



Abbey Wood Grange Nursery Menu Autumn/Winter 2021/2022

At Abbey Wood Grange we take nutrition seriously and believe that good food enables children to grow and develop, we pride ourselves on the quality of our menus lovingly created onsite by Michelle our chef.

- 🐻 All our sauces are made using locally sourced fresh vegetables
- 🐻 Fresh water and whole milk is available throughout the day
- 🐻 Snack bars are available in the morning and afternoon and consist of a selection of fresh fruits and vegetables.
- 🐻 5 Star kitchen hygiene rating
- 🐻 Low sugar and sugar free where possible
- 🐻 Allergens are shown in **RED**

Week One

	Breakfast	Morning snack	Lunch	Afternoon snack	Tea
Monday	Selection of cereals	A selection of fresh fruit and vegetables	Tuna pasta bake FISH WHEAT MILK Rice pudding MILK	A selection of fresh fruit and vegetables	Cheese & ham wraps WHEAT MILK Cucumber sticks Satsumas
Tuesday	Selection of cereals	A selection of fresh fruit and vegetables	Chicken casserole with potatoes, seasonal vegetables and Yorkshire pudding CELERY WHEAT EGG MILK Petit filous MILK	A selection of fresh fruit and vegetables	A selection of wholemeal sandwiches Tuna/cheese/ham WHEAT FISH EGG MILK Cherry tomatoes Mixed pepper sticks Watermelon
Wednesday	Selection of cereals	A selection of fresh fruit and vegetables	Pork sausage meat and spinach pasta in vegetable and tomato sauce WHEAT CELERY Milk pudding MILK	A selection of fresh fruit and vegetables	Cheesy scrambled egg with tomatoes and toasted pitta bread EGG MILK WHEAT bananas
Thursday	Selection of cereals	A selection of fresh fruit and vegetables	Hidden cauliflower macaroni cheese MILK WHEAT Fruit salad	A selection of fresh fruit and vegetables	Mini muffin pizzas with homemade vegetable passata and a selection of toppings WHEAT SOYA CALCIUM CARBONATE CELERY MILK Ice cream MILK
Friday	Selection of cereals	A selection of fresh fruit and vegetables	Root vegetable mash 100% cod fish fingers and beans FISH WHEAT MILK Mandarins	A selection of fresh fruit and vegetables	Crackers with cheese and ham MILK WHEAT Carrot sticks Apples

Week Two

	Breakfast	Morning snack	Lunch	Afternoon snack	Tea
Monday	Selection of cereals	A selection of fresh fruit and vegetables	Chicken paella CELERY Fresh Pineapple	A selection of fresh fruit and vegetables	Beans on wholemeal toast WHEAT Petit filous MILK
Tuesday	Selection of cereals	A selection of fresh fruit and vegetables	Beef cottage pie topped with sweet potato WHEAT CELERY BARLEY SOYA Fruit jelly	A selection of fresh fruit and vegetables	Bagels with cream cheese WHEAT MILK BARLEY Satsumas
Wednesday	Selection of cereals	A selection of fresh fruit and vegetables	Tuna and sweetcorn pasta in a creamy béchamel sauce MILK WHEAT FISH Milk pudding MILK	A selection of fresh fruit and vegetables	Homemade tomato soup with warm crusty bread WHEAT CELERY MILK Bananas
Thursday	Selection of cereals	A selection of fresh fruit and vegetables	Toad in the hole, mashed potato and green beans WHEAT EGG MILK Ice cream MILK	A selection of fresh fruit and vegetables	A selection of wholemeal wraps (cheese/ham/tuna) MILK WHEAT EGG FISH Fresh fruit salad
Friday	Selection of cereals	A selection of fresh fruit and vegetables	Vegetable ratatouille with rice CELERY Petit filous MILK	A selection of fresh fruit and vegetables	Croissants with ham and cheese WHEAT FLOUR MILK Vegetable sticks Pineapple

Week Three

	Breakfast	Morning snack	Lunch	Afternoon snack	Tea
Monday	Selection of cereals	A selection of fresh fruit and vegetables	Beef chilli con carne and rice WHEAT BARLEY SOYA Ice cream MILK	A selection of fresh fruit and vegetables	Crackers with ham and cheese MILK WHEAT Apples
Tuesday	Selection of cereals	A selection of fresh fruit and vegetables	Roasted butternut squash and sweet potato risotto cooked in a lightly spiced coconut milk Fruit salad	A selection of fresh fruit and vegetables	Spaghetti hoops with wholemeal toast WHEAT MILK Pineapple fingers
Wednesday	Selection of cereals	A selection of fresh fruit and vegetables	Roast chicken with potatoes and seasonal vegetables BARLEY WHEAT SOYA Petit filous MILK	A selection of fresh fruit and vegetables	Croissants with ham and cheese WHEAT FLOUR MILK Cherry tomatoes Selection of fresh fruit
Thursday	Selection of cereals	A selection of fresh fruit and vegetables	Jamaican jerk chicken with fruity cous cous WHEAT Bananas and custard MILK	A selection of fresh fruit and vegetables	A selection of wholemeal sandwiches (cheese/ham/tuna) WHEAT EGG FISH MILK Vegetable sticks Fruit salad
Friday	Selection of cereals	A selection of fresh fruit and vegetables	New potatoes, fish cakes and minted peas FISH MILK Fruit jelly	A selection of fresh fruit and vegetables	Pita bread pizza with a selection of toppings MILK WHEAT Satsumas

Week Four

	Breakfast	Morning snack	Lunch	Afternoon snack	Tea
Monday	Selection of cereals	A selection of fresh fruit and vegetables	Moroccan chicken with couscous CELERY WHEAT Petit filous MILK	A selection of fresh fruit and vegetables	A selection of wholemeal wraps (cheese/ham/tuna) EGGS FISH WHEAT FLOUR MILK Cucumber sticks Watermelon
Tuesday	Selection of cereals	A selection of fresh fruit and vegetables	Roasted parsnip and carrot dhal with Basmati rice and nann bread CELERY WHEAT MILK Satsumas	A selection of fresh fruit and vegetables	Bagels with cream cheese WHEAT BARLEY MILK Pineapple
Wednesday	Selection of cereals	A selection of fresh fruit and vegetables	Fish pie with seasonal vegetables MILK FISH Ice cream MILK	A selection of fresh fruit and vegetables	A selection of wholemeal sandwiches (cheese/ham/tuna) WHEAT EGG MILK FISH Vegetable sticks Fruit salad
Thursday	Selection of cereals	A selection of fresh fruit and vegetables	Thai chicken curry with rice CELERY Melon slices	A selection of fresh fruit and vegetables	Fish finger wraps with cherry tomatoes FISH WHEAT FLOUR Bananas
Friday	Selection of cereals	A selection of fresh fruit and vegetables	Beef Lasagne with garlic bread WHEAT BARLEY SOYA EGG Bananas	A selection of fresh fruit and vegetables	Soup of the day with toasted wholemeal pitta bread CELERY WHEAT MILK Petit filous MILK

Vegetarian Menu Week One

	Breakfast	Morning snack	Lunch	Afternoon snack	Tea
Monday	Selection of cereals	A selection of fresh fruit and vegetables	Courgette and red pepper pasta bake MILK WHEAT Rice pudding MILK	A selection of fresh fruit and vegetables	Cheese wraps WHEAT MILK Cucumber sticks Satsumas
Tuesday	Selection of cereals	A selection of fresh fruit and vegetables	Quorn casserole with potatoes seasonal vegetables and Yorkshire pudding CELERY WHEAT EGG MILK GLUTEN SOYA Petit filous MILK	A selection of fresh fruit and vegetables	A selection of wholemeal cheese and salad sandwiches WHEAT MILK Cherry tomatoes Mixed pepper sticks Watermelon
Wednesday	Selection of cereals	A selection of fresh fruit and vegetables	Quorn sausage and spinach pasta in vegetable and tomato sauce WHEAT EGG MILK BARLEY Milk pudding MILK	A selection of fresh fruit and vegetables	Cheesy scrambled egg with tomatoes and toasted pitta bread EGG MILK WHEAT Bananas
Thursday	Selection of cereals	A selection of fresh fruit and vegetables	Hidden cauliflower macaroni cheese MILK WHEAT Fruit salad	A selection of fresh fruit and vegetables	Mini muffin pizzas with homemade vegetable passata and a selection of toppings WHEAT SOYA CALCIUM CARBONATE CELERY MILK Ice cream MILK
Friday	Selection of cereals	A selection of fresh fruit and vegetables	Root vegetable mash vegetable nuggets and beans WHEAT Mandarins	A selection of fresh fruit and vegetables	Crackers with cheese MILK WHEAT Carrot sticks Apples

Vegetarian Menu Week Two

	Breakfast	Morning snack	Lunch	Afternoon snack	Tea
Monday	Selection of cereals	A selection of fresh fruit and vegetables	Vegetable paella CELERY Fresh Pineapple	A selection of fresh fruit and vegetables	Beans on wholemeal toast WHEAT Petit filous MILK
Tuesday	Selection of cereals	A selection of fresh fruit and vegetables	Quorn cottage pie topped with sweet potato SOYA EGG BARLEY Fruit jelly	A selection of fresh fruit and vegetables	Bagels with cream cheese WHEAT MILK Satsumas
Wednesday	Selection of cereals	A selection of fresh fruit and vegetables	cheesy leak and sweetcorn pasta in a creamy béchamel sauce MILK Milk pudding MILK	A selection of fresh fruit and vegetables	Homemade tomato soup with warm crusty bread WHEAT CELERY Bananas
Thursday	Selection of cereals	A selection of fresh fruit and vegetables	Veggie toad in the hole, mashed potato and green beans EGG WHEAT BARLEY MILK Ice cream MILK	A selection of fresh fruit and vegetables	A selection of wholemeal veggie wraps MILK WHEAT Fresh fruit salad
Friday	Selection of cereals	A selection of fresh fruit and vegetables	Vegetable ratatouille with rice CELERY Petit filous DAIRY	A selection of fresh fruit and vegetables	Croissants with cheese WHEAT FLOUR MILK EGG Vegetable sticks Pineapple

Vegetarian Menu Week Three

	Breakfast	Morning snack	Lunch	Afternoon snack	Tea
Monday	Selection of cereals	A selection of fresh fruit and vegetables	Lentil non con carne and rice WHEAT BARLEY SOYA Ice cream MILK	A selection of fresh fruit and vegetables	Crackers with cheese MILK WHEAT Apples
Tuesday	Selection of cereals	A selection of fresh fruit and vegetables	Roasted butternut squash and sweet potato risotto cooked in a lightly spiced coconut milk Fruit salad	A selection of fresh fruit and vegetables	Spaghetti hoops with wholemeal toast WHEAT MILK Pineapple fingers
Wednesday	Selection of cereals	A selection of fresh fruit and vegetables	Roast Quorn with potatoes and seasonal vegetables BARLEY WHEAT SOYA Petit filous MILK	A selection of fresh fruit and vegetables	Croissants with cheese WHEAT FLOUR MILK Cherry tomatoes Selection of fresh fruit
Thursday	Selection of cereals	A selection of fresh fruit and vegetables	Jamaican jerk Quorn with fruity cous cous WHEAT Bananas and custard MILK	A selection of fresh fruit and vegetables	A selection of veggie sandwiches WHEAT MILK EGG Vegetable sticks Fruit salad
Friday	Selection of cereals	A selection of fresh fruit and vegetables	New potatoes, veggie nuggets and minted peas MILK Fruit jelly	A selection of fresh fruit and vegetables	Pita bread pizza with a selection of toppings MILK WHEAT Satsumas

Vegetarian Menu Week Four

	Breakfast	Morning snack	Lunch	Afternoon snack	Tea
Monday	Selection of cereals	A selection of fresh fruit and vegetables	Moroccan Quorn with couscous CELERY WHEAT EGG Petit filous MILK	A selection of fresh fruit and vegetables	A selection of wholemeal veggie wraps MILK WHEAT FLOUR Cucumber sticks Watermelon
Tuesday	Selection of cereals	A selection of fresh fruit and vegetables	Roasted parsnip and carrot dhal with nann bread Satsumas	A selection of fresh fruit and vegetables	Bagels with cream cheese WHEAT BARLEY MILK Pineapple
Wednesday	Selection of cereals	A selection of fresh fruit and vegetables	Vegetable pie topped with mashed potato MILK Ice cream MILK	A selection of fresh fruit and vegetables	A selection of veggie wholemeal sandwiches WHEAT EGG MILK Vegetable sticks Fruit salad
Thursday	Selection of cereals	A selection of fresh fruit and vegetables	Thai vegetable curry with rice CELERY Melon slices	A selection of fresh fruit and vegetables	Veggie nugget wraps with cherry tomatoes WHEAT FLOUR Bananas
Friday	Selection of cereals	A selection of fresh fruit and vegetables	Vegetable Lasagne with garlic bread WHEAT BARLEY SOYA EGG Bananas	A selection of fresh fruit and vegetables	Soup of the day with toasted wholemeal pitta bread CELERY WHEAT MILK Petit filous MILK