Abbey Wood Grange

Nursery Menu 2026

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
Mid Morning Snack	Bread sticks with cucumber sticks Gluten Wheat Milk	Corn cakes and Banana	Melon and Satsumas	Wholegrain crackers and oranges	Fruit Salad
Lunch	Chicken sweetcorn and pea risotto Celery	Chicken and Vegetable pie topped with puff pastry and served with new potatoes (Halal) Wheat Celery	Beef and bean chilli served with rice (Halal)	Jacket potato with cheese and beans Milk Tomato Side salad	Meatballs in a tomato sauce with egg noodles Wheat Gluten pasteurised egg Tomato
Veggie lunch / dietary need	Vegetable risotto Celery	Vegetable and chickpea pie topped with puff pastry and served with new potatoes Wheat	Vegetable and bean chilli served with rice Wheat Gluten Egg	Jacket potatoes with cheese and beans Milk Side salad	Quorn balls in a tomato sauce with egg noodles Wheat pasteurised egg Gluten Celery Sesame Tomato
Pudding	Banana	Greek Yogurt with fruit compote Milk	Ice cream Milk	No Sugar Vanilla rice pudding with a fruit compote Milk	No sugar Apple and oat loaf cake Egg Milk Wheat
Mid afternoon Snack	Apple and Cheese Dairy	Crackers with cream cheese Wheat Gluten Milk	Bread sticks and grapes Gluten Wheat Milk	Cucumber sticks with cream cheese Milk	Breadsticks and grapes Wheat Gluten Milk
Tea	Seasonal Soup and crusty roll Wheat Celery Apricot Halves	Pizza with various toppings Wheat milk Tomato Puree Fruit salad	Croissants filled with cheese Wheat Milk Tomato Tomato Carrot sticks with a cheese dip Milk	Cheese and Tomato pastry twists Gluten Wheat milk Grated carrot No sugar Banana Cake Wheat milk	Toasted cheese bagels Gluten Wheat milk Apple slices and Raisins

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
Mid morning snack	Crackers with cream cheese Wheat Gluten Milk	Seasonal fruit salad	Grapes and cheese sticks Milk	Bread sticks with cucumber Gluten Wheat Milk	Corn cakes with sliced banana
Lunch	Spaghetti Bolognese served with garlic bread (Halal) Wheat Tomato	Chicken korma with spinach served with rice (Halal) Tomato puree Coconut	Roast chicken with roast potatoes and seasonal vegetables	Fish Goulash served with rice Fish milk	Macaroni Cheese and Peas Gluten Milk
Veggie lunch / dietary need	Lentil Bolognese served with garlic bread Wheat Egg Gluten	Chickpea korma with spinach and sweet potato served with rice Tomato puree Coconut	Quorn pieces with roast potatoes and seasonal vegetables Egg	Vegetable Goulash served with Rice Milk	Macaroni Cheese and Peas Gluten Milk
Pudding	No Sugar Vanilla rice pudding with a fruit compote Milk	Greek Yogurt with blueberries Milk	Ice cream Milk	No sugar Banana and blueberry Cake Wheat milk	Fruit Salad
Mid afternoon snack	Apples and satsumas	Wholegrain cracker and cucumber	Croissants and satsumas Milk Wheat	Pineapple and watermelon slices	Carrot sticks with cream cheese Milk
Tea	Roast chicken and lettuce wraps Gluten Wheat Milk Pineapple	Seasonal soup served with bread Wheat Milk Fish Cheese and grapes Milk	Sausage/veggie roll with wholewheat spaghetti hoops Wheat Tomato Banana	Pizza with various toppings Wheat Milk Tomato Peaches	Fishfingers with pitta wedges, cucumber sticks and a tomato vegetable dip Gluten Wheat Fish Sliced apple and raisins

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
Mid morning snack	Apple slices and Oranges	Melon and satsumas	Wholegrain crackers and grapes	Seasonal fruit salad	Cheese and crackers Milk
Lunch	Sausages with new potatoes, peas and sweetcorn Gluten Wheat	Roast chicken with roast potatoes and broccoli and carrots	Cottage pie and Green Beans Wheat gluten dairy	Fish korma with spinach served with rice Fish Coconut	Mince beef and onion pie served with seasonal vegetables and new potatoes (Halal) Wheat
Veggie lunch / dietary need	Vegetarian sausages with new potatoes and seasonal vegetables Gluten Wheat	Quorn pieces with roast potatoes and seasonal vegetables Egg	Vegetable pie and Green beans Wheat gluten dairy	Chickpea korma with spinach and sweet potato served with rice Milk Coconut	Creamy vegetable pie served with seasonal vegetables and new potatoes Milk Wheat
Pudding	Greek yogurt with mango Milk	Ice Cream	Greek yogurt with strawberries Milk	No sugar Apple and oat loaf cake Egg wheat	No sugar Vanilla rice pudding Milk
Mid afternoon snack	Bread sticks with cucumber Gluten Wheat Milk	Corn cakes and Banana	Apple and watermelon slices	Breadsticks and Watermelon Gluten Wheat Milk	Grapes and breadsticks Gluten Wheat Milk
Tea	Buttered crumpets Wheat Milk Cheese sticks Milk Banana	Seasonal soup served with a crusty roll Wheat Milk Peaches	A selection of wholemeal sandwiches Wheat Milk Vegetable sticks No sugar Banana and blueberry Cake Wheat milk	Pizza with a selection of toppings Wheat milk Apricot halves	Tomato vegetable Pasta Gluten Wheat milk Pineapple slices