

The College Nursery Menu 2023/24

Breakfast is served between 8.30am - 9.30am with a choice of cereal or fresh fruit.

Week One	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch and pudding	Tuna and Broccoli Pasta <i>(Gluten, Fish, Dairy)</i> Garlic Bread <i>(Gluten)</i> Fruit Salad	Chicken Paella Vegetable Paella Vegetarian Jelly with Fruit	Japanese Fish Curry <i>(Fish, Soy)</i> Steamed Rice Fruit Salad	Fish Cakes <i>(Fish, Gluten, Dairy)</i> New Potatoes, Peas and Sweetcorn Fruit Yogurt <i>(Dairy)</i>	Moroccan Beef Ragu <i>(Sulphites)</i> Steamed Rice Vegetarian Jelly with Fruit
Tea and pudding	Jacket Potato Cheese, Beans <i>(Dairy)</i> Fruit Yogurt <i>(Dairy)</i>	Flour Wraps <i>(Gluten)</i> Veggie Sticks and Fillings <i>(Celery, Dairy, Fish)</i> Apple Crumble <i>(Oats)</i>	Pasta Salad <i>(Gluten)</i> Garlic Bread <i>(Gluten)</i> Carrot Cake	Hummus <i>(Sulphites, Sesame)</i> Flatbread and Veggie Sticks <i>(Gluten, Celery)</i> Fresh Fruit	Mixed Sandwiches <i>(Gluten, Dairy, Fish, Soya)</i> Veggie Sticks <i>(Celery)</i> Shortbread

Week Two	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch and pudding	Fish Cakes <i>(Fish, Gluten, Dairy)</i> New Potatoes, Peas and Sweetcorn Fruit Yogurt <i>(Dairy)</i>	Moroccan Beef Ragu <i>(Sulphites)</i> Steamed Rice Fruit Salad	Mediterranean Vegetable Sauce and Meatballs <i>(Gluten)</i> Banana and Coconut Custard	Japanese Chicken Curry <i>(Soy)</i> Steamed Rice Vegetarian Jelly with Fruit	Ratatouille Whole Wheat Pasta <i>(Gluten)</i> Fresh Fruit
Tea and pudding	Flour Wraps <i>(Gluten)</i> Veggie Sticks and Fillings <i>(Celery, Dairy, Fish)</i> Vegetarian Jelly with Fruit	Pasta Salad <i>(Gluten)</i> Tomato and Vegetable Slices Oat and Apple Crumble <i>(Oats)</i>	Hummus <i>(Sulphites, Sesame)</i> Flatbread and Veggie Sticks <i>(Gluten, Celery)</i> Eve's Pudding <i>(Gluten)</i>	Jacket Potato Cheese, Beans <i>(Dairy)</i> Shortbread	Mixed Sandwiches <i>(Gluten, Dairy, Fish, Soya)</i> Veggie Sticks <i>(Celery)</i> Fruit Yogurt <i>(Dairy)</i>

Please note that every child's dietary requirements will be met and individual menus may change to accommodate this.



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If your child is starting their weaning journey, we will provide a range of meals suitable for children aged 6+ months and made from fresh fruits, vegetables or pasta.

These meals will be made to the consistency to suit your child's needs and stage of weaning.

Vegetables we use in our Baby Food:

- Potato
- Carrot
- Squash
- Aubergine
- Courgette
- Peas
- Sweet potato
- Peppers

Fruit we use in our Baby Food:

- Orange
- Apricot
- Apple
- Mandarin
- Pear
- Banana

