



Spring & Summer Menus 2025

Week 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Lentil Ragu with Pasta & Cheese Flapjack	Sweet Potato & Courgette Dhal with Wholemeal Rice Organic Yoghurt	Minted Lamb Casserole with New Potatoes Beetroot & Chocolate Brownie	Veggie Meatballs in Gravy with New Potatoes & Carrots Fruit Salad	Mediterranean Tuna with Couscous. Yoghurts

Week 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Lamb Dhansak with Wholemeal Rice & Naan Yoghurt	Vegan Bolognese with Pasta & Cheese Flapjack	Roast Red Pepper & Chickpea Sauce with Couscous Fruit Salad	Cheesy Vegetable Macaroni Yoghurt	Roast Turkey in Gravy with New Potatoes & Peas Summer Berry Sponge

Week 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chickpea Korma with Rice Flapjack	Veggie Meatballs Marinara with Pasta Yoghurt	Shepherd's Pie with Carrots Ginger Sponge	Roast Beef in Gravy with New Potatoes & Sweetcorn Fruit Salad	Spring Vegetables Casserole with Couscous Yoghurt

Week 4

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Creamy Quorn with Pasta Yoghurt	Sweet & Sour Chicken with Rice Flapjack	Veggie Sausages in Gravy with New Potatoes & Peas & Sweetcorn Yoghurt	Beef Chilli with Baked Potato & Cheese Raspberry Sponge	Fish Tacos with Wholemeal Rice Fruit Salad

All lunch orders are placed a week in advance

Vegetarian & Special Dietary Needs options will be offered to your child if we have been informed of their dietary needs.

Early Years Catering

Early Years Catering runs a four week cycle offering a different range of meals each week, so that your child has the varied diet required to help them develop their tastes and make healthy choices in the future. All Early Years Catering meat is locally sourced and is Farm Assured. All Eggs used are free range. Ice cream comes from Marshfield & Yoghurt comes from Yeo Valle. Early Years Catering use seasonal vegetables where possible.

First Steps Free Meal Offer

You may be entitled to a free meal for your child if your family income is low. We raise funds each year to ensure that all children attending our Community Nurseries receive a nutritious hot meal each day. This helps them to learn and grow and fosters healthy eating habits from an early age. Do talk to the manager of your service for further information.