



Abbey Wood Grange

Spring / Summer Menu 2024

Food and Nutrition at Abbey Wood Grange

Mealtimes are sociable occasions, that provide an opportunity to not only eat delicious food but to learn manners and social skills.

Practitioners sit with the children to encourage and imitate conversation and make mealtimes fun.

Water is offered at every meal time and is also accessible throughout the day.

Health is at the heart of our menu and by incorporating children's favourites, and new flavours we have designed a balanced and nutritious menu.

Fresh fruit/vegetables and dairy snacks are available mid-morning and afternoon.

Dietary requirements are catered for with strict measures in place. Allergens available on request

We take nutrition seriously and believe that healthy food enables children to grow and develop

Week One

- Gluten/wheat and dairy free alternatives available

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	A selection of cereals	A selection of cereals	A selection of cereals	A selection of cereals	A selection of cereals
Lunch	Salmon sweetcorn and pea risotto Celery fish	Chicken and Vegetable pie topped with puff pastry and served with new potatoes Wheat milk	Shepherds pie with seasonal vegetables Milk	Jacket potato with cheese and beans Milk Side salad	Meatballs in a tomato sauce with egg noodles Wheat pasteurised egg
Veggie lunch / dietary need	Vegetable risotto Celery	Vegetable pie topped with puff pastry and served with new potatoes Wheat milk	Quorn mince pie with seasonal vegetables Milk	Jacket potatoes with cheese and beans Milk Side salad	Quorn balls in a tomato sauce with egg noodles Wheat pasteurised egg
Pudding	Banana and Custard Milk Oatley custard	Strawberry frozen yogurt Milk	Ice cream Milk	Vanilla rice pudding Milk	Lemon and sultana cake Egg milk wheat
Tea	Crackers with ham and cheese Wheat milk Side salad Yogurt Milk	Pizza muffins with various toppings Wheat milk	Croissants filled with cheese and tomato Wheat milk Side salad	Hidden vegetable tomato pasta Wheat	Fruity cous cous with apricots and Pitta wedges Wheat
Snacks	A selection of Breadsticks/rice cakes/cheese/yogurts fresh fruit and vegetables	A selection of Breadsticks/rice cakes/cheese/yogurts fresh fruit and vegetables	A selection of Breadsticks/rice cakes/cheese/yogurts fresh fruit and vegetables	A selection of Breadsticks/rice cakes/cheese/yogurts fresh fruit and vegetables	A selection of Breadsticks/rice cakes/cheese/yogurts fresh fruit and vegetables

Week Two

- Gluten/wheat and dairy free alternatives available

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	A selection of cereals	A selection of cereals	A selection of cereals	A selection of cereals	A selection of cereals
Lunch	Chicken korma served with rice and nan bread Wheat	Spaghetti Bolognese served with garlic bread Wheat	Fish pie topped with mashed potato and served with vegetables Fish milk wheat	Chicken casserole served with rice	Macaroni cheese served with peas Wheat milk
Veggie lunch / dietary need	Chickpea korma served with rice and nan bread Wheat	Quorn mince Bolognese served with garlic bread Wheat	Creamy vegetable pie topped with mashed potato and served with vegetables Milk wheat	Quorn and Vegetable casserole served with rice	Macaroni cheese served with peas Wheat milk
Pudding	Blueberry sponge cake Egg milk wheat	Fruity crumble and custard Gluten wheat	Strawberry frozen yogurt Milk	Ice cream Milk	Fresh fruit salad
Tea	Tuna and sweetcorn stuffed pittas with cheese Fish wheat milk egg Side salad	Chicken / Veggie goujons served with potato wedges Gluten/Wheat Side Salad	Hidden vegetable tomato pasta Wheat	Build your own wholemeal wraps with ham ,cheese and vegetable sticks wheat milk Yogurt Milk	Pizza muffins with various toppings Wheat milk
Snacks	A selection of Breadsticks/rice cakes/cheese/yogurts fresh fruit and vegetables	A selection of Breadsticks/rice cakes/cheese/yogurts fresh fruit and vegetables	A selection of Breadsticks/rice cakes/cheese/yogurts fresh fruit and vegetables	A selection of Breadsticks/rice cakes/cheese/yogurts fresh fruit and vegetables	A selection of Breadsticks/rice cakes/cheese/yogurts fresh fruit and vegetables

Week Three

- Gluten/wheat and dairy free alternatives available

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	A selection of cereals	A selection of cereals	A selection of cereals	A selection of cereals	A selection of cereals
Lunch	Sausages with new potatoes and seasonal vegetables Wheat	Roast chicken with roast potatoes and seasonal vegetables	Cod and spinach curry with rice Fish	Beef lasagne with garlic bread Wheat milk	Creamy chicken and leek hot pot topped with sliced potato Milk
Veggie lunch / dietary need	Vegetarian sausages with new potatoes and seasonal vegetables Wheat	Quorn pieces with roast potatoes and seasonal vegetables	Chickpea and spinach curry with rice	Vegetable lasagne with garlic bread Wheat milk	Creamy quorn and leak hot pot topped with sliced potato Milk
Pudding	Banana and custard Milk	Fresh fruit salad	Pineapple upside down pudding Egg wheat	Strawberry frozen yogurt Milk	Vanilla rice pudding Milk
Tea	Fruity cous cous with apricots and Pitta wedges Wheat	Tuna and sweetcorn stuffed pittas with cheese and salad Fish wheat milk egg	Build your own wholemeal wraps with ham ,cheese and vegetable sticks wheat milk Yogurt Milk	Beans on toast Wheat gluten	Hidden vegetable tomato pasta Wheat
Snacks	A selection of Breadsticks/rice cakes/cheese/yogurts fresh fruit and vegetables	A selection of Breadsticks/rice cakes/cheese/yogurts fresh fruit and vegetables	A selection of Breadsticks/rice cakes/cheese/yogurts fresh fruit and vegetables	A selection of Breadsticks/rice cakes/cheese/yogurts fresh fruit and vegetables	A selection of Breadsticks/rice cakes/cheese/yogurts fresh fruit and vegetables

