



Abbey Wood Grange

Spring/Summer Menu 2023

Food and Nutrition at Abbey Wood Grange



Mealtimes are sociable occasions, relaxed and an opportunity to not only eat delicious food, but to learn manners and social skills. Practitioners sit with the children to encourage and initiate conversations and make mealtimes fun. Water is offered at every mealtime and is also accessible throughout the day.

Health is at the heart of our menu and we are proud to work with The Professional Nursery Kitchen www.nurserykitchen.co.uk who specialise in creating perfectly balanced nutritious meals especially for nursery schools.

Fresh fruit and vegetable snack bars are available morning and afternoon.

5 star kitchen hygiene rating

Dietary Requirements are catered for individually 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

	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	Paneer and pea curry With rice	Tikka turkey with rice	Roast chicken with gravy, roast potatoes and peas	Cheese Bolognese Pasta	Salmon and pineapple Thai curry with cous cous
Veggie lunch / dietary need	Cauliflower and Chickpea Balti with Rice	Mild lentil tikka with rice	Vegetable roast with gravy, roast potatoes and peas	Lentil Bolognese Pasta Mini jackets with Sweet chilli chicken	Cauliflower and Coconut curry with Cous cous
Pudding	Banana and Custard	Lemon cake	Ice cream	Ginger cake	Yogurt
Tea	Cheese and broccoli Pasta bake Garlic bread	Build your own wholemeal wraps with ham ,cheese and vegetable sticks	Creamy tomato and Mascarpone pasta	Crackers with ham, cheese and a selection of vegetables	Cheesy peasy pasta
Veggie tea/dietary need	Vegetable chilli Garlic bread	Build your own wholemeal wraps with cheese and vegetable sticks	GF pasta fagioli	Crackers with cheese and a selection of vegetables	Sweet potato lentil Dahl
Snacks	A selection of Breadsticks/rice cakes, fresh fruit and vegetables	A selection of Breadsticks/rice cakes, fresh fruit and vegetables	A selection of Breadsticks/rice cakes, fresh fruit and vegetables	A selection of Breadsticks/rice cakes, fresh fruit and vegetables	A selection of Breadsticks/rice cakes, fresh fruit and vegetables

Week Two

	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	Roast chicken with Gravy, roast potatoes And carrots	Smoky BBQ beef with potatoes and sweetcorn	Chicken korma with rice	Spaghetti Bolognese Garlic bread	Sausage, potato, broccoli and sweetcorn
Veggie lunch / dietary need	Vegetable roast with gravy, roast potatoes and carrots	Vegetable cous cous And sweetcorn	Paneer and pea curry with rice	Vegetarian spaghetti Bolognese Garlic bread	Veggie sausages, Potato, broccoli and Sweetcorn
Pudding	Banana cake	Banana and custard	Yogurt	Lemon cake	Ice cream
Tea	Crackers with ham, cheese and a selection of vegetables	Tuna pasta bake	Chilli con carne with bread and butter	Build your own wholemeal wraps with ham ,cheese and vegetable sticks	Cheesy tomato pasta
Veggie tea/dietary need	Crackers with, cheese and a selection of vegetables	Vegetable hot pot	Vegetarian chilli with bread and butter	Build your own wholemeal wraps with cheese and vegetable sticks	Broccoli and sweet Potato bake
Snacks	A selection of Breadsticks/rice cakes, fresh fruit and vegetables	A selection of Breadsticks/rice cakes, fresh fruit and vegetables	A selection of Breadsticks/rice cakes, fresh fruit and vegetables	A selection of Breadsticks/rice cakes, fresh fruit and vegetables	A selection of Breadsticks/rice cakes, fresh fruit and vegetables

Week Three

	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	Classic fish pie with carrots	Lamb hot pot with sweetcorn	Roast chicken with gravy, roast potatoes and broccoli	Cauliflower and coconut curry with rice nann bread	Mac and cheese with peas
Veggie lunch / dietary need	Red pepper and lentil bake with potato topping	Vegetable hotpot with sweetcorn	Vegetable roast with gravy, roast potatoes and broccoli	Cauliflower and coconut curry with rice nann bread	Mac and cheese with peas
Pudding	Ice cream	Ginger cake	Poached peaches	Banana and custard	yogurt
Tea	Cheesy peasy pasta	Mini jackets with sweet chilli chicken	Build your own wholemeal wraps with ham ,cheese and vegetable sticks	Cheese and broccoli Pasta bake	Crackers with ham, cheese and a selection of vegetables
Veggie tea/dietary need	Gluten free pasta Fagioli	Spanish paprika potatoes stew	Build your own wholemeal wraps with cheese and vegetable sticks	Potato bake	Crackers with, cheese and a selection of vegetables
Snacks	A selection of Breadsticks/rice cakes, fresh fruit and vegetables	A selection of Breadsticks/rice cakes, fresh fruit and vegetables	A selection of Breadsticks/rice cakes, fresh fruit and vegetables	A selection of Breadsticks/rice cakes, fresh fruit and vegetables	A selection of Breadsticks/rice cakes, fresh fruit and vegetables



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Lunch	Paneer and pea curry With rice	Tikka turkey with rice	Roast chicken with gravy, roast potatoes and peas	Cheese Bolognese Pasta	Salmon and pineapple Thai curry with cous cous
Veggie lunch / dietary need	Cauliflower and Chickpea Balti with Rice	Mild lentil tikka with rice	Vegetable roast with gravy, roast potatoes and peas	Lentil Bolognese Pasta Mini jackets with Sweet chilli chicken	Cauliflower and Coconut curry with Cous cous
Pudding	Banana and Custard	Lemon cake	Ice cream	Ginger cake	Yogurt
Tea	Cheese and broccoli Pasta bake Garlic bread	Build your own wholemeal wraps with ham ,cheese and vegetable sticks	Creamy tomato and Mascarpone pasta	Crackers with ham, cheese and a selection of vegetables	Cheesy peasy pasta
Veggie tea/dietary need	Vegetable chilli Garlic bread	Build your own wholemeal wraps with cheese and vegetable sticks	GF pasta fagioli	Crackers with cheese and a selection of vegetables	Sweet potato lentil Dahl
Snacks	A selection of Breadsticks/rice cakes, fresh fruit and vegetables	A selection of Breadsticks/rice cakes, fresh fruit and vegetables	A selection of Breadsticks/rice cakes, fresh fruit and vegetables	A selection of Breadsticks/rice cakes, fresh fruit and vegetables	A selection of Breadsticks/rice cakes, fresh fruit and vegetables

Week Two

	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	Roast chicken with Gravy, roast potatoes And carrots	Smoky BBQ beef with potatoes and sweetcorn	Chicken korma with rice	Spaghetti Bolognese Garlic bread	Sausage, potato, broccoli and sweetcorn
Veggie lunch / dietary need	Vegetable roast with gravy, roast potatoes and carrots	Vegetable cous cous And sweetcorn	Paneer and pea curry with rice	Vegetarian spaghetti Bolognese Garlic bread	Veggie sausages, Potato, broccoli and Sweetcorn
Pudding	Banana cake	Banana and custard	Yogurt	Lemon cake	Ice cream
Tea	Crackers with ham, cheese and a selection of vegetables	Tuna pasta bake	Chilli con carne with bread and butter	Build your own wholemeal wraps with ham ,cheese and vegetable sticks	Cheesy tomato pasta
Veggie tea/dietary need	Crackers with, cheese and a selection of vegetables	Vegetable hot pot	Vegetarian chilli with bread and butter	Build your own wholemeal wraps with cheese and vegetable sticks	Broccoli and sweet Potato bake
Snacks	A selection of Breadsticks/rice cakes, fresh fruit and vegetables	A selection of Breadsticks/rice cakes, fresh fruit and vegetables	A selection of Breadsticks/rice cakes, fresh fruit and vegetables	A selection of Breadsticks/rice cakes, fresh fruit and vegetables	A selection of Breadsticks/rice cakes, fresh fruit and vegetables

Week Three

	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	Classic fish pie with carrots	Lamb hot pot with sweetcorn	Roast chicken with gravy, roast potatoes and broccoli	Cauliflower and coconut curry with rice nann bread	Mac and cheese with peas
Veggie lunch / dietary need	Red pepper and lentil bake with potato topping	Vegetable hotpot with sweetcorn	Vegetable roast with gravy, roast potatoes and broccoli	Cauliflower and coconut curry with rice nann bread	Mac and cheese with peas
Pudding	Ice cream	Ginger cake	Poached peaches	Banana and custard	yogurt
Tea	Cheesy peasy pasta	Mini jackets with sweet chilli chicken	Build your own wholemeal wraps with ham ,cheese and vegetable sticks	Cheese and broccoli Pasta bake	Crackers with ham, cheese and a selection of vegetables
Veggie tea/dietary need	Gluten free pasta Fagioli	Spanish paprika potatoes stew	Build your own wholemeal wraps with cheese and vegetable sticks	Potato bake	Crackers with, cheese and a selection of vegetables
Snacks	A selection of Breadsticks/rice cakes, fresh fruit and vegetables	A selection of Breadsticks/rice cakes, fresh fruit and vegetables	A selection of Breadsticks/rice cakes, fresh fruit and vegetables	A selection of Breadsticks/rice cakes, fresh fruit and vegetables	A selection of Breadsticks/rice cakes, fresh fruit and vegetables



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Veggie lunch / dietary need	Cauliflower and Chickpea Balti with Rice	Mild lentil tikka with rice	Vegetable roast with gravy, roast potatoes and peas	Lentil Bolognese Pasta Mini jackets with Sweet chilli chicken	Cauliflower and Coconut curry with Cous cous
Pudding	Banana and Custard	Lemon cake	Ice cream	Ginger cake	Yogurt
Tea	Cheese and broccoli Pasta bake Garlic bread	Build your own wholemeal wraps with ham ,cheese and vegetable sticks	Creamy tomato and Mascarpone pasta	Crackers with ham, cheese and a selection of vegetables	Cheesy peasy pasta
Veggie tea/dietary need	Vegetable chilli Garlic bread	Build your own wholemeal wraps with cheese and vegetable sticks	GF pasta fagioli	Crackers with cheese and a selection of vegetables	Sweet potato lentil Dahl
Snacks	A selection of Breadsticks/rice cakes, fresh fruit and vegetables	A selection of Breadsticks/rice cakes, fresh fruit and vegetables	A selection of Breadsticks/rice cakes, fresh fruit and vegetables	A selection of Breadsticks/rice cakes, fresh fruit and vegetables	A selection of Breadsticks/rice cakes, fresh fruit and vegetables

Week Two

	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	Roast chicken with Gravy, roast potatoes And carrots	Smoky BBQ beef with potatoes and sweetcorn	Chicken korma with rice	Spaghetti Bolognese Garlic bread	Sausage, potato, broccoli and sweetcorn
Veggie lunch / dietary need	Vegetable roast with gravy, roast potatoes and carrots	Vegetable cous cous And sweetcorn	Paneer and pea curry with rice	Vegetarian spaghetti Bolognese Garlic bread	Veggie sausages, Potato, broccoli and Sweetcorn
Pudding	Banana cake	Banana and custard	Yogurt	Lemon cake	Ice cream
Tea	Crackers with ham, cheese and a selection of vegetables	Tuna pasta bake	Chilli con carne with bread and butter	Build your own wholemeal wraps with ham ,cheese and vegetable sticks	Cheesy tomato pasta
Veggie tea/dietary need	Crackers with, cheese and a selection of vegetables	Vegetable hot pot	Vegetarian chilli with bread and butter	Build your own wholemeal wraps with cheese and vegetable sticks	Broccoli and sweet Potato bake
Snacks	A selection of Breadsticks/rice cakes, fresh fruit and vegetables	A selection of Breadsticks/rice cakes, fresh fruit and vegetables	A selection of Breadsticks/rice cakes, fresh fruit and vegetables	A selection of Breadsticks/rice cakes, fresh fruit and vegetables	A selection of Breadsticks/rice cakes, fresh fruit and vegetables

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	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	Classic fish pie with carrots	Lamb hot pot with sweetcorn	Roast chicken with gravy, roast potatoes and broccoli	Cauliflower and coconut curry with rice nann bread	Mac and cheese with peas
Veggie lunch / dietary need	Red pepper and lentil bake with potato topping	Vegetable hotpot with sweetcorn	Vegetable roast with gravy, roast potatoes and broccoli	Cauliflower and coconut curry with rice nann bread	Mac and cheese with peas
Pudding	Ice cream	Ginger cake	Poached peaches	Banana and custard	yogurt
Tea	Cheesy peasy pasta	Mini jackets with sweet chilli chicken	Build your own wholemeal wraps with ham ,cheese and vegetable sticks	Cheese and broccoli Pasta bake	Crackers with ham, cheese and a selection of vegetables
Veggie tea/dietary need	Gluten free pasta Fagioli	Spanish paprika potatoes stew	Build your own wholemeal wraps with cheese and vegetable sticks	Potato bake	Crackers with, cheese and a selection of vegetables
Snacks	A selection of Breadsticks/rice cakes, fresh fruit and vegetables	A selection of Breadsticks/rice cakes, fresh fruit and vegetables	A selection of Breadsticks/rice cakes, fresh fruit and vegetables	A selection of Breadsticks/rice cakes, fresh fruit and vegetables	A selection of Breadsticks/rice cakes, fresh fruit and vegetables



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Pudding	Banana and Custard	Lemon cake	Ice cream	Ginger cake	Yogurt
Tea	Cheese and broccoli Pasta bake Garlic bread	Build your own wholemeal wraps with ham ,cheese and vegetable sticks	Creamy tomato and Mascarpone pasta	Crackers with ham, cheese and a selection of vegetables	Cheesy peasy pasta
Veggie tea/dietary need	Vegetable chilli Garlic bread	Build your own wholemeal wraps with cheese and vegetable sticks	GF pasta fagioli	Crackers with cheese and a selection of vegetables	Sweet potato lentil Dahl
Snacks	A selection of Breadsticks/rice cakes, fresh fruit and vegetables	A selection of Breadsticks/rice cakes, fresh fruit and vegetables	A selection of Breadsticks/rice cakes, fresh fruit and vegetables	A selection of Breadsticks/rice cakes, fresh fruit and vegetables	A selection of Breadsticks/rice cakes, fresh fruit and vegetables

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	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	Roast chicken with Gravy, roast potatoes And carrots	Smoky BBQ beef with potatoes and sweetcorn	Chicken korma with rice	Spaghetti Bolognese Garlic bread	Sausage, potato, broccoli and sweetcorn
Veggie lunch / dietary need	Vegetable roast with gravy, roast potatoes and carrots	Vegetable cous cous And sweetcorn	Paneer and pea curry with rice	Vegetarian spaghetti Bolognese Garlic bread	Veggie sausages, Potato, broccoli and Sweetcorn
Pudding	Banana cake	Banana and custard	Yogurt	Lemon cake	Ice cream
Tea	Crackers with ham, cheese and a selection of vegetables	Tuna pasta bake	Chilli con carne with bread and butter	Build your own wholemeal wraps with ham ,cheese and vegetable sticks	Cheesy tomato pasta
Veggie tea/dietary need	Crackers with, cheese and a selection of vegetables	Vegetable hot pot	Vegetarian chilli with bread and butter	Build your own wholemeal wraps with cheese and vegetable sticks	Broccoli and sweet Potato bake
Snacks	A selection of Breadsticks/rice cakes, fresh fruit and vegetables	A selection of Breadsticks/rice cakes, fresh fruit and vegetables	A selection of Breadsticks/rice cakes, fresh fruit and vegetables	A selection of Breadsticks/rice cakes, fresh fruit and vegetables	A selection of Breadsticks/rice cakes, fresh fruit and vegetables

Week Three

	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	Classic fish pie with carrots	Lamb hot pot with sweetcorn	Roast chicken with gravy, roast potatoes and broccoli	Cauliflower and coconut curry with rice nann bread	Mac and cheese with peas
Veggie lunch / dietary need	Red pepper and lentil bake with potato topping	Vegetable hotpot with sweetcorn	Vegetable roast with gravy, roast potatoes and broccoli	Cauliflower and coconut curry with rice nann bread	Mac and cheese with peas
Pudding	Ice cream	Ginger cake	Poached peaches	Banana and custard	yogurt
Tea	Cheesy peasy pasta	Mini jackets with sweet chilli chicken	Build your own wholemeal wraps with ham ,cheese and vegetable sticks	Cheese and broccoli Pasta bake	Crackers with ham, cheese and a selection of vegetables
Veggie tea/dietary need	Gluten free pasta Fagioli	Spanish paprika potatoes stew	Build your own wholemeal wraps with cheese and vegetable sticks	Potato bake	Crackers with, cheese and a selection of vegetables
Snacks	A selection of Breadsticks/rice cakes, fresh fruit and vegetables	A selection of Breadsticks/rice cakes, fresh fruit and vegetables	A selection of Breadsticks/rice cakes, fresh fruit and vegetables	A selection of Breadsticks/rice cakes, fresh fruit and vegetables	A selection of Breadsticks/rice cakes, fresh fruit and vegetables



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Pudding	Banana and Custard	Lemon cake	Ice cream	Ginger cake	Yogurt
Tea	Cheese and broccoli Pasta bake Garlic bread	Build your own wholemeal wraps with ham ,cheese and vegetable sticks	Creamy tomato and Mascarpone pasta	Crackers with ham, cheese and a selection of vegetables	Cheesy peasy pasta
Veggie tea/dietary need	Vegetable chilli Garlic bread	Build your own wholemeal wraps with cheese and vegetable sticks	GF pasta fagioli	Crackers with cheese and a selection of vegetables	Sweet potato lentil Dahl
Snacks	A selection of Breadsticks/rice cakes, fresh fruit and vegetables	A selection of Breadsticks/rice cakes, fresh fruit and vegetables	A selection of Breadsticks/rice cakes, fresh fruit and vegetables	A selection of Breadsticks/rice cakes, fresh fruit and vegetables	A selection of Breadsticks/rice cakes, fresh fruit and vegetables

Week Two

	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	Roast chicken with Gravy, roast potatoes And carrots	Smoky BBQ beef with potatoes and sweetcorn	Chicken korma with rice	Spaghetti Bolognese Garlic bread	Sausage, potato, broccoli and sweetcorn
Veggie lunch / dietary need	Vegetable roast with gravy, roast potatoes and carrots	Vegetable cous cous And sweetcorn	Paneer and pea curry with rice	Vegetarian spaghetti Bolognese Garlic bread	Veggie sausages, Potato, broccoli and Sweetcorn
Pudding	Banana cake	Banana and custard	Yogurt	Lemon cake	Ice cream
Tea	Crackers with ham, cheese and a selection of vegetables	Tuna pasta bake	Chilli con carne with bread and butter	Build your own wholemeal wraps with ham ,cheese and vegetable sticks	Cheesy tomato pasta
Veggie tea/dietary need	Crackers with, cheese and a selection of vegetables	Vegetable hot pot	Vegetarian chilli with bread and butter	Build your own wholemeal wraps with cheese and vegetable sticks	Broccoli and sweet Potato bake
Snacks	A selection of Breadsticks/rice cakes, fresh fruit and vegetables	A selection of Breadsticks/rice cakes, fresh fruit and vegetables	A selection of Breadsticks/rice cakes, fresh fruit and vegetables	A selection of Breadsticks/rice cakes, fresh fruit and vegetables	A selection of Breadsticks/rice cakes, fresh fruit and vegetables

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	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	Classic fish pie with carrots	Lamb hot pot with sweetcorn	Roast chicken with gravy, roast potatoes and broccoli	Cauliflower and coconut curry with rice nann bread	Mac and cheese with peas
Veggie lunch / dietary need	Red pepper and lentil bake with potato topping	Vegetable hotpot with sweetcorn	Vegetable roast with gravy, roast potatoes and broccoli	Cauliflower and coconut curry with rice nann bread	Mac and cheese with peas
Pudding	Ice cream	Ginger cake	Poached peaches	Banana and custard	yogurt
Tea	Cheesy peasy pasta	Mini jackets with sweet chilli chicken	Build your own wholemeal wraps with ham ,cheese and vegetable sticks	Cheese and broccoli Pasta bake	Crackers with ham, cheese and a selection of vegetables
Veggie tea/dietary need	Gluten free pasta Fagioli	Spanish paprika potatoes stew	Build your own wholemeal wraps with cheese and vegetable sticks	Potato bake	Crackers with, cheese and a selection of vegetables
Snacks	A selection of Breadsticks/rice cakes, fresh fruit and vegetables	A selection of Breadsticks/rice cakes, fresh fruit and vegetables	A selection of Breadsticks/rice cakes, fresh fruit and vegetables	A selection of Breadsticks/rice cakes, fresh fruit and vegetables	A selection of Breadsticks/rice cakes, fresh fruit and vegetables



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Pudding	Banana and Custard	Lemon cake	Ice cream	Ginger cake	Yogurt
Tea	Cheese and broccoli Pasta bake Garlic bread	Build your own wholemeal wraps with ham ,cheese and vegetable sticks	Creamy tomato and Mascarpone pasta	Crackers with ham, cheese and a selection of vegetables	Cheesy peasy pasta
Veggie tea/dietary need	Vegetable chilli Garlic bread	Build your own wholemeal wraps with cheese and vegetable sticks	GF pasta fagioli	Crackers with cheese and a selection of vegetables	Sweet potato lentil Dahl
Snacks	A selection of Breadsticks/rice cakes, fresh fruit and vegetables	A selection of Breadsticks/rice cakes, fresh fruit and vegetables	A selection of Breadsticks/rice cakes, fresh fruit and vegetables	A selection of Breadsticks/rice cakes, fresh fruit and vegetables	A selection of Breadsticks/rice cakes, fresh fruit and vegetables

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	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	Roast chicken with Gravy, roast potatoes And carrots	Smoky BBQ beef with potatoes and sweetcorn	Chicken korma with rice	Spaghetti Bolognese Garlic bread	Sausage, potato, broccoli and sweetcorn
Veggie lunch / dietary need	Vegetable roast with gravy, roast potatoes and carrots	Vegetable cous cous And sweetcorn	Paneer and pea curry with rice	Vegetarian spaghetti Bolognese Garlic bread	Veggie sausages, Potato, broccoli and Sweetcorn
Pudding	Banana cake	Banana and custard	Yogurt	Lemon cake	Ice cream
Tea	Crackers with ham, cheese and a selection of vegetables	Tuna pasta bake	Chilli con carne with bread and butter	Build your own wholemeal wraps with ham ,cheese and vegetable sticks	Cheesy tomato pasta
Veggie tea/dietary need	Crackers with, cheese and a selection of vegetables	Vegetable hot pot	Vegetarian chilli with bread and butter	Build your own wholemeal wraps with cheese and vegetable sticks	Broccoli and sweet Potato bake
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Veggie lunch / dietary need	Red pepper and lentil bake with potato topping	Vegetable hotpot with sweetcorn	Vegetable roast with gravy, roast potatoes and broccoli	Cauliflower and coconut curry with rice nann bread	Mac and cheese with peas
Pudding	Ice cream	Ginger cake	Poached peaches	Banana and custard	yogurt
Tea	Cheesy peasy pasta	Mini jackets with sweet chilli chicken	Build your own wholemeal wraps with ham ,cheese and vegetable sticks	Cheese and broccoli Pasta bake	Crackers with ham, cheese and a selection of vegetables
Veggie tea/dietary need	Gluten free pasta Fagioli	Spanish paprika potatoes stew	Build your own wholemeal wraps with cheese and vegetable sticks	Potato bake	Crackers with, cheese and a selection of vegetables
Snacks	A selection of Breadsticks/rice cakes, fresh fruit and vegetables	A selection of Breadsticks/rice cakes, fresh fruit and vegetables	A selection of Breadsticks/rice cakes, fresh fruit and vegetables	A selection of Breadsticks/rice cakes, fresh fruit and vegetables	A selection of Breadsticks/rice cakes, fresh fruit and vegetables



Abbey Wood Grange

Spring/Summer Menu 2023

Food and Nutrition at Abbey Wood Grange



Mealtimes are sociable occasions, relaxed and an opportunity to not only eat delicious food, but to learn manners and social skills. Practitioners sit with the children to encourage and initiate conversations and make mealtimes fun. Water is offered at every mealtime and is also accessible throughout the day.

Health is at the heart of our menu and we are proud to work with The Professional Nursery Kitchen www.nurserykitchen.co.uk who specialise in creating perfectly balanced nutritious meals especially for nursery schools.

Fresh fruit and vegetable snack bars are available morning and afternoon.

5 star kitchen hygiene rating

Dietary Requirements are catered for individually 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

	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	Paneer and pea curry With rice	Tikka turkey with rice	Roast chicken with gravy, roast potatoes and peas	Cheese Bolognese Pasta	Salmon and pineapple Thai curry with cous cous
Veggie lunch / dietary need	Cauliflower and Chickpea Balti with Rice	Mild lentil tikka with rice	Vegetable roast with gravy, roast potatoes and peas	Lentil Bolognese Pasta Mini jackets with Sweet chilli chicken	Cauliflower and Coconut curry with Cous cous
Pudding	Banana and Custard	Lemon cake	Ice cream	Ginger cake	Yogurt
Tea	Cheese and broccoli Pasta bake Garlic bread	Build your own wholemeal wraps with ham ,cheese and vegetable sticks	Creamy tomato and Mascarpone pasta	Crackers with ham, cheese and a selection of vegetables	Cheesy peasy pasta
Veggie tea/dietary need	Vegetable chilli Garlic bread	Build your own wholemeal wraps with cheese and vegetable sticks	GF pasta fagioli	Crackers with cheese and a selection of vegetables	Sweet potato lentil Dahl
Snacks	A selection of Breadsticks/rice cakes, fresh fruit and vegetables	A selection of Breadsticks/rice cakes, fresh fruit and vegetables	A selection of Breadsticks/rice cakes, fresh fruit and vegetables	A selection of Breadsticks/rice cakes, fresh fruit and vegetables	A selection of Breadsticks/rice cakes, fresh fruit and vegetables

Week Two

	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	Roast chicken with Gravy, roast potatoes And carrots	Smoky BBQ beef with potatoes and sweetcorn	Chicken korma with rice	Spaghetti Bolognese Garlic bread	Sausage, potato, broccoli and sweetcorn
Veggie lunch / dietary need	Vegetable roast with gravy, roast potatoes and carrots	Vegetable cous cous And sweetcorn	Paneer and pea curry with rice	Vegetarian spaghetti Bolognese Garlic bread	Veggie sausages, Potato, broccoli and Sweetcorn
Pudding	Banana cake	Banana and custard	Yogurt	Lemon cake	Ice cream
Tea	Crackers with ham, cheese and a selection of vegetables	Tuna pasta bake	Chilli con carne with bread and butter	Build your own wholemeal wraps with ham ,cheese and vegetable sticks	Cheesy tomato pasta
Veggie tea/dietary need	Crackers with, cheese and a selection of vegetables	Vegetable hot pot	Vegetarian chilli with bread and butter	Build your own wholemeal wraps with cheese and vegetable sticks	Broccoli and sweet Potato bake
Snacks	A selection of Breadsticks/rice cakes, fresh fruit and vegetables	A selection of Breadsticks/rice cakes, fresh fruit and vegetables	A selection of Breadsticks/rice cakes, fresh fruit and vegetables	A selection of Breadsticks/rice cakes, fresh fruit and vegetables	A selection of Breadsticks/rice cakes, fresh fruit and vegetables

Week Three

	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	Classic fish pie with carrots	Lamb hot pot with sweetcorn	Roast chicken with gravy, roast potatoes and broccoli	Cauliflower and coconut curry with rice nann bread	Mac and cheese with peas
Veggie lunch / dietary need	Red pepper and lentil bake with potato topping	Vegetable hotpot with sweetcorn	Vegetable roast with gravy, roast potatoes and broccoli	Cauliflower and coconut curry with rice nann bread	Mac and cheese with peas
Pudding	Ice cream	Ginger cake	Poached peaches	Banana and custard	yogurt
Tea	Cheesy peasy pasta	Mini jackets with sweet chilli chicken	Build your own wholemeal wraps with ham ,cheese and vegetable sticks	Cheese and broccoli Pasta bake	Crackers with ham, cheese and a selection of vegetables
Veggie tea/dietary need	Gluten free pasta Fagioli	Spanish paprika potatoes stew	Build your own wholemeal wraps with cheese and vegetable sticks	Potato bake	Crackers with, cheese and a selection of vegetables
Snacks	A selection of Breadsticks/rice cakes, fresh fruit and vegetables	A selection of Breadsticks/rice cakes, fresh fruit and vegetables	A selection of Breadsticks/rice cakes, fresh fruit and vegetables	A selection of Breadsticks/rice cakes, fresh fruit and vegetables	A selection of Breadsticks/rice cakes, fresh fruit and vegetables



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Pudding	Banana and Custard	Lemon cake	Ice cream	Ginger cake	Yogurt
Tea	Cheese and broccoli Pasta bake Garlic bread	Build your own wholemeal wraps with ham ,cheese and vegetable sticks	Creamy tomato and Mascarpone pasta	Crackers with ham, cheese and a selection of vegetables	Cheesy peasy pasta
Veggie tea/dietary need	Vegetable chilli Garlic bread	Build your own wholemeal wraps with cheese and vegetable sticks	GF pasta fagioli	Crackers with cheese and a selection of vegetables	Sweet potato lentil Dahl
Snacks	A selection of Breadsticks/rice cakes, fresh fruit and vegetables	A selection of Breadsticks/rice cakes, fresh fruit and vegetables	A selection of Breadsticks/rice cakes, fresh fruit and vegetables	A selection of Breadsticks/rice cakes, fresh fruit and vegetables	A selection of Breadsticks/rice cakes, fresh fruit and vegetables

Week Two

	Monday	Tuesday	Wednesday	Thursday	Friday
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Veggie lunch / dietary need	Vegetable roast with gravy, roast potatoes and carrots	Vegetable cous cous And sweetcorn	Paneer and pea curry with rice	Vegetarian spaghetti Bolognese Garlic bread	Veggie sausages, Potato, broccoli and Sweetcorn
Pudding	Banana cake	Banana and custard	Yogurt	Lemon cake	Ice cream
Tea	Crackers with ham, cheese and a selection of vegetables	Tuna pasta bake	Chilli con carne with bread and butter	Build your own wholemeal wraps with ham ,cheese and vegetable sticks	Cheesy tomato pasta
Veggie tea/dietary need	Crackers with, cheese and a selection of vegetables	Vegetable hot pot	Vegetarian chilli with bread and butter	Build your own wholemeal wraps with cheese and vegetable sticks	Broccoli and sweet Potato bake
Snacks	A selection of Breadsticks/rice cakes, fresh fruit and vegetables	A selection of Breadsticks/rice cakes, fresh fruit and vegetables	A selection of Breadsticks/rice cakes, fresh fruit and vegetables	A selection of Breadsticks/rice cakes, fresh fruit and vegetables	A selection of Breadsticks/rice cakes, fresh fruit and vegetables

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	Monday	Tuesday	Wednesday	Thursday	Friday
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Veggie lunch / dietary need	Red pepper and lentil bake with potato topping	Vegetable hotpot with sweetcorn	Vegetable roast with gravy, roast potatoes and broccoli	Cauliflower and coconut curry with rice nann bread	Mac and cheese with peas
Pudding	Ice cream	Ginger cake	Poached peaches	Banana and custard	yogurt
Tea	Cheesy peasy pasta	Mini jackets with sweet chilli chicken	Build your own wholemeal wraps with ham ,cheese and vegetable sticks	Cheese and broccoli Pasta bake	Crackers with ham, cheese and a selection of vegetables
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