluten Free) (SD)
Tuesday	Ham & Pineapple Gluten Free Pizza (D) (T) Gluten free pizza base, tomato sauce, herbs, cheddar, mozzarella, ham & pineapple	Not Applicable	Diced Peaches
Wednesday	Bean & Cheese Fajita (D) (PU) (T) Mixed beans, peppers, tomato, carrot, red onion, garlic, mixed spices, smoked paprika, rice flour, basil, vegetable stock & cheese	Gluten Free Tortilla Wrap (PU)	Melon Slices
Thursday	Beef Bolognaise Pasta Bake (Gluten Free) (T) Minced beef, carrot, butternut squash, onion, red pepper, tomato, garlic, basil, mixed herbs, oregano, rice flour, gluten free pasta	Not Applicable	Pear & Apple Yoghurt (D)
Friday	Vegetable Korma (D) (PU) (SD) (T) Peppers, onion, butternut, carrot, garlic, tomato, coriander, lentils, peas, curry paste, garam masala, ginger, paprika, cumin, cream, mango chutney & bechamel (contains coconut)	White Rice	Orange Slices

Menu C	Item 1	Item 2	Item 3
Monday	Cheesy Baked Beans (D) (PU) (T) Haricot beans, garlic, onion, sweet potato, carrot, tomato, rice flour & grated cheese	Jacket Potato	Apricots & Pears
Tuesday	Mediterranean Salmon Pasta Bake (Gluten Free) (D) (F) (PU) (SD) Salmon, sweetcorn, peppers, onion, butternut squash, peas, lemon juice, lemon zest, cream cheese, garlic, parsley, bechamel (contains coconut), basil, vegetable stock & gluten free pasta	Not Applicable	Apple & Ginger Flapjack (Gluten Free)
Wednesday	Jerk Chicken (D) (PU) (T) Diced chicken, carrot, peppers, red onion, courgette, pineapple, tomato, rice flour, mixed spice, lime zest, thyme, kidney beans, cream cheese, stock & ginger	Gluten Free Tortilla Wrap (PU)	Banana Yoghurt (D)
Thursday	Chicken Pasta Bake (Gluten Free) (D) (PU) (SD) (T) Diced chicken, onion, red lentils, peppers, swede, oregano, basil, tomato, corn flour, garlic, gluten free pasta & cheese	Not Applicable	Orange Slices
Friday	Turkey, Leek & Potato Pie (D) (PU) (SD) Turkey, onion, garlic, leeks, sweet potato, thyme, bechamel (contains coconut), cream, cornflour, potato, dairy free spread	Not Applicable	Melon Slices

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G GLUTEN FREE NURSERY HOT TEA MENU

Autumn Winter 2024/25

VA Vegan	V Vegetarian	T Tomato	SD Sulphites	S Soya	PU Pulse/Bean	P Pork	HL Halal	G Gluten	F Fish	E Egg	D Dairy	CA Citric Acid/Spice	C Celery	B Beef
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Menu A	Dish	Dietaries															
Monday	Chickpea & Potato Tagine			●										●		●	●
	Not Applicable																
	Plain Flapjack (Gluten Free)													●		●	●
Tuesday	Cheesy Baked Beans			●	●											●	●
	Jacket Potato															●	●
	Melon Slices			●												●	●
Wednesday	Thai Red Chicken Curry Noodles (Gluten Free)			●	●											●	●
	Not Applicable																
	Orange Slices			●												●	●
Thursday	Tuna & Sweetcorn Pasta Bake (Gluten Free)			●	●					●						●	●
	Not Applicable																
	Diced Pears			●												●	●
Friday	Lamb Chilli			●												●	●
	White Rice															●	●
	Strawberry Yoghurt			●	●											●	●

Menu B	Dish	Dietaries																
Monday	Cheesy Macaroni & Vegetable Bake (Gluten Free)			●	●												●	●
	Not Applicable																	
	Apricot Flapjack (Gluten Free)			●													●	●
Tuesday	Ham & Pineapple Gluten Free Pizza			●	●												●	●
	Not Applicable																	
	Diced Peaches			●													●	●
Wednesday	Bean & Cheese Fajita			●	●												●	●
	Gluten Free Tortilla Wrap			●													●	●
	Melon Slices			●													●	●
Thursday	Beef Bolognese Pasta Bake (Gluten Free)	●		●													●	●
	Not Applicable																	
	Pear & Apple Yoghurt			●	●												●	●
Friday	Vegetable Korma			●	●												●	●
	White Rice																●	●
	Orange Slices			●													●	●

Menu C	Dish	Dietaries																
Monday	Cheesy Baked Beans			●	●												●	●
	Jacket Potato																●	●
	Apricots & Pears			●													●	●
Tuesday	Mediterranean Salmon Pasta Bake (Gluten Free)			●	●					●							●	●
	Not Applicable																	
	Apple & Ginger Flapjack (Gluten Free)			●													●	●
Wednesday	Jerk Chicken			●	●												●	●
	Gluten Free Tortilla Wrap			●													●	●
	Banana Yoghurt			●	●												●	●
Thursday	Chicken Pasta Bake (Gluten Free)			●	●												●	●
	Not Applicable																	
	Orange Slices			●													●	●
Friday	Turkey, Leek & Potato Pie			●	●												●	●
	Not Applicable																	
	Melon Slices			●													●	●

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Menu A	Item 1	Item 2	Item 3
Monday	Potato Tagine (Pulse Free) (SD) (T) Potato, peppers, onion, carrot, rosemary, stock, tomato, cinnamon, cumin, garlic, dried apricots, rice flour	Not Applicable	Banana & Sultana Oaty Cookie (D) (E) (G) (SD)
Tuesday	Grated Cheese (D) Cheddar cheese	Jacket Potato	Melon Slices
Wednesday	Thai Red Chicken Curry Noodles (Pulse Free) (D) (G) (SD) (T) Chicken, red onion, peppers, carrot, basil, Thai red curry paste, coconut milk, tomato, lime zest, coriander, cream, cornflour & wholewheat noodles	Not Applicable	Orange Slices
Thursday	Tuna & Sweetcorn Pasta Bake (Pulse Free) (D) (F) (G) (T) Tuna, penne pasta, cheese, tomato, garlic, butternut squash, sweetcorn, onion, basil	Not Applicable	Diced Pears
Friday	Lamb Chilli (Pulse Free) (SD) (T) Minced lamb, carrot, mixed peppers, onion, garlic, tomato, coriander, cumin, smoked paprika, oregano, vegetable stock, cornflour	White Rice	Strawberry Yoghurt (D)

Menu B	Item 1	Item 2	Item 3
Monday	Cheesy Macaroni & Vegetable Bake (Pulse Free) (D) (G) Pasta, cream, butternut squash, cheese, garlic, onion, turmeric, & vegetable stock	Not Applicable	Apricot Flapjack (G) (SD)
Tuesday	Ham & Pineapple Pizza (D) (G) (T) Pizza base, tomato sauce, herbs, cheddar, mozzarella, ham & pineapple	Not Applicable	Diced Peaches
Wednesday	Vegetable & Cheese Fajita (Pulse Free) (D) (T) Peppers, garlic, onion, basil, smoked paprika, carrot, tomato, vegetable stock & cheese	Soft Flour Tortilla (G)	Melon Slices
Thursday	Beef Bolognese Pasta Bake (G) (T) Minced beef, carrot, butternut squash, onion, red pepper, tomato, garlic, basil, mixed herbs, oregano, rice flour, pasta	Not Applicable	Pear & Apple Yoghurt (D)
Friday	Vegetable Korma (Pulse Free) (D) (SD) (T) Peppers, onion, butternut, carrot, garlic, tomato, coriander, curry paste, garam masala, ginger, paprika, cumin, cream, mango chutney	White Rice	Orange Slices

Menu C	Item 1	Item 2	Item 3
Monday	Grated Cheese (D) Cheddar cheese	Jacket Potato	Apricots & Pears
Tuesday	Mediterranean Salmon Pasta Bake (Pulse Free) (D) (F) (G) (SD) Salmon, sweetcorn, peppers, onion, butternut squash, lemon juice, lemon zest, cream cheese, garlic, parsley, basil, vegetable stock & pasta	Not Applicable	Apple & Ginger Flapjack (G)
Wednesday	Jerk Chicken (Pulse Free) (D) (T) Diced chicken, carrot, peppers, red onion, courgette, pineapple, tomato, rice flour, mixed spice, lime zest, thyme, cream cheese, stock & ginger	Soft Flour Tortilla (G)	Banana Yoghurt (D)
Thursday	Beef Meatball Pasta Bake (Pulse Free) (D) (G) (S) (SD) (T) Beef meatballs, onion, peppers, swede, oregano, basil, tomato, cornflour, garlic, pasta & cheese	Not Applicable	Orange Slices
Friday	Chicken, Leek & Potato Pie (Pulse Free) (D) (SD) Chicken, onion, garlic, leeks, sweet potato, thyme, gravy, cream, cornflour, potato, dairy free spread	Not Applicable	Melon Slices

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 PU = Contains Pulses/Beans S = Contains Soya SD = Contains Sulphur Dioxide T = Contains Tomato

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PU PULSE & Bean FREE NURSERY HOT TEA MENU

Autumn Winter 2024/25

VA Vegan	V Vegetarian	T Tomato	SD Sulphites	S Soya	PU Pulse/Bean	P Pork	HL Halal	G Gluten	F Fish	E Egg	D Dairy	CA Citric Acid/Spice	C Celery	B Beef
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Menu A	Dish	Dietaries															
Monday	Potato Tagine (Pulse Free)			●											●	●	●
	Not Applicable																
	Banana & Sultana Oaty Cookie			●	●	●									●	●	●
Tuesday	Grated Cheese				●											●	●
	Jacket Potato															●	●
	Melon Slices															●	●
Wednesday	Thai Red Chicken Curry Noodles (Pulse Free)			●	●										●	●	●
	Not Applicable															●	●
	Orange Slices			●												●	●
Thursday	Tuna & Sweetcorn Pasta Bake (Pulse Free)			●	●										●	●	●
	Not Applicable															●	●
	Diced Pears			●												●	●
Friday	Lamb Chilli (Pulse Free)			●											●	●	●
	White Rice															●	●
	Strawberry Yoghurt			●	●											●	●

Menu B	Dish	Dietaries																
Monday	Cheesy Macaroni & Vegetable Bake (Pulse Free)			●	●												●	●
	Not Applicable																●	●
	Apricot Flapjack			●													●	●
Tuesday	Ham & Pineapple Pizza			●	●											●	●	●
	Not Applicable																●	●
	Diced Peaches			●													●	●
Wednesday	Vegetable & Cheese Fajita (Pulse Free)			●	●											●	●	●
	Soft Flour Tortilla																●	●
	Melon Slices			●													●	●
Thursday	Beef Bolognese Pasta Bake	●		●												●	●	●
	Not Applicable																●	●
	Pear & Apple Yoghurt			●	●												●	●
Friday	Vegetable Korma (Pulse Free)			●	●											●	●	●
	White Rice																●	●
	Orange Slices			●													●	●

Menu C	Dish	Dietaries																
Monday	Grated Cheese				●												●	●
	Jacket Potato																●	●
	Apricots & Pears			●													●	●
Tuesday	Mediterranean Salmon Pasta Bake (Pulse Free)			●	●												●	●
	Not Applicable																●	●
	Apple & Ginger Flapjack			●													●	●
Wednesday	Jerk Chicken (Pulse Free)			●	●											●	●	●
	Soft Flour Tortilla																●	●
	Banana Yoghurt			●	●												●	●
Thursday	Beef Meatball Pasta Bake (Pulse Free)	●		●	●											●	●	●
	Not Applicable																●	●
	Orange Slices			●													●	●
Friday	Chicken, Leek & Potato Pie (Pulse Free)			●	●											●	●	●
	Not Applicable																●	●
	Melon Slices			●													●	●

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Menu A	Item 1	Item 2	Item 3
Monday	Chickpea & Potato Tagine (PU) (SD) (T) Chickpeas, potato, peppers, onion, carrot, rosemary, stock, tomato, cinnamon, cumin, garlic, dried apricots, rice flour	Not Applicable	Banana & Sultana Oaty Cookie (D) (E) (G) (SD)
Tuesday	Cheesy Baked Beans (D) (PU) (T) Haricot beans, garlic, onion, sweet potato, carrot, tomato, rice flour & grated cheese	Jacket Potato	Melon Slices
Wednesday	Thai Red Chicken Curry Noodles (D) (G) (PU) (SD) (T) Chicken, red onion, peppers, carrot, basil, Thai red curry paste, bechamel, peas, coconut milk, tomato, lime zest, coriander, cream, cornflour & wholewheat noodles	Not Applicable	Orange Slices
Thursday	Tuna & Sweetcorn Pasta Bake (D) (F) (G) (PU) (T) Tuna, penne pasta, cheese, tomato, garlic, butternut squash, sweetcorn, onion, basil & bechamel (contains coconut).	Not Applicable	Diced Pears
Friday	Lamb Chilli (PU) (SD) (T) Minced lamb, kidney beans, black turtle beans, carrot, mixed peppers, onion, garlic, tomato, coriander, cumin, smoked paprika, oregano, vegetable stock, cornflour	White Rice	Strawberry Yoghurt (D)

Menu B	Item 1	Item 2	Item 3
Monday	Cheesy Macaroni & Vegetable Bake (D) (G) (PU) Pasta, bechamel (contains coconut), butternut squash, cheese, garlic, onion, turmeric, yellow split peas & vegetable stock	Not Applicable	Apricot Flapjack (G) (SD)
Tuesday	Ham & Pineapple Pizza (D) (G) (T) Pizza base, tomato sauce, herbs, cheddar, mozzarella, ham & pineapple	Not Applicable	Diced Peaches
Wednesday	Bean & Cheese Fajita (D) (PU) (T) Mixed beans, peppers, tomato, carrot, red onion, garlic, mixed spices, smoked paprika, rice flour, basil, vegetable stock & cheese	Soft Flour Tortilla (G)	Melon Slices
Thursday	Beef Bolognaise Pasta Bake (G) (T) Minced beef, carrot, butternut squash, onion, red pepper, tomato, garlic, basil, mixed herbs, oregano, rice flour, pasta	Not Applicable	Pear & Apple Yoghurt (D)
Friday	Vegetable Korma (D) (PU) (SD) (T) Peppers, onion, butternut, carrot, garlic, tomato, coriander, lentils, peas, curry paste, garam masala, ginger, paprika, cumin, cream, mango chutney & bechamel (contains coconut)	White Rice	Orange Slices

Menu C	Item 1	Item 2	Item 3
Monday	Cheesy Baked Beans (D) (PU) (T) Haricot beans, garlic, onion, sweet potato, carrot, tomato, rice flour & grated cheese	Jacket Potato	Apricots & Pears
Tuesday	Mediterranean Salmon Pasta Bake (D) (F) (G) (PU) (SD) Salmon, sweetcorn, peppers, onion, butternut squash, peas, lemon juice, lemon zest, cream cheese, garlic, parsley, bechamel (contains coconut), basil, vegetable stock & pasta	Not Applicable	Apple & Ginger Flapjack (G)
Wednesday	Jerk Chicken (D) (PU) (T) Diced chicken, carrot, peppers, red onion, courgette, pineapple, tomato, rice flour, mixed spice, lime zest, thyme, kidney beans, cream cheese, stock & ginger	Soft Flour Tortilla (G)	Banana Yoghurt (D)
Thursday	Chicken Pasta Bake (Soya Free) (D) (G) (PU) (SD) (T) Chicken, onion, red lentils, peppers, swede, oregano, basil, tomato, cornflour, garlic, pasta & cheese	Not Applicable	Orange Slices
Friday	Turkey, Leek & Potato Pie (D) (PU) (SD) Turkey, onion, garlic, leeks, sweet potato, thyme, bechamel (contains coconut), cream, cornflour, potato, dairy free spread	Not Applicable	Melon Slices

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S SOYA FREE NURSERY HOT TEA MENU

Autumn Winter 2024/25

VA Vegan	V Vegetarian	T Tomato	SD Sulphites	S Soya	PU Pulse/Bean	P Pork	HL Halal	G Gluten	F Fish	E Egg	D Dairy	CA Citric Acid/Spice	C Celery	B Beef
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Menu A	Dish	Dietaries															
Monday	Chickpea & Potato Tagine			●										●		●	●
	Not Applicable																
	Banana & Sultana Oaty Cookie			●	●	●					●						
Tuesday	Cheesy Baked Beans			●	●											●	●
	Jacket Potato															●	●
	Melon Slices			●												●	●
Wednesday	Thai Red Chicken Curry Noodles			●	●											●	●
	Not Applicable															●	●
	Orange Slices			●												●	●
Thursday	Tuna & Sweetcorn Pasta Bake			●	●											●	●
	Not Applicable															●	●
	Diced Pears			●												●	●
Friday	Lamb Chilli			●												●	●
	White Rice															●	●
	Strawberry Yoghurt			●	●											●	●

Menu B	Dish	Dietaries															
Monday	Cheesy Macaroni & Vegetable Bake			●	●											●	●
	Not Applicable															●	●
	Apricot Flapjack			●													
Tuesday	Ham & Pineapple Pizza			●	●											●	●
	Not Applicable															●	●
	Diced Peaches			●												●	●
Wednesday	Bean & Cheese Fajita			●	●											●	●
	Soft Flour Tortilla															●	●
	Melon Slices			●												●	●
Thursday	Beef Bolognese Pasta Bake	●		●												●	●
	Not Applicable															●	●
	Pear & Apple Yoghurt			●	●											●	●
Friday	Vegetable Korma			●	●											●	●
	White Rice															●	●
	Orange Slices			●												●	●

Menu C	Dish	Dietaries															
Monday	Cheesy Baked Beans			●	●											●	●
	Jacket Potato															●	●
	Apricots & Pears			●												●	●
Tuesday	Mediterranean Salmon Pasta Bake			●	●											●	●
	Not Applicable															●	●
	Apple & Ginger Flapjack			●												●	●
Wednesday	Jerk Chicken			●	●											●	●
	Soft Flour Tortilla															●	●
	Banana Yoghurt			●	●											●	●
Thursday	Chicken Pasta Bake (Soya Free)			●	●											●	●
	Not Applicable															●	●
	Orange Slices			●												●	●
Friday	Turkey, Leek & Potato Pie			●	●											●	●
	Not Applicable															●	●
	Melon Slices			●												●	●

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Menu A	Item 1	Item 2	Item 3	
Monday	Chickpea & Potato Tagine (Tomato Free) (PU) (SD)	Chickpeas, potato, peppers, onion, carrot, rosemary, stock, cinnamon, cumin, garlic, dried apricots, rice flour	Not Applicable	Banana & Sultana Oaty Cookie (D) (E) (G) (SD)
Tuesday	Grated Cheese (D)	Cheddar cheese	Jacket Potato	Melon Slices
Wednesday	Thai Red Chicken Curry Noodles (Tomato Free) (D) (G) (PU) (SD)	Chicken, red onion, peppers, carrot, basil, Thai curry paste, bechamel, peas, coconut milk, lime zest, coriander, cream, cornflour & wholewheat noodles	Not Applicable	Orange Slices
Thursday	Tuna & Sweetcorn Pasta Bake (Tomato Free) (D) (F) (G) (PU)	Tuna, penne pasta, cheese, bechamel (contains coconut), garlic, butternut, sweetcorn, onion, basil	Not Applicable	Diced Pears
Friday	Lamb Chilli (Tomato Free) (PU) (SD)	Minced lamb, kidney beans, black turtle beans, carrot, mixed peppers, onion, garlic, gravy, coriander, cumin, smoked paprika, oregano, vegetable stock, cornflour	White Rice	Strawberry Yoghurt (D)

Menu B	Item 1	Item 2	Item 3	
Monday	Cheesy Macaroni & Vegetable Bake (D) (G) (PU)	Pasta, bechamel (contains coconut), butternut squash, cheese, garlic, onion, turmeric, yellow split peas & vegetable stock	Not Applicable	Apricot Flapjack (G) (SD)
Tuesday	Ham & Pineapple Tomato Free Pizza (D) (G)	Pizza base, herbs, cheddar, mozzarella, ham & pineapple	Not Applicable	Diced Peaches
Wednesday	Bean & Cheese Fajita (Tomato Free) (D) (PU)	Mixed beans, peppers, tomato, carrot, red onion, garlic, mixed spices, smoked paprika, rice flour, basil, vegetable stock & cheese	Soft Flour Tortilla (G)	Melon Slices
Thursday	Beef Bolognaise Pasta Bake (Tomato Free) (G)	Minced beef, carrot, butternut squash, onion, red pepper, gravy, garlic, basil, mixed herbs, oregano, rice flour, pasta	Not Applicable	Pear & Apple Yoghurt (D)
Friday	Vegetable Korma (Tomato Free) (D) (PU) (SD)	Peppers, onion, butternut, carrot, garlic, coriander, lentils, peas, curry paste, garam masala, ginger, paprika, cumin, cream, mango chutney & bechamel (contains coconut).	White Rice	Orange Slices

Menu C	Item 1	Item 2	Item 3	
Monday	Grated Cheese (D)	Cheddar cheese	Jacket Potato	Apricots & Pears
Tuesday	Mediterranean Salmon Pasta Bake (D) (F) (G) (PU) (SD)	Salmon, sweetcorn, peppers, onion, butternut squash, peas, lemon juice, lemon zest, cream cheese, garlic, parsley, bechamel (contains coconut), basil, vegetable stock & pasta	Not Applicable	Apple & Ginger Flapjack (G)
Wednesday	Jerk Chicken (Tomato Free) (D) (PU)	Diced chicken, carrot, peppers, red onion, courgette, pineapple, gravy, rice flour, mixed spice, lime zest, thyme, kidney beans, cream cheese, stock & ginger	Soft Flour Tortilla (G)	Banana Yoghurt (D)
Thursday	Beef Meatball Pasta Bake (Tomato Free) (D) (G) (PU) (S) (SD)	Beef meatballs, onion, red lentils, peppers, swede, oregano, basil, gravy, cornflour, garlic, pasta & cheese	Not Applicable	Orange Slices
Friday	Turkey, Leek & Potato Pie (D) (PU) (SD)	Turkey, onion, garlic, leeks, sweet potato, thyme, bechamel (contains coconut), cream, cornflour, potato, dairy free spread	Not Applicable	Melon Slices

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Menu A	Item 1	Item 2	Item 3	
Monday	Chickpea & Potato Tagine (Sulphur Dioxide Free) (PU) (T)	Chickpeas, potato, peppers, onion, carrot, rosemary, stock, tomato, cinnamon, cumin, garlic, rice flour	Not Applicable	Plain Flapjack (Gluten Free)
Tuesday	Cheesy Baked Beans (D) (PU) (T)	Haricot beans, garlic, onion, sweet potato, carrot, tomato, rice flour & grated cheese	Jacket Potato	Melon Slices
Wednesday	Thai Red Chicken Curry Noodles (Sulphur Dioxide Free) (D) (G) (PU) (T)	Chicken, red onion, peppers, carrot, basil, Thai red curry paste, bechamel, peas, coconut milk, tomato, lime zest, coriander, cream & wholewheat noodles	Not Applicable	Orange Slices
Thursday	Tuna & Sweetcorn Pasta Bake (D) (F) (G) (PU) (T)	Tuna, penne pasta, cheese, tomato, garlic, butternut squash, sweetcorn, onion, basil & bechamel (contains coconut).	Not Applicable	Diced Pears
Friday	Lamb Chilli (Sulphur Dioxide Free) (PU) (T)	Minced lamb, kidney beans, black turtle beans, carrot, mixed peppers, onion, garlic, tomato, coriander, cumin, smoked paprika, oregano, vegetable stock	White Rice	Strawberry Yoghurt (D)

Menu B	Item 1	Item 2	Item 3	
Monday	Cheesy Macaroni & Vegetable Bake (D) (G) (PU)	Pasta, bechamel (contains coconut), butternut squash, cheese, garlic, onion, turmeric, yellow split peas & vegetable stock	Not Applicable	Plain Flapjack (Gluten Free)
Tuesday	Ham & Pineapple Pizza (D) (G) (T)	Pizza base, tomato sauce, herbs, cheddar, mozzarella, ham & pineapple	Not Applicable	Diced Peaches
Wednesday	Bean & Cheese Fajita (D) (PU) (T)	Mixed beans, peppers, tomato, carrot, red onion, garlic, mixed spices, smoked paprika, rice flour, basil, vegetable stock & cheese	Soft Flour Tortilla (G)	Melon Slices
Thursday	Beef Bolognese Pasta Bake (G) (T)	Minced beef, carrot, butternut squash, onion, red pepper, tomato, garlic, basil, mixed herbs, oregano, rice flour, pasta	Not Applicable	Pear & Apple Yoghurt (D)
Friday	Vegetable Korma (Sulphur Dioxide Free) (D) (PU) (T)	Peppers, onion, butternut, carrot, garlic, tomato, coriander, lentils, peas, curry paste, garam masala, ginger, paprika, cumin, cream & bechamel (contains coconut).	White Rice	Orange Slices

Menu C	Item 1	Item 2	Item 3	
Monday	Cheesy Baked Beans (D) (PU) (T)	Haricot beans, garlic, onion, sweet potato, carrot, tomato, rice flour & grated cheese	Jacket Potato	Apricots & Pears
Tuesday	Mediterranean Salmon Pasta Bake (Sulphur Dioxide Free) (D) (F) (G) (PU)	Salmon, sweetcorn, peppers, onion, butternut squash, peas, lemon zest, cream cheese, garlic, parsley, bechamel (contains coconut), basil, vegetable stock & pasta	Not Applicable	Apple & Ginger Flapjack (G)
Wednesday	Jerk Chicken (D) (PU) (T)	Diced chicken, carrot, peppers, red onion, courgette, pineapple, tomato, rice flour, mixed spice, lime zest, thyme, kidney beans, cream cheese, stock & ginger	Soft Flour Tortilla (G)	Banana Yoghurt (D)
Thursday	Beef Meatball Pasta Bake (Sulphur Dioxide Free) (D) (G) (PU) (S) (T)	Beef meatballs, onion, red lentils, peppers, swede, oregano, basil, tomato, garlic, pasta & cheese	Not Applicable	Orange Slices
Friday	Turkey, Leek & Potato Pie (Sulphur Dioxide Free) (D) (PU)	Turkey, onion, garlic, leeks, sweet potato, thyme, bechamel (contains coconut), cream, potato, dairy free spread	Not Applicable	Melon Slices

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SD SULPHITE FREE NURSERY HOT TEA MENU

Autumn Winter 2024/25

VA Vegan	V Vegetarian	T Tomato	SD Sulphites	S Soya	PU Pulse/Bean	P Pork	HL Halal	G Gluten	F Fish	E Egg	D Dairy	CA Citric Acid/Spice	C Celery	B Beef
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Menu A	Dish	Dietaries														
Monday	Chickpea & Potato Tagine (Sulphur Dioxide Free)			●										●	●	●
	Not Applicable														●	●
	Plain Flapjack (Gluten Free)														●	●
Tuesday	Cheesy Baked Beans			●	●									●	●	●
	Jacket Potato														●	●
	Melon Slices			●											●	●
Wednesday	Thai Red Chicken Curry Noodles (Sulphur Dioxide Free)			●	●			●						●	●	●
	Not Applicable														●	●
	Orange Slices			●											●	●
Thursday	Tuna & Sweetcorn Pasta Bake			●	●				●					●	●	●
	Not Applicable														●	●
	Diced Pears			●											●	●
Friday	Lamb Chilli (Sulphur Dioxide Free)			●										●	●	●
	White Rice														●	●
	Strawberry Yoghurt			●	●										●	●

Menu B	Dish	Dietaries														
Monday	Cheesy Macaroni & Vegetable Bake			●	●			●							●	●
	Not Applicable														●	●
	Plain Flapjack (Gluten Free)														●	●
Tuesday	Ham & Pineapple Pizza			●	●			●		●				●	●	●
	Not Applicable														●	●
	Diced Peaches			●											●	●
Wednesday	Bean & Cheese Fajita			●	●									●	●	●
	Soft Flour Tortilla							●							●	●
	Melon Slices			●											●	●
Thursday	Beef Bolognese Pasta Bake	●		●				●						●	●	●
	Not Applicable														●	●
	Pear & Apple Yoghurt			●	●										●	●
Friday	Vegetable Korma (Sulphur Dioxide Free)			●	●									●	●	●
	White Rice														●	●
	Orange Slices			●											●	●

Menu C	Dish	Dietaries														
Monday	Cheesy Baked Beans			●	●									●	●	●
	Jacket Potato														●	●
	Apricots & Pears			●											●	●
Tuesday	Mediterranean Salmon Pasta Bake (Sulphur Dioxide Free)			●	●			●						●	●	●
	Not Applicable														●	●
	Apple & Ginger Flapjack			●				●							●	●
Wednesday	Jerk Chicken			●	●									●	●	●
	Soft Flour Tortilla							●							●	●
	Banana Yoghurt			●	●										●	●
Thursday	Beef Meatball Pasta Bake (Sulphur Dioxide Free)	●		●	●			●						●	●	●
	Not Applicable														●	●
	Orange Slices			●											●	●
Friday	Turkey, Leek & Potato Pie (Sulphur Dioxide Free)			●	●									●	●	●
	Not Applicable														●	●
	Melon Slices			●											●	●

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Menu A	Item 1	Item 2	Item 3	
Monday	Chickpea & Potato Tagine Alternative (PU) (SD)	Chickpeas, potato, peppers, onion, carrot, rosemary, stock, gravy, rice flour	Not Applicable	Plain Flapjack (Gluten Free)
Tuesday	Grated Cheese (D)	Cheddar cheese	Jacket Potato	Sponge Slice (G) (S)
Wednesday	Thai Red Chicken Curry Noodles Alternative (D) (G) (PU) (SD)	Chicken, red onion, peppers, carrot, basil, gravy, peas, fresh coriander, cream, cornflour & spaghetti	Not Applicable	Natural Yoghurt (D)
Thursday	Tuna & Sweetcorn Pasta Bake Alternative (D) (F) (G)	Tuna, penne pasta, cheese, butternut squash, sweetcorn, onion, basil & gravy	Not Applicable	Sponge Slice (G) (S)
Friday	Lamb Chilli Alternative (PU) (SD)	Minced lamb, kidney beans, black turtle beans, carrot, mixed peppers, onion, gravy, oregano, vegetable stock, cornflour	White Rice	Natural Yoghurt (D)

Menu B	Item 1	Item 2	Item 3	
Monday	Cheesy Macaroni & Vegetable Bake (D) (G) (PU)	Pasta, butternut squash, cheese, gravy, onion, yellow split peas & vegetable stock	Not Applicable	Plain Flapjack (Gluten Free)
Tuesday	Ham Pizza (Tomato Free) (D) (G)	Pizza base, herbs, cheddar, mozzarella & ham	Not Applicable	Natural Yoghurt (D)
Wednesday	Bean & Cheese Fajita Alternative (D) (PU)	Mixed beans, peppers, carrot, red onion, gravy, rice flour, basil & vegetable stock	Soft Flour Tortilla (G)	Sponge Slice (G) (S)
Thursday	Beef Bolognese Pasta Bake Alternative (G)	Minced beef, carrot, butternut squash, onion, red pepper, gravy, basil, mixed herbs, oregano, rice flour, pasta	Not Applicable	Natural Yoghurt (D)
Friday	Vegetable Korma Alternative (D) (PU)	Peppers, onion, butternut, carrot, garlic, lentils, peas, cream & gravy	White Rice	Plain Flapjack (Gluten Free)

Menu C	Item 1	Item 2	Item 3	
Monday	Grated Cheese (D)	Cheddar cheese	Jacket Potato	Natural Yoghurt (D)
Tuesday	Mediterranean Salmon Pasta Bake Alternative (D) (F) (G) (PU)	Salmon, sweetcorn, peppers, onion, butternut squash, peas, cream cheese, parsley, gravy, basil, vegetable stock & pasta	Not Applicable	Plain Flapjack (Gluten Free)
Wednesday	Jerk Chicken Alternative (D) (PU)	Diced chicken, carrot, peppers, red onion, courgette, gravy, rice flour, thyme, kidney beans, cream cheese, stock	Soft Flour Tortilla (G)	Natural Yoghurt (D)
Thursday	Meatball Pasta Bake Alternative (D) (G) (PU) (SD)	Diced chicken, onion, red lentils, peppers, swede, oregano, basil, gravy, corn flour, pasta & cheese	Not Applicable	Plain Flapjack (Gluten Free)
Friday	Turkey, Leek & Potato Pie Alternative (D) (SD)	Turkey, onion, leeks, sweet potato, thyme, gravy, cream, cornflour, potato, dairy free spread	Not Applicable	Sponge Slice (G) (S)

C = Contains Celery D = Contains Dairy (Milk) E = Contains Egg F = Contains Fish G = Contains cereals containing Gluten
 PU = Contains Pulses/Beans S = Contains Soya SD = Contains Sulphur Dioxide T = Contains Tomato

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