



Manor House Nursery Group Menu

Week One	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast (Drinks: Milk or Water)	Malt wheat cereal or rice crispies and milk Toast and spread	Cornflakes or wheat Bisks Banana or raisins	Wheat Bisks or rice crispies Toast and spread	Malted wheat cereal or multigrain hoops Sliced grape and apple slices	Cornflakes or wheat Bisks and milk Apple slices and raisins
Mid-morning Snack (Drinks: Milk or Water)	Breadsticks and hummus	Toast and spread	Cream crackers with cheese spread	Toast and spread	Toasted bagel and spread
Cooked lunch *Additional £3.00 Bookable through reception (Drinks: Water Only)	Mild Vegetable Chilli Jacket Potato	Thai Green Fish Curry with Green Vegetables and Rice (5)	Cottage Pie with Spring Greens (13)	Vegetable and Red Lentil Ragu (2)	Sweet and Sour Chicken with Rice
	Greek Yogurt	Pear or apple	Custard	Satsuma and raisins	Fruit yogurt
Mid- afternoon (Drinks: Milk or Water)	Carrot sticks and cubed cheese	Pitta bread and cream cheese	Rice cake with sliced banana	Crumpet and spread	Cucumber sticks and hummus
92Tea (Drinks: Water Only)	Tuna and cucumber Wholemeal Wraps (5,4,2)	Hard Boiled Egg and wholemeal toast (4,2,13)	Tomato Rice	Jacket Potato, cheese and Baked Beans (7)	Gammon and Sweetcorn Pasta (2)
	Apple/banana	Melon/ grapes	Apple and raisins	Banana/melon	Satsuma/pear

All meals excluding the cooked lunch are included in your consumable charge. The cooked lunch can be purchased at an additional cost of £3.00 per day*. Please speak to a nursery manager for more information. If you wish to provide a packed lunch or any of your own food products please see our food from home policy. All cultural requirements, allergies and intolerances are catered for. A full list of allergens for all food products used by Manor House is available from reception.

1	Celery	2	Cereals containing gluten	3	Crustaceans	4	Eggs	5	Fish
6	Lupin	7	Milk	8	Molluscs	9	Mustard	10	Nuts
11	Peanuts	12	Sesame Seeds	13	Soya	14	Sulphur Dioxide		

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Week Two	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast (Drinks: Milk or Water)	Cornflakes or wheat Bisks Toast and spread	Malt wheat cereal or rice crispies and milk Toast and spread	Cornflakes or wheat Bisks and milk Crumpet and spread	Malted wheat cereal or multigrain hoops Sliced grape and apple slices	Wheat Bisks or rice crispies Toast and spread
Mid-morning Snack (Drinks: Milk or Water)	Banana or raisins	Cucumber and carrot sticks	Breadsticks and hummus	Cream crackers with cheese spread	Apple or Pear
Cooked lunch *Additional £3.00 Bookable through reception (Drinks: Water Only)	Pasta Primavera and Garlic Bread (2,7)	Salmon and Pea Risotto (2,5)	Mixed Bean and Chicken Casserole with Potato Bites and Mixed Vegetables (13)	Flavourful Chickpea and Vegetable Curry with Rice (9)	Beef and Vegetable Ratatouille (2)
	Satsuma and raisins	Greek Yogurt	Apple or Pear	Fruit yogurt	Custard
Mid- afternoon Snack (Drinks: Milk or Water)	Rice cake with sliced banana	Crumpet and spread	Carrot sticks and cubed cheese	Cucumber sticks and hummus	Cheese and crackers
Tea (Drinks: Water Only)	Chicken or Cream Cheese and Cucumber Sandwiches (2,13,7)	Baked Beans on Wholemeal Toast (2,13)	Hidden Vegetable Pasta (2)	Jacket Potato with Cheese and Coleslaw (7)	Frittata with Cucumber Sticks (4,7)
	Banana/melon	Apple and Raisins	Pear/Satsuma	Banana/raisins	Melon/ grapes

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Week Three	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast (Drinks: Milk or Water)	Malted wheat cereal or multigrain hoops Sliced grape and apple slices	Cornflakes or wheat Bisks Banana or raisins	Cornflakes or Multi grain hoops and milk Crumpet and spread	Malt wheat cereal or rice crispies and milk Toast and spread	Wheat Bisks or rice crispies Toast and spread
Mid-morning Snack (Drinks: Milk or Water)	Crumpet and spread	Toast and spread	Breadsticks and hummus	Apple or Pear	Cream crackers with cheese spread
Cooked lunch *Additional £3.00 Bookable through reception (Drinks: Water Only)	Cheesy Vegetable and lentil Pasta Bake (2,7,13) Satsuma and raisins	Roast Gammon, Roasties and Seasonal Vegetables (2,13) Fruit yogurt	Turkey and lentil Spaghetti Bolognaise (2) Apple or Pear	Fish Pie (5,7) Melon or grapes	Chicken Fajitas and Cous Cous (2) Greek Yogurt
Mid- afternoon (Drinks: Milk or Water)	Cucumber and carrot sticks	Rice cake with sliced banana	Carrot sticks and cubed cheese	Rice cake with yeast extract spread	Cucumber sticks and hummus
Tea (Drinks: Water Only)	Chicken and Salad Wrap (2) Pear/apple	Scrambled Egg on Wholemeal Toast (4,13,2,7) Satsuma/pear	Jacket Potato with Tuna and Cheese (5,4,7) Banana/melon	Beans on Wholemeal Toast (2,13,7) Banana/raisins	Cheese and Broccoli Pasta (2,7) Melon/ grapes

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