

# Berkshire Healthcare Autumn / Winter Nursery Menu

(Updated October 2024)

<b>Week One</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Lunch</b>	Tuna wholemeal pasta bake cooked in a tomato and vegetable sauce with a side serving of vegetables  Fruit cocktail	Chef chicken special with wholemeal rice and a side serving of vegetables  Fruit Crumble with / without custard	Chef's vegetarian special (e.g. sweet potato vegetable curry, Quorn mince chilli with red kidney beans and chickpeas)  Yogurts	Roast (chicken or turkey) dinner, potatoes and a side serving of vegetables  Chef's special	Lamb or Beef hotpot with diced potatoes and a side serving of vegetables  Fruit
<b>Tea</b>	Chicken / veggie nuggets, selection of carrot sticks, and cheese slices  Fromage Frais	Potato selection with tuna, cheese or beans and veg sticks  Fruit	Wholemeal sandwiches or rolls with a protein filling (e.g. egg, tuna, meat, chicken, cheese, Quorn) and sweetcorn  Fruit	Chefs special – (eg, meat / vegetarian sausage rolls, lentil soup, cous-cous and chickpea salad.  Yogurt	Crackers / bread with cheese and ham and a selection of veg sticks  Yogurt

Morning snack ranges between breadsticks, crackers, rice cakes and fruit or vegetables.

Fresh water and milk (full fat and semi-skimmed) are offered twice a day.

Menus will be adapted to meet the needs of children who have dietary requirements (e.g. vegetarian), allergies or medical requirements.

Another snack of fruit or vegetables is offered after afternoon tea

Menus are subject to change.

## Berkshire Healthcare Autumn / Winter Nursery Menu

<b>Week Two</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Lunch</b>	<p><b>Wholemeal pasta Bolognaise with grated cheese and a side serving of vegetables</b></p> <p><b>Fruit platter</b></p>	<p><b>Breaded fish with homemade oven chips and a side serving of vegetables</b></p> <p><b>Fromage Frais</b></p>	<p><b>Roast (chicken, turkey or pork) dinner, potatoes and a side serving of vegetables</b></p> <p><b>Fruit Sponge with custard</b></p>	<p><b>Chef vegetarian special (containing vegetables and pulses/beans/lentils) with wholegrain rice and a side serving of vegetables</b></p> <p><b>Yogurt</b></p>	<p><b>Hearty meat casserole with cous-cous or jacket potatoes with a side serving of vegetables</b></p> <p><b>Chef's special</b></p>
<b>Tea</b>	<p><b>Mixed rolls with protein filling (e.g. egg, tuna, meat, chicken, cheese, Quorn) with a selection of veg sticks</b></p> <p><b>Yogurts</b></p>	<p><b>Chef special (e.g. crumpets, garlic bread, with sliced meat and chopped veg selection)</b></p> <p><b>Stewed fruit</b></p>	<p><b>Wholemeal sandwiches or rolls with a protein filling (e.g. egg, tuna, meat, chicken, cheese, Quorn) and a selection of veg sticks</b></p> <p><b>Yogurt</b></p>	<p><b>Homemade pizza slices with protein topping, a selection of veg sticks with hummus dip</b></p> <p><b>Fruit</b></p>	<p><b>Salmon or omega 3 fish fingers with beans and bread</b></p> <p><b>Yogurt</b></p>

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**Additional information to support current guidance:**

- 3 dairy products are provided per day
- At lunchtime, a variety of fruit and vegetables are offered across the week
- Vegetarian children have a variety of protein as part of lunch and tea
- Meat alternatives or pulses are offered once a week for lunch and tea
- Beans allowed once a week as a veg. Spaghetti hoops are limited

**Mealtimes:**

**Breakfast:** 7.30am-8.00am

**Morning snack:** Start between 9.00am and 9.15am

**Lunch:** Start between 11.15am- 12.00pm

**Tea:** Start between 3.00pm-3.30pm

**Afternoon snack:** Start between 5.35pm-5.40pm