



The Professional  
Nursery Kitchen

# Nutritious nursery meals that children and parents love



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Delivered  
freshly  
prepared

# Winter Menu - Full Range - Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Main 1	Shepherd's pie	Roast turkey with roast potatoes	Chicken casserole	Smokey BBQ beef	Fish fingers
Main 2	Lentil bake	Vegetable roast	Vegetable casserole	Mexican bean chilli	Moroccan chicken
Tea	Chicken and pea pasta	Beef chilli	Tuna pasta bake	Mascarpone pasta	Mild Thai turkey curry
Light main/ tea	Cauliflower and chickpea Balti	Vegetable chilli	Bean cassoulet	Potato bake	Moroccan vegetables
Light main/ tea	Gluten free pasta fagioli	Homemade baked beans with jacket potatoes	Broccoli and sweet potato bake	Lentil dahl with vegetables	Cauliflower and coconut curry
Breakfasts, snack, side dishes & desserts	Apricot yoghurt	Mango yoghurt	Strawberry yoghurt	Blackcurrant yoghurt	Peach yoghurt
	Orange segments	Corn cakes	Naan bread	Watermelon slices	Cheese sticks
	Wholemeal pitta	Melon slices	Pear	Rice cakes	Banana
	Apple	Watermelon slices	Pineapple slices	Carrot sticks	Cucumber sticks
	Banana cake	Lemon cake	Vanilla cake	Ginger cake	Cinnamon cake
	Poached peaches	Wholemeal bread	Braised apples with raisins	Orange Segments	Melon slices
	Red pepper hummus	Salsa dip	Tarragon hummus	Coriander hummus	Hummus
	Sweetcorn	Carrots	Peas	Broccoli	Peas / Couscous

# Winter Menu - Full Range - Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Main 1	Cottage pie	Mediterranean fish	Tikka turkey	Chicken goujons	Lamb hot pot with dumplings
Main 2	Vegetarian cottage pie	Chicken korma curry	Vegetable couscous	Brazilian chicken	Vegetable hot pot with dumplings
Tea	Lemon chicken with orzo	Cheesy peasy pasta	Mini jackets with sweet chicken	Paprika macaroni beef	Herby tomato turkey with potatoes
Light main/ tea	Vegetarian bean pot	Vegetable korma curry	Mild lentil tikka	Bean cassoulet	Cauliflower and chickpea Balti
Light main/ tea	Patatas bravas	Ratatouille with gluten free pasta	Homemade baked beans with jacket potatoes	Potato bake	Butternut squash and butterbean stew
Breakfasts, snack, side dishes & desserts	Mango yoghurt	Strawberry yoghurt	Blackcurrant yoghurt	Peach yoghurt	Apricot yoghurt
	Corn cakes	Naan bread	Cheese sticks	Wholemeal pitta bread	Rice cakes
	Orange segments	Apple	Cucumber sticks	Melon slices	Orange segments
	Wholemeal bread	Pineapple slices	Wholemeal bread	Banana	Carrot sticks
	Lemon cake	Vanilla cake	Cinnamon cake	Ginger cake	Banana cake
	Orange segments	Poached pears	Orange segments	Watermelon slices	Pineapple slices
	Salsa dip	Hummus	Red pepper hummus	Tarragon hummus	Coriander hummus
	Carrots	Sweetcorn	Rice	Peas	Broccoli

	Monday	Tuesday	Wednesday	Thursday	Friday
Main 1	Roast chicken with roast potatoes	Traditional fish pie	Pasta Bolognese	Cheese and tomato pizza	Beef casserole
Main 2	Vegetable roast	Thai green chicken curry	Quorn Bolognese	Turkey and butterbean tagine	Vegetable casserole
Tea	Scandinavian beef hash	Tomato pasta with cheese	Lamb and chickpea stew	Chicken and tomato orzo bake	Cheese and broccoli pasta bake
Light main/ tea	Lentil dhal with vegetables	Lentil bake	Vegetable chilli	Butternut squash and chickpea tagine	Homemade baked beans with jacket potatoes
Light main/ tea	Bean hash	Gluten free pasta in pepper and butternut squash sauce	Patatas bravas	Broccoli and sweet potato bake	Cauliflower coconut curry
Breakfasts, snack, side dishes & desserts	Blackcurrant yogurt	Apricot yoghurt	Mango yoghurt	Peach yoghurt	Strawberry yoghurt
	Naan bread	Cheese sticks	Grissini sticks	Wholemeal bread	Corn cakes
	Melon slices	Wholemeal pitta bread	Orange segments	Watermelon slices	Melon slices
	Pear	Pineapple slices	Banana	Apple	Cucumber sticks
	Vanilla cake	Ginger cake	Banana cake	Cinnamon cake	Lemon cake
	Braised apples	Orange segments	Poached peaches	Pineapple slices	Banana
	Tarragon hummus	Coriander hummus	Salsa dip	Hummus	Red pepper hummus
	Carrots	Sweetcorn	Broccoli	Carrot sticks/ Rice	Peas



Item	Type	Size
Apple box	Fresh whole fruit box	10 pieces
Pear box	Fresh whole fruit box	10 pieces
Banana box	Fresh whole fruit box	10 pieces
Kellogg's Cornflakes	Cereal – catering size	2 kg
Kellogg's Weetabix	Cereal – catering size	48 x 2 biscuits
Kellogg's Rice Krispies	Cereal – catering size	1.6 kg
Rice cakes	Snack	130g
Corn cakes	Snack	130g
Wholemeal bread loaf	Bakery	600g
Wholemeal pitta bread	Bakery	400g
Tortillas	Bakery	560g
Naan bread	Bakery	250g
Oat milk	Dairy alternative	1lt
Soya milk	Dairy alternative	1lt
Soya custard	Dairy alternative	525g
Custard	Dessert	1kg
Unsalted butter	Dairy	250g
Sunflower spread	Dairy alternative	1kg
Rice	Side dish	300g
Couscous	Side dish	300g

