EARLY YEARS

w/c 16 November 2026

WEEKLY MENU

M	**Breakfast:** A Selection of Porridge, Cereals and Toast **Morning Snack:** Apple Slices, Rice Cakes & Cream Cheese **Lunch:** Lentil & Vegetable Bolognese with Pasta and Broccoli **Pudding:** Fruit Salad **Afternoon Snack**: Cucumber with Wholemeal Pitta Fingers **Tea:** Mild Vegetable & Bean Stew **Pudding:** Pear Slices
T	**Breakfast:** A Selection of Porridge, Cereals and Toast **Morning Snack:** Pear & Cucumber Slices with a Hummus Dip **Lunch:** Beef & Vegetable Stew with Beans & Mash **Pudding:** Lemon & Blueberry Tiramisu **Afternoon Snack:** Banana Slices & Yoghurt **Tea:** Tomato & Basil Pasta with Steamed Broccoli **Pudding:** A Sweet Treat
W	**Breakfast:** A Selection of Porridge, Cereals and Toast **Morning Snack:** Banana & Wholemeal Toast **Lunch:** Caribbean Style Chicken & Fruit Curry with Rice, Naan & Poppadoms **Pudding:** Greek Yoghurt & Fruit Compote **Afternoon Snack:** Carrot Sticks & Soft Cheese Dip **Tea:** Mini Fishcakes & Peas **Pudding:** Fruit & Yoghurt
T	**Breakfast:** A Selection of Porridge, Cereals and Toast **Morning Snack:** Satsuma, Carrot Sticks & Soft Cheese Dip **Lunch:** Slow Cooked Pork & Yorkshire Pudding, with Carrots & Potatoes **Pudding:** Fruit Crumble & Custard **Afternoon Snack:** Melon Cubes & Rice Cakes **Tea:** Creamy Sweet Potato Lentil Curry with Rice **Pudding:** Satsuma
F	**Breakfast:** A Selection of Porridge, Cereals and Toast **Morning Snack:** Melon Cubes, Breadsticks & Hummus **Lunch:** Cod Fishfingers with Chips & Baked Beans **Pudding:** Flapjacks **Afternoon Snack:** Pepper Sticks & Oatcakes **Tea:** Cheese & Tomato Pizza with Sweetcorn **Pudding:** Melon Slices

W: Wheat. D: Dairy. E: Egg. F: Fish. C: Celery

***Breakfast and tea applies to Nursery only**