



Stage Two Autumn and Winter Menu 2024

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of Cereals with Milk	Porridge with Milk	Crumpets with Spread	Selection of Cereals with Milk	Selection of Cereals with Milk
Lunch					
Starter		Cheese Twists		Garlic & Tomato Bruschetta	
Main	Fisherman's Pie (Cauliflower & Chickpea Cheese Bake) with Peas & Sweetcorn	Chinese Chicken (Soya) Curry with Brown Rice & Peas	Roast Beef (Tofu), New Potatoes, Broccoli & Green Beans, Yorkshire Pudding & Gravy	Mixed Bean Arrabbiata Pasta (V) with Sweetcorn	Lamb (Lentil) Shepherd's Pie with Seasonal Vegetables
Dessert	Mango & Pineapple		Apple & Pear		Melon & Pear
Tea Main & Dessert	Turkey (Quorn) or Cream Cheese Sandwiches & Crudites Natural Yogurt & Fruit of the Day	Butternut Squash & Lentil Soup (V) served with a Warm Roll Melon & Peaches	Homemade Spaghetti on Toast (V) Banana & Apricot	Chefs' choice of Sandwiches (V) with Grated Carrot & Cheese Batons Autumn Fruit Medley	Rice Cakes with Homemade Pilchard Pate or Butterbean Spread (V), Carrot & Cucumber Pineapple & Banana

- Our Menus have been developed in line with the Welsh Government Food & Nutrition for Childcare Settings: Best Practice Guidance
- Fresh drinking water is freely available throughout the day, milk is also offered at Breakfast and Snack Times
- For information about recipes used or allergen information, please speak to our Nursery Chef or Nursery Manager



Stage Two Autumn and Winter Menu 2024

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of Cereals with Milk	Crumpets with Spread	Selection of Cereals with Milk	Wholemeal Toast Fingers with Spread	Porridge with Milk & Apricot Puree
Lunch					
Starter		Cheese & Pineapple Fingers			Garlic Flat Bread
Main	Spicy Vegetable & Lentil Casserole (V) with Cous Cous & Peas	Roast Turkey (Soya) with New Potatoes, Cauliflower, Carrots & Gravy	Sweet & Sour Chicken (Tofu) with Brown Rice	Haddock & Cod Fish (Red Lentil) Pie with Peas & Sweetcorn	Beef (Quorn Mince) & Vegetable Spaghetti Bolognese
Dessert	Peach & Apple		Poached Apple with Custard	Pineapple & Pear	
Tea Main & Dessert	Pitta Pockets with Pilchards or Cheese (V) Filling, Houmous & Carrot Batons	Sandwiches (V) with Cucumber Sticks	Pizza Topped Muffins (V) with Pepper Sticks	Soup of the Day (V) served with a Warm Bread	Cheese & Onion or Cheese & Tomato Pin Wheels (V) with Homemade Baked Beans
	Kiwi & Banana	Mango Puree & Greek Yogurt	Honeydew Melon & Banana	Peach & Apricot	Winter Berry Puree Fool

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Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of Cereals with Milk	Wholemeal Toast Fingers with Spread	Selection of Cereals with Milk	Selection of Cereals with Milk	Porridge with Milk
Lunch					
Starter		Mini Cheesy Pinwheels		Tomato & Garlic Mozzarella Tartlets	
Main	Mixed Bean Chilli (Quorn Mince) Con Carne with Brown Rice & Peas	Steamed Cod (Chickpea) with Cous Cous & Green Beans	Hearty Lamb (Vegetable) Stew with Pearl Barley & Broccoli	Turkey (Soya) Korma with Basmati Rice & Peas	Roast Chicken (Quorn) New Potatoes, Winter Vegetables & Gravy
Dessert	Apple and Pears		Sugar Free Jelly		Fromage Frais with Mango Puree
Tea Main & Dessert	Cheese on Toast (V) with Grated Carrot	Rice Cakes with Cream Cheese (V) & Turkey Breast (Quorn) with Cucumber Batons	Homemade Spinach & Cheese Scones with Red Pepper Sticks	Butternut Squash & Roasted Red Pepper Soup (V) with Pitta Fingers	A Selection of Tortilla Wraps (V) with cucumber, Red & Yellow Peppers
	Chef's Fruit Medley	Banana & Kiwi	Melon & Plum	Apple & Peach	Pear & Banana

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Stage Two Autumn and Winter Menu 2024

Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of Cereals with Milk	Porridge with Milk	Selection of Cereals with Milk	Toasted Muffins with Spread	Selection of Cereals with Milk
Lunch					
Starter	Garlic Naan Bread		Oat Cake Fruit Pizza		
Main	Butternut Squash & Lentil Dhansak (V) with Rice	Minced Beef Pie (Quorn) with New Potatoes Green Beans & Carrots	Chicken (Green Lentil) Mango Curry with Peas & Noodles or Cous Cous	Roast Pork (Soya) with Root Vegetable Mash, Cabbage, Gravy	Salmon in a Creamy Tomato Sauce (Mixed Bean) with Pasta and Broccoli
Dessert		Apple & Peach		Melon	Natural Yoghurt with a Blueberry Swirl
Tea Main & Dessert	Homemade Fish Fingers with Bread Fingers (Vegetable Fingers) & Sweetcorn Mango & Banana	Selection of Sandwiches (V) with Pepper sticks Fresh Fruit Salad	Homemade Spaghetti & Cheese Pinwheels Fromage Frais & Banana	Rice Cakes with Pilchards in Tomato Sauce or Cheese (V) with Cucumber Apricot & Custard	Carrot & Coriander Soup (V) with Wholemeal Thin Fingers Apple & Pear

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