

Menu A	Main Course		Side Dish	Second Course
Monday	Italian Beef Bolognese (T)	Minced beef, carrot, butternut squash, onion, tomato, garlic, basil, rosemary, mixed herbs, basil, paprika & stock	Pasta (G)	Apple & Mango Fromage Frais (D)
Tuesday	Vegetable Dahl (D) (PU) (SD) (T)	Spinach, potato, red lentils, carrot, onion, butternut squash, garlic, coriander, curry paste (contains tomato & mixed spices), lemon juice, garam masala, ginger, paprika, cumin, bechamel (contains coconut), cream & tomato	White Rice	Fruit Salad of Pineapple, Apricot & Apple
Wednesday	Chicken Casserole (PU) (T)	Sliced chicken, potato, onion, peppers, butternut squash, leeks, garlic, thyme, bechamel (contains coconut), rosemary, tomato, stock & haricot beans	Mashed Potato	Blueberry, Sweet Potato & Cream Cheese Sponge (D) (G) (S)
Thursday	Cuban Pork (PU) (T)	Diced pork, carrot, mixed peppers, onion, butternut squash, black turtle beans, haricot beans, basil, garlic, coriander, orange juice, orange zest, smoked paprika, cumin, oregano, cinnamon, stock & tomato	Brown Rice	Diced Peaches with Vanilla Yoghurt (D)
Friday	Tuna & Salmon Mascarpone (D) (F) (PU) (T)	Tuna, salmon, sweetcorn, peas, butternut squash, mixed peppers, onion, soft cheese, garlic, red lentils, bechamel (contains coconut) & tomato	Pasta (G)	Fresh Melon

Menu B	Main Course		Side Dish	Second Course
Monday	Coconut & Chickpea Curry (PU) (T)	Chickpeas, onion, potato, spinach, butternut squash, carrot, garlic, onion curry paste (contains tomato & mixed spices), coconut milk, garam masala, Thai green curry paste, turmeric, coriander, peach, bechamel & sweetcorn puree	Wholewheat Noodles (G)	Summer Berry Yoghurt (D)
Tuesday	Simply Chicken (T)	Diced chicken, onion, garlic, peppers, butternut squash, tomato & rice flour	Pasta (G)	Courgette, Pineapple & Cream Cheese Sponge (D) (G) (S)
Wednesday	Vegetable & Apricot Tagine (PU) (SD) (T)	Apricot, chickpeas, onion, carrot, potato, mixed peppers, garlic, cumin, coriander, cinnamon, tomato, stock, rice flour & date puree	Rainbow Rice	Diced Pears with Vanilla Yoghurt (D)
Thursday	Roast Turkey in Gravy (PU) with Baby New Potatoes	Roast turkey slices & gravy New potatoes	Cabbage, Carrots & Sweetcorn	Banana Fromage Frais (D)
Friday	Sausage Ragu (G) (SD) (T)	Diced Speldhurst pork & beef sausage, carrot, butternut squash, onion, rosemary, basil, mixed herbs, paprika, garlic, stock & tomato	Wholewheat Pasta (G)	Cranberry & Yoghurt Flapjack (D) (G) (SD)

Menu C	Main Course		Side Dish	Second Course
Monday	Chipotle Beef (D) (PU) (T)	Diced beef, sweet potato, mixed peppers, onion, garlic, cumin, smoked paprika, cinnamon, garlic, parsley, bechamel (contains coconut), cream & tomato	White Rice	Cherry Yoghurt (D)
Tuesday	Sweet & Sour Chicken (SD) (T)	Shredded chicken, red onion, mixed peppers, carrot, pineapple, pineapple juice, coriander, garlic, ginger, cumin, tomato, red wine vinegar, vegetable stock & cornflour	Wholewheat Noodles (G)	Charlotte's Plum, Banana & Oat Sponge (D) (G) (S)
Wednesday	Mild Vegetable Chilli (PU) (SD) (T)	Kidney beans, haricot beans, black turtle beans, sweet potato, butternut squash, mixed peppers, onion, garlic, tomato, coriander, cumin, smoked paprika, oregano, vegetable stock, apricots, cornflour	White Rice	Diced Apple with Vanilla Sauce (D)
Thursday	Creamy Red Pesto Chicken (D) (PU) (T)	Chicken, carrot, spinach, garlic, basil, onion, red lentils, haricot beans, peppers, bechamel (contains coconut), cream, & tomato	Pasta (G)	Fruit Salad of Peach, Pear & Apricot
Friday	Mini Chefs Menu			

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NURSERY LUNCH MENU

Spring Summer 2025

VA Vegan	V Vegetarian	T Tomato	SD Sulphites	S Soya	PU Pulse/Bean	P Pork	HL Halal	G Gluten	F Fish	E Egg	D Dairy	CA Citric Acid/Spice	C Celery	B Beef
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Menu A	Dish	Dietaries															
Monday	Italian Beef Bolognaise Pasta Apple & Mango Fromage Frais	●		●				●							●	●	●
Tuesday	Vegetable Dahl White Rice Fruit Salad of Pineapple, Apricot & Apple			●	●										●	●	●
Wednesday	Chicken Casserole Mashed Potato Blueberry, Sweet Potato & Cream Cheese Sponge			●	●			●							●	●	●
Thursday	Cuban Pork Brown Rice Diced Peaches with Vanilla Yoghurt			●	●										●	●	●
Friday	Tuna & Salmon Mascarpone Pasta Fresh Melon			●	●			●		●					●	●	●

Menu B	Dish	Dietaries															
Monday	Coconut & Chickpea Curry Wholewheat Noodles Summer Berry Yoghurt			●	●			●							●	●	●
Tuesday	Simply Chicken Pasta Courgette, Pineapple & Cream Cheese Sponge			●	●			●							●	●	●
Wednesday	Vegetable & Apricot Tagine Rainbow Rice Diced Pears with Vanilla Yoghurt			●	●										●	●	●
Thursday	Roast Turkey in Gravy with Baby New Potatoes Cabbage, Carrots & Sweetcorn Banana Fromage Frais			●	●										●	●	●
Friday	Sausage Ragù Wholewheat Pasta Cranberry & Yoghurt Flapjack	●		●	●			●							●	●	●

Menu C	Dish	Dietaries															
Monday	Chipotle Beef White Rice Cherry Yoghurt	●		●	●										●	●	●
Tuesday	Sweet & Sour Chicken Wholewheat Noodles Charlotte's Plum, Banana & Oat Sponge			●	●			●							●	●	●
Wednesday	Mild Vegetable Chilli White Rice Diced Apple with Vanilla Sauce			●	●										●	●	●
Thursday	Creamy Red Pesto Chicken Pasta Fruit Salad of Peach, Pear & Apricot			●	●			●							●	●	●
Friday	Mini Chefs Menu																

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Day	Main Course	Side Dish	Second Course
16 May 2025	Shepherd's Pie (PU) (SD) (T) Minced lamb, potato, red lentils, carrot, swede, cabbage, onion, garlic, sweetcorn, peas, mint sauce, redcurrant jelly, gravy, rosemary & tomato. Recipe inspired by Kiddie Capers Childcare in Haywards Heath.	Cucumber Slices	Vanilla Yoghurt (D)
6 Jun 2025	Hidden Vegetable & Lentil Ragù (PU) (T) Red lentils, carrot, butternut squash, onion, courgette, mixed peppers, mushroom, mixed herbs, oregano, garlic, paprika, tomato, stock & rice flour. Recipe inspired by Oaks Day Nursery in Swanley.	Pasta (G)	Pear Yoghurt (D)
27 Jun 2025	Chicken Saag (D) (PU) (SD) (T) Diced chicken, spinach, potato, carrot, butternut squash, onion, garlic, coriander, curry paste (contains tomato & mixed spices), lemon juice, garam masala, ginger, paprika, cumin, bechamel (contains coconut), cream, stock & tomato. Recipe inspired by the Little Chefs at Scallywags Nursery in Hornchurch.	White Rice	Apricot Flapjack (G) (SD)
18 Jul 2025	Swedish Meatballs in Gravy (D) (G) (PU) (T) Beef meatballs, carrot, onion, leeks, mixed peppers, garlic, tomato, soft cheese, bechamel (contains coconut) & gravy. Recipe inspired by Goldcrest Day Nursery in Stanford Le Hope.	Pasta (G)	Mango Yoghurt (D)
8 Aug 2025	Chicken Pot Pie (D) (PU) (T) Chicken, carrot, leeks, onion, garlic, peas, sweetcorn, cream, cheddar cheese, thyme, parsley, stock, bechamel (contains coconut), tomato & potato. Recipe inspired by Home from Home Nursery School in Worthing, and Little Bears Nursery in Elephant Central.	Cucumber Slices	Vanilla Yoghurt (D)
29 Aug 2025	Smashed Lasagne (D) (G) (PU) (T) Minced beef, carrot, sweet potato, onion, garlic, rosemary, basil, mixed herbs, paprika, stock, tomato, pasta, bechamel (contains coconut), cheese. Recipe inspired by Chichester Montessori in West Sussex.	Grated Courgette & Carrot	Diced Peaches
19 Sep 2025	Chicken Chow Mein (PU) (T) Shredded chicken, onion, mixed peppers, carrot, sweetcorn, bean sprouts, cabbage, coriander, ginger, cumin, pineapple juice, stock & tomato. Recipe inspired by Sunshine Day Nursery in Worthing.	Wholewheat Noodles (G)	Natural Yoghurt with Coconut (D)
10 Oct 2025	Chicken Stroganoff (D) Sliced chicken, onion, leek, carrot, mushroom, garlic, cream, paprika & stock. Recipe inspired by Caversham Nursery in London.	Brown Rice	Oaty Date Bar (G) (SD)

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MINI CHEFS NURSERY LUNCH MENU

Spring Summer 2025

VA Vegan	V Vegetarian	T Tomato	SD Sulphites	S Soya	PUJ Pulse/Bean	P Pork	HL Halal	G Gluten	F Fish	E Egg	D Dairy	CA Citric Acid/Spice	C Celery	B Beef
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Day	Dish	Dietaries																	
16 May 2025	Shepherd's Pie			●											●			●	●
	Cucumber Slices			●	●													●	●
	Vanilla Yoghurt			●	●							●						●	●
6 Jun 2025	Hidden Vegetable & Lentil Ragù			●														●	●
	Pasta			●	●													●	●
	Pear Yoghurt			●	●							●						●	●
27 Jun 2025	Chicken Saag			●	●													●	●
	White Rice			●	●													●	●
	Apricot Flapjack			●	●							●						●	●
18 Jul 2025	Swedish Meatballs in Gravy	●		●	●													●	●
	Pasta			●	●													●	●
	Mango Yoghurt			●	●							●						●	●
8 Aug 2025	Chicken Pot Pie			●	●													●	●
	Cucumber Slices			●	●													●	●
	Vanilla Yoghurt			●	●							●						●	●
29 Aug 2025	Smashed Lasagne	●		●	●													●	●
	Grated Courgette & Carrot			●	●													●	●
	Diced Peaches			●	●													●	●
19 Sep 2025	Chicken Chow Mein			●	●													●	●
	Wholewheat Noodles			●	●													●	●
	Natural Yoghurt with Coconut			●	●							●						●	●
10 Oct 2025	Chicken Stroganoff			●	●													●	●
	Brown Rice			●	●													●	●
	Oaty Date Bar			●	●							●						●	●

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Menu A	Main Course	Side Dish	Second Course
Monday	Italian Halal Lamb Bolognese (T)	Minced halal lamb, carrot, butternut squash, onion, tomato, garlic, basil, rosemary, mixed herbs, basil, paprika & stock	Pasta (G) Apple & Mango Fromage Frais (D)
Tuesday	Vegetable Dahl (D) (PU) (SD) (T)	Spinach, potato, red lentils, carrot, onion, butternut squash, garlic, coriander, curry paste (contains tomato & mixed spices), lemon juice, garam masala, ginger, paprika, cumin, bechamel (contains coconut), cream & tomato	White Rice Fruit Salad of Pineapple, Apricot & Apple
Wednesday	Halal Chicken Casserole (PU) (T)	Sliced halal chicken, potato, onion, peppers, butternut squash, leeks, garlic, thyme, bechamel (contains coconut), rosemary, tomato, stock & haricot beans	Mashed Potato Blueberry, Sweet Potato & Cream Cheese Sponge (D) (G) (S)
Thursday	Cuban Halal Chicken (PU) (T)	Diced halal chicken, carrot, mixed peppers, onion, butternut squash, black turtle beans, haricot beans, basil, garlic, coriander, orange juice, orange zest, smoked paprika, cumin, oregano, cinnamon, stock & tomato	Brown Rice Diced Peaches with Vanilla Yoghurt (D)
Friday	Tuna & Salmon Mascarpone (D) (F) (PU) (T)	Tuna, salmon, sweetcorn, peas, butternut squash, mixed peppers, onion, soft cheese, garlic, red lentils, bechamel (contains coconut) & tomato	Pasta (G) Fresh Melon

Menu B	Main Course	Side Dish	Second Course
Monday	Coconut & Chickpea Curry (PU) (T)	Chickpeas, onion, potato, spinach, butternut squash, carrot, garlic, onion curry paste (contains tomato & mixed spices), coconut milk, garam masala, Thai green curry paste, turmeric, coriander, peach, bechamel & sweetcorn puree	Wholewheat Noodles (G) Summer Berry Yoghurt (D)
Tuesday	Simply Halal Chicken (T)	Diced halal chicken, onion, garlic, peppers, butternut squash, tomato & rice flour	Pasta (G) Courgette, Pineapple & Cream Cheese Sponge (D) (G) (S)
Wednesday	Vegetable & Apricot Tagine (PU) (SD) (T)	Apricot, chickpeas, onion, carrot, potato, mixed peppers, garlic, cumin, coriander, cinnamon, tomato, stock, rice flour & date puree	Rainbow Rice Diced Pears with Vanilla Yoghurt (D)
Thursday	Roast Halal Turkey in Gravy (PU) with Baby New Potatoes	Roast halal turkey slices & gravy New potatoes	Cabbage, Carrots & Sweetcorn Banana Fromage Frais (D)
Friday	Halal Sausage Ragu (G) (SD) (T)	Diced halal chicken & beef sausage, carrot, butternut squash, onion, rosemary, basil, mixed herbs, paprika, garlic, stock & tomato	Wholewheat Pasta (G) Cranberry & Yoghurt Flapjack (D) (G) (SD)

Menu C	Main Course	Side Dish	Second Course
Monday	Chipotle Halal Lamb (D) (PU) (T)	Minced halal lamb, sweet potato, mixed peppers, onion, garlic, cumin, smoked paprika, cinnamon, garlic, parsley, bechamel (contains coconut), cream & tomato	White Rice Cherry Yoghurt (D)
Tuesday	Sweet & Sour Halal Chicken (SD) (T)	Halal shredded chicken, red onion, mixed peppers, carrot, pineapple, pineapple juice, coriander, garlic, ginger, cumin, tomato, red wine vinegar, vegetable stock & cornflour	Wholewheat Noodles (G) Charlotte's Plum, Banana & Oat Sponge (D) (G) (S)
Wednesday	Mild Vegetable Chilli (PU) (SD) (T)	Kidney beans, haricot beans, black turtle beans, sweet potato, butternut squash, mixed peppers, onion, garlic, tomato, coriander, cumin, smoked paprika, oregano, vegetable stock, apricots, cornflour	White Rice Diced Apple with Vanilla Sauce (D)
Thursday	Creamy Red Pesto Halal Chicken (D) (PU) (T)	Halal chicken, carrot, spinach, garlic, basil, onion, red lentils, haricot beans, peppers, bechamel (contains coconut), cream, & tomato	Pasta (G) Fruit Salad of Peach, Pear & Apricot
Friday	Mini Chefs Menu		

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Day	Main Course	Side Dish	Second Course
16 May 2025	Halal Shepherd's Pie (PU) (SD) (T) Minced halal lamb, potato, red lentils, carrot, swede, cabbage, onion, garlic, sweetcorn, peas, mint sauce, redcurrant jelly, gravy, rosemary & tomato	Cucumber Slices	Vanilla Yoghurt (D)
6 Jun 2025	Hidden Vegetable & Lentil Ragù (PU) (T) Red lentils, carrot, butternut squash, onion, courgette, mixed peppers, mushroom, mixed herbs, oregano, garlic, paprika, tomato, stock & rice flour. Recipe inspired by Oaks Day Nursery in Swanley.	Pasta (G)	Pear Yoghurt (D)
27 Jun 2025	Halal Chicken Saag (D) (PU) (SD) (T) Diced halal chicken, spinach, potato, carrot, butternut squash, onion, garlic, coriander, curry paste (contains tomato & mixed spices), lemon juice, garam masala, ginger, paprika, cumin, bechamel (contains coconut), cream, stock & tomato	White Rice	Apricot Flapjack (G) (SD)
18 Jul 2025	Swedish Halal Chicken Meatballs in Gravy (D) (PU) (T) Halal chicken meatballs, carrot, onion, leeks, mixed peppers, garlic, tomato, soft cheese, bechamel (contains coconut) & gravy	Pasta (G)	Mango Yoghurt (D)
8 Aug 2025	Halal Chicken Pot Pie (D) (PU) (T) Halal chicken, carrot, leeks, onion, garlic, peas, sweetcorn, cream, cheddar cheese, thyme, parsley, stock, bechamel (contains coconut), tomato & potato	Cucumber Slices	Vanilla Yoghurt (D)
29 Aug 2025	Smashed Halal Lasagne (D) (G) (PU) (T) Minced halal lamb, carrot, sweet potato, onion, garlic, rosemary, basil, mixed herbs, paprika, stock, tomato, pasta, bechamel (contains coconut), cheese	Grated Courgette & Carrot	Diced Peaches
19 Sep 2025	Halal Chicken Chow Mein (PU) (T) Halal chicken, onion, mixed peppers, carrot, sweetcorn, bean sprouts, cabbage, coriander, ginger, cumin, pineapple juice, stock & tomato	Wholewheat Noodles (G)	Natural Yoghurt with Coconut (D)
10 Oct 2025	Halal Chicken Stroganoff (D) Sliced halal chicken, onion, leek, carrot, mushroom, garlic, cream, paprika & stock	Brown Rice	Oaty Date Bar (G) (SD)

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HL HALAL MINI CHEFS NURSERY LUNCH MENU

Spring Summer 2025

VA Vegan
V Vegetarian
T Tomato
SD Sulphites
S Soya
PUJ Pulse/Bean
P Pork
HL Halal
G Gluten
F Fish
E Egg
D Dairy
CA Citric Acid/Spice
C Celery
B Beef

Day	Dish	Dietaries												
16 May 2025	Halal Shepherd's Pie			●						●		●	●	
	Cucumber Slices			●	●					●			●	
	Vanilla Yoghurt			●	●					●			●	
6 Jun 2025	Hidden Vegetable & Lentil Ragù			●						●		●	●	
	Pasta			●	●				●			●	●	
	Pear Yoghurt			●	●				●			●	●	
27 Jun 2025	Halal Chicken Saag			●	●					●		●	●	
	White Rice			●	●					●		●	●	
	Apricot Flapjack			●	●			●		●		●	●	
18 Jul 2025	Swedish Halal Chicken Meatballs in Gravy			●	●					●		●	●	
	Pasta			●	●				●			●	●	
	Mango Yoghurt			●	●				●			●	●	
8 Aug 2025	Halal Chicken Pot Pie			●	●					●		●	●	
	Cucumber Slices			●	●					●		●	●	
	Vanilla Yoghurt			●	●					●		●	●	
29 Aug 2025	Smashed Halal Lasagne			●	●					●		●	●	
	Grated Courgette & Carrot			●	●					●		●	●	
	Diced Peaches			●	●					●		●	●	
19 Sep 2025	Halal Chicken Chow Mein			●	●					●		●	●	
	Wholewheat Noodles			●	●				●			●	●	
	Natural Yoghurt with Coconut			●	●					●		●	●	
10 Oct 2025	Halal Chicken Stroganoff			●	●					●		●	●	
	Brown Rice			●	●					●		●	●	
	Oaty Date Bar			●	●			●		●		●	●	

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Menu A	Main Course		Side Dish	Second Course
Monday	Italian Lentil Bolognese (PU) (T)	Lentils, carrot, butternut squash, onion, tomato, garlic, basil, rosemary, mixed herbs, basil, paprika & stock	Pasta (G)	Apple & Mango Fromage Frais (D)
Tuesday	Vegetable Dahl (D) (PU) (SD) (T)	Spinach, potato, red lentils, carrot, onion, butternut squash, garlic, coriander, curry paste (contains tomato & mixed spices), lemon juice, garam masala, ginger, paprika, cumin, bechamel (contains coconut), cream & tomato	White Rice	Fruit Salad of Pineapple, Apricot & Apple
Wednesday	Vegetable Casserole (PU) (T)	Haricot beans, potato, onion, peppers, butternut squash, leeks, garlic, thyme, bechamel (contains coconut), rosemary, tomato, stock	Mashed Potato	Blueberry, Sweet Potato & Cream Cheese Sponge (D) (G) (S)
Thursday	Cuban Beans & Vegetables (PU) (T)	Carrot, mixed peppers, onion, butternut squash, black turtle beans, haricot beans, basil, garlic, coriander, orange juice, orange zest, smoked paprika, cumin, oregano, cinnamon, stock & tomato	Brown Rice	Diced Peaches with Vanilla Yoghurt (D)
Friday	Vegetable & Bean Mascarpone (D) (PU) (T)	Mixed beans (haricot beans, kidney beans, black turtle beans), sweetcorn, peas, butternut squash, mixed peppers, onion, soft cheese, garlic, red lentils, bechamel (contains coconut) & tomato	Pasta (G)	Fresh Melon

Menu B	Main Course		Side Dish	Second Course
Monday	Coconut & Chickpea Curry (PU) (T)	Chickpeas, onion, potato, spinach, butternut squash, carrot, garlic, onion curry paste (contains tomato & mixed spices), coconut milk, garam masala, Thai green curry paste, turmeric, coriander, peach, bechamel & sweetcorn puree	Wholewheat Noodles (G)	Summer Berry Yoghurt (D)
Tuesday	Simply Quorn & Lentils (G) (PU) (T)	Quorn vegan pieces, lentils, onion, garlic, peppers, butternut squash, tomato & rice flour	Pasta (G)	Courgette, Pineapple & Cream Cheese Sponge (D) (G) (S)
Wednesday	Vegetable & Apricot Tagine (PU) (SD) (T)	Apricot, chickpeas, onion, carrot, potato, mixed peppers, garlic, cumin, coriander, cinnamon, tomato, stock, rice flour & date puree	Rainbow Rice	Diced Pears with Vanilla Yoghurt (D)
Thursday	Roast Chicken Style Slices in Gravy (G) (S) with Baby New Potatoes	Vegan slices made with soya & gluten in gravy New potatoes	Cabbage, Carrots & Sweetcorn	Banana Fromage Frais (D)
Friday	Vegetable Ragu (PU) (T)	Haricot beans, kidney beans, carrot, butternut squash, onion, rosemary, basil, mixed herbs, paprika, garlic, stock & tomato	Wholewheat Pasta (G)	Cranberry & Yoghurt Flapjack (D) (G) (SD)

Menu C	Main Course		Side Dish	Second Course
Monday	Chipotle Quorn & Lentils (D) (G) (PU) (T)	Quorn vegan pieces, lentils, onion, garlic, sweet potato, red pepper, cumin, smoked paprika, cinnamon, garlic, parsley, bechamel (contains coconut), cream & tomato	White Rice	Cherry Yoghurt (D)
Tuesday	Sweet & Sour Vegetables (PU) (SD) (T)	Black beans, kidney beans, red onion, mixed peppers, carrot, pineapple, pineapple juice, coriander, garlic, ginger, cumin, tomato, red wine vinegar, vegetable stock & cornflour	Wholewheat Noodles (G)	Charlotte's Plum, Banana & Oat Sponge (D) (G) (S)
Wednesday	Mild Vegetable Chilli (PU) (SD) (T)	Kidney beans, haricot beans, black turtle beans, sweet potato, butternut squash, mixed peppers, onion, garlic, tomato, coriander, cumin, smoked paprika, oregano, vegetable stock, apricots, cornflour	White Rice	Diced Apple with Vanilla Sauce (D)
Thursday	Creamy Red Pesto Lentils (D) (PU) (T)	Lentils, haricot beans, carrot, spinach, garlic, basil, onion, peppers, bechamel (contains coconut), cream, & tomato	Pasta (G)	Fruit Salad of Peach, Pear & Apricot
Friday	Mini Chefs Menu			

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16 May 2025	Soya Shepherd's Pie (PU) (S) (SD) (T) Minced soya, potato, red lentils, carrot, swede, cabbage, onion, garlic, sweetcorn, peas, mint sauce, redcurrant jelly, gravy, rosemary & tomato	Cucumber Slices	Vanilla Yoghurt (D)
6 Jun 2025	Hidden Vegetable & Lentil Ragù (PU) (T) Red lentils, carrot, butternut squash, onion, courgette, mixed peppers, mushroom, mixed herbs, oregano, garlic, paprika, tomato, stock & rice flour. Recipe inspired by Oaks Day Nursery in Swanley.	Pasta (G)	Pear Yoghurt (D)
27 Jun 2025	Chickpea Saag (D) (PU) (SD) (T) Chickpeas, spinach, potato, carrot, butternut squash, onion, garlic, coriander, curry paste (contains tomato & mixed spices), lemon juice, garam masala, ginger, paprika, cumin, bechamel (contains coconut), cream, stock & tomato	White Rice	Apricot Flapjack (G) (SD)
18 Jul 2025	Swedish Vegan Meatballs in Gravy (D) (PU) (S) (T) Soya meatballs, carrot, onion, leeks, mixed peppers, garlic, tomato, soft cheese, bechamel (contains coconut) & gravy	Pasta (G)	Mango Yoghurt (D)
8 Aug 2025	Beanie Pot Pie (D) (PU) (T) Mixed beans (haricot beans, kidney beans, black turtle beans), carrot, leeks, onion, garlic, peas, sweetcorn, cream, cheddar cheese, thyme, parsley, stock, bechamel (contains coconut), tomato & potato	Cucumber Slices	Vanilla Yoghurt (D)
29 Aug 2025	Smashed Veggie Lasagne (D) (G) (PU) (T) Red lentils, carrot, sweet potato, onion, garlic, rosemary, basil, mixed herbs, paprika, stock, tomato, pasta, bechamel (contains coconut), cheese	Grated Courgette & Carrot	Diced Peaches
19 Sep 2025	Vegetable Chow Mein (PU) (T) Black eyed beans, onion, mixed peppers, carrot, sweetcorn, bean sprouts, cabbage, coriander, ginger, cumin, pineapple juice, stock & tomato	Wholewheat Noodles (G)	Natural Yoghurt with Coconut (D)
10 Oct 2025	Chickpea Stroganoff (D) (PU) Chickpeas, onion, leek, carrot, mushroom, garlic, cream, paprika & stock	Brown Rice	Oaty Date Bar (G) (SD)

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 PU = Contains Pulses/Beans S = Contains Soya SD = Contains Sulphur Dioxide T = Contains Tomato

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V VEGETARIAN MINI CHEFS NURSERY LUNCH MENU

Spring Summer 2025

VA Vegan
V Vegetarian
T Tomato
SD Sulphites
S Soya
PUJ Pulse/Bean
P Pork
HL Halal
G Gluten
F Fish
E Egg
D Dairy
CA Citric Acid/Spice
C Celery
B Beef

Day	Dish	Dietaries													
16 May 2025	Soya Shepherd's Pie			●						●		●	●	●	●
	Cucumber Slices			●	●					●					●
	Vanilla Yoghurt			●	●					●					●
6 Jun 2025	Hidden Vegetable & Lentil Ragù			●						●		●	●	●	●
	Pasta			●	●				●						●
	Pear Yoghurt			●	●				●						●
27 Jun 2025	Chickpea Saag			●	●					●		●	●	●	●
	White Rice			●	●					●					●
	Apricot Flapjack			●	●				●			●	●	●	●
18 Jul 2025	Swedish Vegan Meatballs in Gravy			●	●					●		●	●	●	●
	Pasta			●	●				●		●				●
	Mango Yoghurt			●	●				●						●
8 Aug 2025	Beanie Pot Pie			●	●					●		●	●	●	●
	Cucumber Slices			●	●					●					●
	Vanilla Yoghurt			●	●					●					●
29 Aug 2025	Smashed Veggie Lasagne			●	●					●		●	●	●	●
	Grated Courgette & Carrot			●	●					●					●
	Diced Peaches			●	●					●					●
19 Sep 2025	Vegetable Chow Mein			●	●					●		●	●	●	●
	Wholewheat Noodles			●	●				●						●
	Natural Yoghurt with Coconut			●	●					●					●
10 Oct 2025	Chickpea Stroganoff			●	●					●		●	●	●	●
	Brown Rice			●	●					●					●
	Oaty Date Bar			●	●				●			●	●	●	●

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Menu A	Main Course		Side Dish	Second Course
Monday	Italian Lentil Bolognaise (PU) (T)	Lentils, carrot, butternut squash, onion, tomato, garlic, basil, rosemary, mixed herbs, basil, paprika & stock	Pasta (G)	Coconut Dessert Pot (Strawberry, Banana, Cherry or Apricot)
Tuesday	Vegetable Dahl (Dairy Free) (PU) (SD) (T)	Spinach, potato, red lentils, carrot, onion, butternut squash, garlic, coriander, curry paste (contains tomato & mixed spices), lemon juice, garam masala, ginger, paprika, cumin, bechamel (contains coconut) & tomato	White Rice	Fruit Salad of Pineapple, Apricot & Apple
Wednesday	Vegetable Casserole (PU) (T)	Haricot beans, potato, onion, peppers, butternut squash, leeks, garlic, thyme, bechamel (contains coconut), rosemary, tomato, stock	Mashed Potato	Blueberry & Sweet Potato Sponge (Dairy Free) (G) (S)
Thursday	Cuban Beans & Vegetables (PU) (T)	Carrot, mixed peppers, onion, butternut squash, black turtle beans, haricot beans, basil, garlic, coriander, orange juice, orange zest, smoked paprika, cumin, oregano, cinnamon, stock & tomato	Brown Rice	Diced Peaches with Dairy Free Custard (S)
Friday	Vegetable, Bean & Tomato (Dairy Free) (PU) (T)	Mixed beans (haricot beans, kidney beans, black turtle beans), sweetcorn, peas, butternut squash, mixed peppers, onion, garlic, red lentils, bechamel (contains coconut) & tomato	Pasta (G)	Fresh Melon

Menu B	Main Course		Side Dish	Second Course
Monday	Coconut & Chickpea Curry (PU) (T)	Chickpeas, onion, potato, spinach, butternut squash, carrot, garlic, onion curry paste (contains tomato & mixed spices), coconut milk, garam masala, Thai green curry paste, turmeric, coriander, peach, bechamel & sweetcorn puree	Wholewheat Noodles (G)	Coconut Dessert Pot (Strawberry, Banana, Cherry or Apricot)
Tuesday	Simply Quorn & Lentils (G) (PU) (T)	Quorn vegan pieces, lentils, onion, garlic, peppers, butternut squash, tomato & rice flour	Pasta (G)	Courgette & Pineapple Sponge (Dairy Free) (G) (S)
Wednesday	Vegetable & Apricot Tagine (PU) (SD) (T)	Apricot, chickpeas, onion, carrot, potato, mixed peppers, garlic, cumin, coriander, cinnamon, tomato, stock, rice flour & date puree	Rainbow Rice	Diced Pears with Dairy Free Custard (S)
Thursday	Roast Chicken Style Slices in Gravy (G) (S) with Baby New Potatoes	Vegan slices made with soya & gluten in gravy New potatoes	Cabbage, Carrots & Sweetcorn	Coconut Dessert Pot (Strawberry, Banana, Cherry or Apricot)
Friday	Vegetable Ragu (PU) (T)	Haricot beans, kidney beans, carrot, butternut squash, onion, rosemary, basil, mixed herbs, paprika, garlic, stock & tomato	Wholewheat Pasta (G)	Cranberry Flapjack (Dairy & Gluten Free) (SD)

Menu C	Main Course		Side Dish	Second Course
Monday	Chipotle Quorn & Lentils (Dairy Free) (G) (PU) (T)	Quorn vegan pieces, lentils, onion, garlic, sweet potato, red pepper, cumin, smoked paprika, cinnamon, garlic, parsley, bechamel (contains coconut) & tomato	White Rice	Coconut Dessert Pot (Strawberry, Banana, Cherry or Apricot)
Tuesday	Sweet & Sour Vegetables (PU) (SD) (T)	Black beans, kidney beans, red onion, mixed peppers, carrot, pineapple, pineapple juice, coriander, garlic, ginger, cumin, tomato, red wine vinegar, vegetable stock & cornflour	Wholewheat Noodles (G)	Charlotte's Plum, Banana & Oat Sponge (Dairy Free) (G) (S)
Wednesday	Mild Vegetable Chilli (PU) (SD) (T)	Kidney beans, haricot beans, black turtle beans, sweet potato, butternut squash, mixed peppers, onion, garlic, tomato, coriander, cumin, smoked paprika, oregano, vegetable stock, apricots, cornflour	White Rice	Diced Apple with Dairy Free Custard (S)
Thursday	Creamy Red Pesto Lentils (Dairy Free) (PU) (T)	Lentils, haricot beans, carrot, spinach, garlic, basil, onion, peppers, bechamel (contains coconut) & tomato	Pasta (G)	Fruit Salad of Peach, Pear & Apricot
Friday	Mini Chefs Menu			

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Day	Main Course	Side Dish	Second Course
16 May 2025	Soya Shepherd's Pie (PU) (S) (SD) (T) Minced soya, potato, red lentils, carrot, swede, cabbage, onion, garlic, sweetcorn, peas, mint sauce, redcurrant jelly, gravy, rosemary & tomato	Cucumber Slices	Coconut Dessert Pot (Strawberry, Banana, Cherry or Apricot)
6 Jun 2025	Hidden Vegetable & Lentil Ragù (PU) (T) Red lentils, carrot, butternut squash, onion, courgette, mixed peppers, mushroom, mixed herbs, oregano, garlic, paprika, tomato, stock & rice flour. Recipe inspired by Oaks Day Nursery in Swanley.	Pasta (G)	Coconut Dessert Pot (Strawberry, Banana, Cherry or Apricot)
27 Jun 2025	Chickpea Saag (Dairy Free) (PU) (SD) (T) Chickpeas, spinach, potato, carrot, butternut squash, onion, garlic, coriander, curry paste (contains tomato & mixed spices), lemon juice, garam masala, ginger, paprika, cumin, bechamel (contains coconut), stock & tomato	White Rice	Apricot Flapjack (G) (SD)
18 Jul 2025	Swedish Vegan Meatballs in Gravy (Dairy Free) (PU) (S) (T) Vegan soya meatballs, carrot, onion, leeks, mixed peppers, garlic, tomato, bechamel (contains coconut) & gravy	Pasta (G)	Coconut Dessert Pot (Strawberry, Banana, Cherry or Apricot)
8 Aug 2025	Beanie Pot Pie (Dairy Free) (PU) (T) Mixed beans (haricot beans, kidney beans, black turtle beans), carrot, leeks, onion, garlic, peas, sweetcorn, thyme, parsley, stock, bechamel (contains coconut), tomato & potato	Cucumber Slices	Coconut Dessert Pot (Strawberry, Banana, Cherry or Apricot)
29 Aug 2025	Smashed Veggie Lasagne (Dairy Free) (G) (PU) (T) Red lentils, carrot, sweet potato, onion, garlic, rosemary, basil, mixed herbs, paprika, stock, tomato, pasta, bechamel (contains coconut), dairy free cheese	Grated Courgette & Carrot	Diced Peaches
19 Sep 2025	Vegetable Chow Mein (PU) (T) Black eyed beans, onion, mixed peppers, carrot, sweetcorn, bean sprouts, cabbage, coriander, ginger, cumin, pineapple juice, stock & tomato	Wholewheat Noodles (G)	Coconut Dessert Pot (Strawberry, Banana, Cherry or Apricot)
10 Oct 2025	Chickpea Stroganoff (Dairy Free) (PU) Chickpeas, onion, leek, carrot, mushroom, garlic, gravy, paprika & stock	Brown Rice	Oaty Date Bar (G) (SD)

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VA VEGAN MINI CHEFS NURSERY LUNCH MENU

Spring Summer 2025

VA Vegan
V Vegetarian
T Tomato
SD Sulphites
S Soya
PUJ Pulse/Bean
P Pork
HL Halal
G Gluten
F Fish
E Egg
D Dairy
CA Citric Acid/Spice
C Celery
B Beef

Day	Dish	Dietaries													
16 May 2025	Soya Shepherd's Pie			●						●		●	●	●	●
	Cucumber Slices														●
	Coconut Dessert Pot (Strawberry, Banana, Cherry or Apricot)			●						●					●
6 Jun 2025	Hidden Vegetable & Lentil Ragù			●						●				●	●
	Pasta								●						●
	Coconut Dessert Pot (Strawberry, Banana, Cherry or Apricot)			●						●					●
27 Jun 2025	Chickpea Saag (Dairy Free)			●								●		●	●
	White Rice														●
	Apricot Flapjack			●					●				●		●
18 Jul 2025	Swedish Vegan Meatballs in Gravy (Dairy Free)			●										●	●
	Pasta								●						●
	Coconut Dessert Pot (Strawberry, Banana, Cherry or Apricot)			●						●					●
8 Aug 2025	Beanie Pot Pie (Dairy Free)			●								●		●	●
	Cucumber Slices														●
	Coconut Dessert Pot (Strawberry, Banana, Cherry or Apricot)			●						●					●
29 Aug 2025	Smashed Veggie Lasagne (Dairy Free)			●										●	●
	Grated Courgette & Carrot														●
	Diced Peaches			●						●					●
19 Sep 2025	Vegetable Chow Mein			●										●	●
	Wholewheat Noodles			●					●						●
	Coconut Dessert Pot (Strawberry, Banana, Cherry or Apricot)			●						●					●
10 Oct 2025	Chickpea Stroganoff (Dairy Free)			●								●		●	●
	Brown Rice														●
	Oaty Date Bar			●					●				●		●

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Menu A	Main Course		Side Dish	Second Course
Monday	Italian Beef Bolognese (T)	Minced beef, carrot, butternut squash, onion, tomato, garlic, basil, rosemary, mixed herbs, basil, paprika & stock	Pasta (G)	Apple & Mango Fromage Frais (D)
Tuesday	Vegetable Dahl (D) (PU) (SD) (T)	Spinach, potato, red lentils, carrot, onion, butternut squash, garlic, coriander, curry paste (contains tomato & mixed spices), lemon juice, garam masala, ginger, paprika, cumin, bechamel (contains coconut), cream & tomato	White Rice	Fruit Salad of Pineapple, Apricot & Apple
Wednesday	Chicken Casserole (PU) (T)	Sliced chicken, potato, onion, peppers, butternut squash, leeks, garlic, thyme, bechamel (contains coconut), rosemary, tomato, stock & haricot beans	Mashed Potato	Blueberry, Sweet Potato & Cream Cheese Sponge (D) (G) (S)
Thursday	Cuban Pork (PU) (T)	Diced pork, carrot, mixed peppers, onion, butternut squash, black turtle beans, haricot beans, basil, garlic, coriander, orange juice, orange zest, smoked paprika, cumin, oregano, cinnamon, stock & tomato	Brown Rice	Diced Peaches with Vanilla Yoghurt (D)
Friday	Chicken & Mascarpone (D) (PU) (T)	Diced chicken, sweetcorn, peas, butternut squash, mixed peppers, onion, soft cheese, garlic, red lentils, bechamel (contains coconut) & tomato	Pasta (G)	Fresh Melon

Menu B	Main Course		Side Dish	Second Course
Monday	Coconut & Chickpea Curry (PU) (T)	Chickpeas, onion, potato, spinach, butternut squash, carrot, garlic, onion curry paste (contains tomato & mixed spices), coconut milk, garam masala, Thai green curry paste, turmeric, coriander, peach, bechamel & sweetcorn puree	Wholewheat Noodles (G)	Summer Berry Yoghurt (D)
Tuesday	Simply Chicken (T)	Diced chicken, onion, garlic, peppers, butternut squash, tomato & rice flour	Pasta (G)	Courgette, Pineapple & Cream Cheese Sponge (D) (G) (S)
Wednesday	Vegetable & Apricot Tagine (PU) (SD) (T)	Apricot, chickpeas, onion, carrot, potato, mixed peppers, garlic, cumin, coriander, cinnamon, tomato, stock, rice flour & date puree	Rainbow Rice	Diced Pears with Vanilla Yoghurt (D)
Thursday	Roast Turkey in Gravy (PU) with Baby New Potatoes	Roast turkey slices & gravy New potatoes	Cabbage, Carrots & Sweetcorn	Banana Fromage Frais (D)
Friday	Sausage Ragu (G) (SD) (T)	Diced Speldhurst pork & beef sausage, carrot, butternut squash, onion, rosemary, basil, mixed herbs, paprika, garlic, stock & tomato	Wholewheat Pasta (G)	Cranberry & Yoghurt Flapjack (D) (G) (SD)

Menu C	Main Course		Side Dish	Second Course
Monday	Chipotle Beef (D) (PU) (T)	Diced beef, sweet potato, mixed peppers, onion, garlic, cumin, smoked paprika, cinnamon, garlic, parsley, bechamel (contains coconut), cream & tomato	White Rice	Cherry Yoghurt (D)
Tuesday	Sweet & Sour Chicken (SD) (T)	Shredded chicken, red onion, mixed peppers, carrot, pineapple, pineapple juice, coriander, garlic, ginger, cumin, tomato, red wine vinegar, vegetable stock & cornflour	Wholewheat Noodles (G)	Charlotte's Plum, Banana & Oat Sponge (D) (G) (S)
Wednesday	Mild Vegetable Chilli (PU) (SD) (T)	Kidney beans, haricot beans, black turtle beans, sweet potato, butternut squash, mixed peppers, onion, garlic, tomato, coriander, cumin, smoked paprika, oregano, vegetable stock, apricots, cornflour	White Rice	Diced Apple with Vanilla Sauce (D)
Thursday	Creamy Red Pesto Chicken (D) (PU) (T)	Chicken, carrot, spinach, garlic, basil, onion, red lentils, haricot beans, peppers, bechamel (contains coconut), cream, & tomato	Pasta (G)	Fruit Salad of Peach, Pear & Apricot
Friday	Mini Chefs Menu			

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Day	Main Course	Side Dish	Second Course
16 May 2025	Shepherd's Pie (PU) (SD) (T) Minced lamb, potato, red lentils, carrot, swede, cabbage, onion, garlic, sweetcorn, peas, mint sauce, redcurrant jelly, gravy, rosemary & tomato. Recipe inspired by Kiddie Capers Childcare in Haywards Heath.	Cucumber Slices	Vanilla Yoghurt (D)
6 Jun 2025	Hidden Vegetable & Lentil Ragù (PU) (T) Red lentils, carrot, butternut squash, onion, courgette, mixed peppers, mushroom, mixed herbs, oregano, garlic, paprika, tomato, stock & rice flour. Recipe inspired by Oaks Day Nursery in Swanley.	Pasta (G)	Pear Yoghurt (D)
27 Jun 2025	Chicken Saag (D) (PU) (SD) (T) Diced chicken, spinach, potato, carrot, butternut squash, onion, garlic, coriander, curry paste (contains tomato & mixed spices), lemon juice, garam masala, ginger, paprika, cumin, bechamel (contains coconut), cream, stock & tomato. Recipe inspired by the Little Chefs at Scallywags Nursery in Hornchurch.	White Rice	Apricot Flapjack (G) (SD)
18 Jul 2025	Swedish Meatballs in Gravy (D) (G) (PU) (T) Beef meatballs, carrot, onion, leeks, mixed peppers, garlic, tomato, soft cheese, bechamel (contains coconut) & gravy. Recipe inspired by Goldcrest Day Nursery in Stanford Le Hope.	Pasta (G)	Mango Yoghurt (D)
8 Aug 2025	Chicken Pot Pie (D) (PU) (T) Chicken, carrot, leeks, onion, garlic, peas, sweetcorn, cream, cheddar cheese, thyme, parsley, stock, bechamel (contains coconut), tomato & potato. Recipe inspired by Home from Home Nursery School in Worthing, and Little Bears Nursery in Elephant Central.	Cucumber Slices	Vanilla Yoghurt (D)
29 Aug 2025	Smashed Lasagne (D) (G) (PU) (T) Minced beef, carrot, sweet potato, onion, garlic, rosemary, basil, mixed herbs, paprika, stock, tomato, pasta, bechamel (contains coconut), cheese. Recipe inspired by Chichester Montessori in West Sussex.	Grated Courgette & Carrot	Diced Peaches
19 Sep 2025	Chicken Chow Mein (PU) (T) Shredded chicken, onion, mixed peppers, carrot, sweetcorn, bean sprouts, cabbage, coriander, ginger, cumin, pineapple juice, stock & tomato. Recipe inspired by Sunshine Day Nursery in Worthing.	Wholewheat Noodles (G)	Natural Yoghurt with Coconut (D)
10 Oct 2025	Chicken Stroganoff (D) Sliced chicken, onion, leek, carrot, mushroom, garlic, cream, paprika & stock. Recipe inspired by Caversham Nursery in London.	Brown Rice	Oaty Date Bar (G) (SD)

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F FISH FREE MINI CHEFS NURSERY LUNCH MENU

Spring Summer 2025

VA Vegan
V Vegetarian
T Tomato
SD Sulphites
S Soya
PUJ Pulse/Bean
P Pork
HL Halal
G Gluten
F Fish
E Egg
D Dairy
CA Citric Acid/Spice
C Celery
B Beef

Day	Dish	Dietaries												
16 May 2025	Shepherd's Pie			●							●		●	
	Cucumber Slices			●	●								●	●
	Vanilla Yoghurt			●	●								●	●
6 Jun 2025	Hidden Vegetable & Lentil Ragù			●							●		●	●
	Pasta			●	●				●				●	●
	Pear Yoghurt			●	●								●	●
27 Jun 2025	Chicken Saag			●	●						●		●	●
	White Rice			●									●	●
	Apricot Flapjack			●				●			●		●	●
18 Jul 2025	Swedish Meatballs in Gravy	●		●	●				●				●	●
	Pasta			●	●				●				●	●
	Mango Yoghurt			●	●				●				●	●
8 Aug 2025	Chicken Pot Pie			●	●						●		●	●
	Cucumber Slices			●	●								●	●
	Vanilla Yoghurt			●	●								●	●
29 Aug 2025	Smashed Lasagne	●		●	●				●				●	●
	Grated Courgette & Carrot			●	●								●	●
	Diced Peaches			●									●	●
19 Sep 2025	Chicken Chow Mein			●							●		●	●
	Wholewheat Noodles			●	●				●				●	●
	Natural Yoghurt with Coconut			●	●								●	●
10 Oct 2025	Chicken Stroganoff			●	●								●	●
	Brown Rice			●	●								●	●
	Oaty Date Bar			●				●				●	●	●

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Menu A	Main Course		Side Dish	Second Course
Monday	Italian Beef Bolognese (T)	Minced beef, carrot, butternut squash, onion, tomato, garlic, basil, rosemary, mixed herbs, basil, paprika & stock	Pasta (G)	Coconut Dessert Pot (Strawberry, Banana, Cherry or Apricot)
Tuesday	Vegetable Dahl (Dairy Free) (PU) (SD) (T)	Spinach, potato, red lentils, carrot, onion, butternut squash, garlic, coriander, curry paste (contains tomato & mixed spices), lemon juice, garam masala, ginger, paprika, cumin, bechamel (contains coconut) & tomato	White Rice	Fruit Salad of Pineapple, Apricot & Apple
Wednesday	Chicken Casserole (PU) (T)	Sliced chicken, potato, onion, peppers, butternut squash, leeks, garlic, thyme, bechamel (contains coconut), rosemary, tomato, stock & haricot beans	Mashed Potato	Blueberry & Sweet Potato Sponge (Dairy Free) (G) (S)
Thursday	Cuban Pork (PU) (T)	Diced pork, carrot, mixed peppers, onion, butternut squash, black turtle beans, haricot beans, basil, garlic, coriander, orange juice, orange zest, smoked paprika, cumin, oregano, cinnamon, stock & tomato	Brown Rice	Diced Peaches with Dairy Free Custard (S)
Friday	Tuna & Salmon (Dairy Free) (F) (PU) (T)	Tuna, salmon, sweetcorn, peas, butternut squash, mixed peppers, onion, garlic, red lentils, bechamel (contains coconut) & tomato	Pasta (G)	Fresh Melon

Menu B	Main Course		Side Dish	Second Course
Monday	Coconut & Chickpea Curry (PU) (T)	Chickpeas, onion, potato, spinach, butternut squash, carrot, garlic, onion curry paste (contains tomato & mixed spices), coconut milk, garam masala, Thai green curry paste, turmeric, coriander, peach, bechamel & sweetcorn puree	Wholewheat Noodles (G)	Coconut Dessert Pot (Strawberry, Banana, Cherry or Apricot)
Tuesday	Simply Chicken (T)	Diced chicken, onion, garlic, peppers, butternut squash, tomato & rice flour	Pasta (G)	Courgette & Pineapple Sponge (Dairy Free) (G) (S)
Wednesday	Vegetable & Apricot Tagine (PU) (SD) (T)	Apricot, chickpeas, onion, carrot, potato, mixed peppers, garlic, cumin, coriander, cinnamon, tomato, stock, rice flour & date puree	Rainbow Rice	Diced Pears with Dairy Free Custard (S)
Thursday	Roast Turkey in Gravy (PU) with Baby New Potatoes	Roast turkey slices & gravy New potatoes	Cabbage, Carrots & Sweetcorn	Coconut Dessert Pot (Strawberry, Banana, Cherry or Apricot)
Friday	Sausage Ragu (G) (SD) (T)	Diced Speldhurst pork & beef sausage, carrot, butternut squash, onion, rosemary, basil, mixed herbs, paprika, garlic, stock & tomato	Wholewheat Pasta (G)	Cranberry Flapjack (Dairy & Gluten Free) (SD)

Menu C	Main Course		Side Dish	Second Course
Monday	Chipotle Beef (Dairy Free) (PU) (T)	Diced beef, sweet potato, mixed peppers, onion, garlic, cumin, smoked paprika, cinnamon, garlic, parsley, bechamel (contains coconut) & tomato	White Rice	Coconut Dessert Pot (Strawberry, Banana, Cherry or Apricot)
Tuesday	Sweet & Sour Chicken (SD) (T)	Shredded chicken, red onion, mixed peppers, carrot, pineapple, pineapple juice, coriander, garlic, ginger, cumin, tomato, red wine vinegar, vegetable stock & cornflour	Wholewheat Noodles (G)	Charlotte's Plum, Banana & Oat Sponge (Dairy Free) (G) (S)
Wednesday	Mild Vegetable Chilli (PU) (SD) (T)	Kidney beans, haricot beans, black turtle beans, sweet potato, butternut squash, mixed peppers, onion, garlic, tomato, coriander, cumin, smoked paprika, oregano, vegetable stock, apricots, cornflour	White Rice	Diced Apple with Dairy Free Custard (S)
Thursday	Creamy Red Pesto Chicken (Dairy Free) (PU) (T)	Chicken, carrot, spinach, garlic, basil, onion, red lentils, haricot beans, peppers, bechamel (contains coconut), & tomato	Pasta (G)	Fruit Salad of Peach, Pear & Apricot
Friday	Mini Chefs Menu			

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Day	Main Course	Side Dish	Second Course
16 May 2025	Shepherd's Pie (PU) (SD) (T) Minced lamb, potato, red lentils, carrot, swede, cabbage, onion, garlic, sweetcorn, peas, mint sauce, redcurrant jelly, gravy, rosemary & tomato. Recipe inspired by Kiddie Capers Childcare in Haywards Heath.	Cucumber Slices	Coconut Dessert Pot (Strawberry, Banana, Cherry or Apricot)
6 Jun 2025	Hidden Vegetable & Lentil Ragù (PU) (T) Red lentils, carrot, butternut squash, onion, courgette, mixed peppers, mushroom, mixed herbs, oregano, garlic, paprika, tomato, stock & rice flour. Recipe inspired by Oaks Day Nursery in Swanley.	Pasta (G)	Coconut Dessert Pot (Strawberry, Banana, Cherry or Apricot)
27 Jun 2025	Chicken Saag (Dairy Free) (PU) (SD) (T) Diced chicken, spinach, potato, carrot, butternut squash, onion, garlic, coriander, curry paste (contains tomato & mixed spices), lemon juice, garam masala, ginger, paprika, cumin, bechamel (contains coconut), stock & tomato	White Rice	Apricot Flapjack (G) (SD)
18 Jul 2025	Swedish Meatballs in Gravy (Dairy Free) (G) (PU) (T) Beef meatballs, carrot, onion, leeks, mixed peppers, garlic, tomato, bechamel (contains coconut) & gravy	Pasta (G)	Coconut Dessert Pot (Strawberry, Banana, Cherry or Apricot)
8 Aug 2025	Chicken Pot Pie (Dairy Free) (PU) (T) Chicken, carrot, leeks, onion, garlic, peas, sweetcorn, thyme, parsley, stock, bechamel (contains coconut), tomato & potato	Cucumber Slices	Coconut Dessert Pot (Strawberry, Banana, Cherry or Apricot)
29 Aug 2025	Smashed Lasagne (Dairy Free) (G) (PU) (T) Minced beef, carrot, sweet potato, onion, garlic, rosemary, basil, mixed herbs, paprika, stock, tomato, pasta, bechamel (contains coconut), dairy free cheese	Grated Courgette & Carrot	Diced Peaches
19 Sep 2025	Chicken Chow Mein (PU) (T) Shredded chicken, onion, mixed peppers, carrot, sweetcorn, bean sprouts, cabbage, coriander, ginger, cumin, pineapple juice, stock & tomato. Recipe inspired by Sunshine Day Nursery in Worthing.	Wholewheat Noodles (G)	Coconut Dessert Pot (Strawberry, Banana, Cherry or Apricot)
10 Oct 2025	Chicken Stroganoff (Dairy Free) Sliced chicken, onion, leek, carrot, mushroom, garlic, gravy, paprika & stock	Brown Rice	Oaty Date Bar (G) (SD)

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Menu A	Main Course		Side Dish	Second Course
Monday	Italian Beef Bolognese (T)	Minced beef, carrot, butternut squash, onion, tomato, garlic, basil, rosemary, mixed herbs, basil, paprika & stock	Gluten Free Pasta	Apple & Mango Fromage Frais (D)
Tuesday	Vegetable Dahl (D) (PU) (SD) (T)	Spinach, potato, red lentils, carrot, onion, butternut squash, garlic, coriander, curry paste (contains tomato & mixed spices), lemon juice, garam masala, ginger, paprika, cumin, bechamel (contains coconut), cream & tomato	White Rice	Fruit Salad of Pineapple, Apricot & Apple
Wednesday	Chicken Casserole (PU) (T)	Sliced chicken, potato, onion, peppers, butternut squash, leeks, garlic, thyme, bechamel (contains coconut), rosemary, tomato, stock & haricot beans	Mashed Potato	Plain Flapjack (Gluten Free)
Thursday	Cuban Pork (PU) (T)	Diced pork, carrot, mixed peppers, onion, butternut squash, black turtle beans, haricot beans, basil, garlic, coriander, orange juice, orange zest, smoked paprika, cumin, oregano, cinnamon, stock & tomato	Brown Rice	Diced Peaches with Vanilla Yoghurt (D)
Friday	Tuna & Salmon Mascarpone (D) (F) (PU) (T)	Tuna, salmon, sweetcorn, peas, butternut squash, mixed peppers, onion, soft cheese, garlic, red lentils, bechamel (contains coconut) & tomato	Gluten Free Pasta	Fresh Melon

Menu B	Main Course		Side Dish	Second Course
Monday	Coconut & Chickpea Curry (PU) (T)	Chickpeas, onion, potato, spinach, butternut squash, carrot, garlic, onion curry paste (contains tomato & mixed spices), coconut milk, garam masala, Thai green curry paste, turmeric, coriander, peach, bechamel & sweetcorn puree	Gluten Free Pasta	Summer Berry Yoghurt (D)
Tuesday	Simply Chicken (T)	Diced chicken, onion, garlic, peppers, butternut squash, tomato & rice flour	Gluten Free Pasta	Plain Flapjack (Gluten Free)
Wednesday	Vegetable & Apricot Tagine (PU) (SD) (T)	Apricot, chickpeas, onion, carrot, potato, mixed peppers, garlic, cumin, coriander, cinnamon, tomato, stock, rice flour & date puree	Rainbow Rice	Diced Pears with Vanilla Yoghurt (D)
Thursday	Roast Turkey in Gravy (PU) with Baby New Potatoes	Roast turkey slices & gravy New potatoes	Cabbage, Carrots & Sweetcorn	Banana Fromage Frais (D)
Friday	Sausage Ragù (Gluten Free) (PU) (SD) (T)	Diced gluten free pork sausage (contains pea starch), carrot, butternut squash, onion, rosemary, basil, mixed herbs, paprika, garlic, stock & tomato	Gluten Free Pasta	Cranberry Flapjack (Dairy & Gluten Free) (SD)

Menu C	Main Course		Side Dish	Second Course
Monday	Chipotle Beef (D) (PU) (T)	Diced beef, sweet potato, mixed peppers, onion, garlic, cumin, smoked paprika, cinnamon, garlic, parsley, bechamel (contains coconut), cream & tomato	White Rice	Cherry Yoghurt (D)
Tuesday	Sweet & Sour Chicken (SD) (T)	Shredded chicken, red onion, mixed peppers, carrot, pineapple, pineapple juice, coriander, garlic, ginger, cumin, tomato, red wine vinegar, vegetable stock & cornflour	Gluten Free Pasta	Plain Flapjack (Gluten Free)
Wednesday	Mild Vegetable Chilli (PU) (SD) (T)	Kidney beans, haricot beans, black turtle beans, sweet potato, butternut squash, mixed peppers, onion, garlic, tomato, coriander, cumin, smoked paprika, oregano, vegetable stock, apricots, cornflour	White Rice	Diced Apple with Vanilla Sauce (D)
Thursday	Creamy Red Pesto Chicken (D) (PU) (T)	Chicken, carrot, spinach, garlic, basil, onion, red lentils, haricot beans, peppers, bechamel (contains coconut), cream, & tomato	Gluten Free Pasta	Fruit Salad of Peach, Pear & Apricot
Friday	Mini Chefs Menu			

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Day	Main Course	Side Dish	Second Course
16 May 2025	Shepherd's Pie (PU) (SD) (T) Minced lamb, potato, red lentils, carrot, swede, cabbage, onion, garlic, sweetcorn, peas, mint sauce, redcurrant jelly, gravy, rosemary & tomato. Recipe inspired by Kiddie Capers Childcare in Haywards Heath.	Cucumber Slices	Vanilla Yoghurt (D)
6 Jun 2025	Hidden Vegetable & Lentil Ragù (PU) (T) Red lentils, carrot, butternut squash, onion, courgette, mixed peppers, mushroom, mixed herbs, oregano, garlic, paprika, tomato, stock & rice flour. Recipe inspired by Oaks Day Nursery in Swanley.	Gluten Free Pasta	Pear Yoghurt (D)
27 Jun 2025	Chicken Saag (D) (PU) (SD) (T) Diced chicken, spinach, potato, carrot, butternut squash, onion, garlic, coriander, curry paste (contains tomato & mixed spices), lemon juice, garam masala, ginger, paprika, cumin, bechamel (contains coconut), cream, stock & tomato, Recipe inspired by the Little Chefs at Scallywags Nursery in Hornchurch.	White Rice	Plain Flapjack (Gluten Free)
18 Jul 2025	Swedish Meatballs in Gravy (Gluten Free) (D) (PU) (T) Gluten free chicken meatballs, carrot, onion, leeks, mixed peppers, garlic, tomato, soft cheese, bechamel (contains coconut) & gravy	Gluten Free Pasta	Mango Yoghurt (D)
8 Aug 2025	Chicken Pot Pie (D) (PU) (T) Chicken, carrot, leeks, onion, garlic, peas, sweetcorn, cream, cheddar cheese, thyme, parsley, stock, bechamel (contains coconut), tomato & potato. Recipe inspired by Home from Home Nursery School in Worthing, and Little Bears Nursery in Elephant Central.	Cucumber Slices	Vanilla Yoghurt (D)
29 Aug 2025	Smashed Lasagne (Gluten Free) (D) (PU) (T) Minced beef, carrot, sweet potato, onion, garlic, rosemary, basil, mixed herbs, paprika, stock, tomato, gluten free pasta, bechamel (contains coconut), cheese	Grated Courgette & Carrot	Diced Peaches
19 Sep 2025	Chicken Chow Mein (PU) (T) Shredded chicken, onion, mixed peppers, carrot, sweetcorn, bean sprouts, cabbage, coriander, ginger, cumin, pineapple juice, stock & tomato. Recipe inspired by Sunshine Day Nursery in Worthing.	Gluten Free Pasta	Natural Yoghurt with Coconut (D)
10 Oct 2025	Chicken Stroganoff (D) Sliced chicken, onion, leek, carrot, mushroom, garlic, cream, paprika & stock. Recipe inspired by Caversham Nursery in London.	Brown Rice	Plain Flapjack (Gluten Free)

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G GLUTEN FREE MINI CHEFS NURSERY LUNCH MENU

Spring Summer 2025

VA Vegan
V Vegetarian
T Tomato
SD Sulphites
S Soya
PUJ Pulse/Bean
P Pork
HL Halal
G Gluten
F Fish
E Egg
D Dairy
CA Citric Acid/Spice
C Celery
B Beef

Day	Dish	Dietaries												
16 May 2025	Shepherd's Pie			●								●	●	●
	Cucumber Slices			●	●								●	●
	Vanilla Yoghurt			●	●								●	●
6 Jun 2025	Hidden Vegetable & Lentil Ragù			●								●	●	●
	Gluten Free Pasta			●	●								●	●
	Pear Yoghurt			●	●								●	●
27 Jun 2025	Chicken Saag			●	●							●	●	●
	White Rice			●									●	●
	Plain Flapjack (Gluten Free)			●	●								●	●
18 Jul 2025	Swedish Meatballs in Gravy (Gluten Free)			●	●							●	●	●
	Gluten Free Pasta			●	●								●	●
	Mango Yoghurt			●	●								●	●
8 Aug 2025	Chicken Pot Pie			●	●							●	●	●
	Cucumber Slices			●	●								●	●
	Vanilla Yoghurt			●	●								●	●
29 Aug 2025	Smashed Lasagne (Gluten Free)	●		●	●							●	●	●
	Grated Courgette & Carrot			●	●								●	●
	Diced Peaches			●									●	●
19 Sep 2025	Chicken Chow Mein			●								●	●	●
	Gluten Free Pasta			●	●								●	●
	Natural Yoghurt with Coconut			●	●								●	●
10 Oct 2025	Chicken Stroganoff			●	●								●	●
	Brown Rice			●									●	●
	Plain Flapjack (Gluten Free)			●	●								●	●

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Menu A	Main Course		Side Dish	Second Course
Monday	Italian Beef Bolognese (T)	Minced beef, carrot, butternut squash, onion, tomato, garlic, basil, rosemary, mixed herbs, basil, paprika & stock	Pasta (G)	Apple & Mango Fromage Frais (D)
Tuesday	Vegetable Dahl (Pulse Free) (D) (SD) (T)	Spinach, potato, carrot, onion, butternut squash, garlic, coriander, curry paste (contains tomato & mixed spices), lemon juice, garam masala, ginger, paprika, cumin, cream & tomato	White Rice	Fruit Salad of Pineapple, Apricot & Apple
Wednesday	Chicken Casserole (Pulse Free) (T)	Sliced chicken, potato, onion, peppers, butternut squash, leeks, garlic, thyme, rosemary, gravy, tomato, stock	Mashed Potato	Blueberry, Sweet Potato & Cream Cheese Sponge (D) (G) (S)
Thursday	Cuban Pork (Pulse Free) (T)	Diced pork, carrot, mixed peppers, onion, butternut squash, basil, garlic, coriander, orange juice, orange zest, smoked paprika, cumin, oregano, cinnamon, stock & tomato	Brown Rice	Diced Peaches with Vanilla Yoghurt (D)
Friday	Tuna & Salmon Mascarpone (Pulse Free) (D) (F) (T)	Tuna, salmon, sweetcorn, butternut squash, mixed peppers, onion, soft cheese, garlic & tomato	Pasta (G)	Fresh Melon

Menu B	Main Course		Side Dish	Second Course
Monday	Coconut & Vegetable Curry (Pulse Free) (T)	Onion, potato, spinach, butternut squash, carrot, garlic, onion curry paste (contains tomato & mixed spices), coconut milk, garam masala, Thai green curry paste, turmeric, coriander, peach & sweetcorn puree	Wholewheat Noodles (G)	Summer Berry Yoghurt (D)
Tuesday	Simply Chicken (T)	Diced chicken, onion, garlic, peppers, butternut squash, tomato & rice flour	Pasta (G)	Courgette, Pineapple & Cream Cheese Sponge (D) (G) (S)
Wednesday	Vegetable & Apricot Tagine (Pulse Free) (SD) (T)	Apricot, onion, carrot, potato, mixed peppers, garlic, cumin, coriander, cinnamon, tomato, stock, rice flour & date puree	Rainbow Rice	Diced Pears with Vanilla Yoghurt (D)
Thursday	Roast Chicken in Gravy with Baby New Potatoes	Chicken breast & gravy New potatoes	Cabbage, Carrots & Sweetcorn	Banana Fromage Frais (D)
Friday	Sausage Ragu (G) (SD) (T)	Diced Speldhurst pork & beef sausage, carrot, butternut squash, onion, rosemary, basil, mixed herbs, paprika, garlic, stock & tomato	Wholewheat Pasta (G)	Cranberry & Yoghurt Flapjack (D) (G) (SD)

Menu C	Main Course		Side Dish	Second Course
Monday	Chipotle Beef (Pulse & Bean Free) (D) (T)	Diced beef, sweet potato, mixed peppers, onion, garlic, cumin, smoked paprika, cinnamon, garlic, parsley, gravy, cream & tomato	White Rice	Cherry Yoghurt (D)
Tuesday	Sweet & Sour Chicken (SD) (T)	Shredded chicken, red onion, mixed peppers, carrot, pineapple, pineapple juice, coriander, garlic, ginger, cumin, tomato, red wine vinegar, vegetable stock & cornflour	Wholewheat Noodles (G)	Charlotte's Plum, Banana & Oat Sponge (D) (G) (S)
Wednesday	Mild Vegetable Chilli (Pulse Free) (SD) (T)	Sweet potato, butternut squash, mixed peppers, onion, garlic, tomato, coriander, cumin, smoked paprika, oregano, vegetable stock, apricots, cornflour	White Rice	Diced Apple with Vanilla Sauce (D)
Thursday	Creamy Red Pesto Chicken (Pulse Free) (D) (T)	Chicken, carrot, spinach, garlic, basil, onion, peppers, gravy, cream, & tomato	Pasta (G)	Fruit Salad of Peach, Pear & Apricot
Friday	Mini Chefs Menu			

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Day	Main Course	Side Dish	Second Course
16 May 2025	Shepherd's Pie (Pulse Free) (SD) (T) Minced lamb, potato, carrot, swede, cabbage, onion, garlic, sweetcorn, mint sauce, redcurrant jelly, gravy, rosemary & tomato	Cucumber Slices	Vanilla Yoghurt (D)
6 Jun 2025	Hidden Vegetable & Lentil Ragù (Pulse Free) (T) Carrot, butternut squash, onion, courgette, mixed peppers, mushroom, mixed herbs, oregano, garlic, paprika, tomato, stock & rice flour	Pasta (G)	Pear Yoghurt (D)
27 Jun 2025	Chicken Saag (Pulse Free) (D) (SD) (T) Diced chicken, spinach, potato, carrot, butternut squash, onion, garlic, coriander, curry paste (contains tomato & mixed spices), lemon juice, garam masala, ginger, paprika, cumin, gravy, cream, stock & tomato	White Rice	Apricot Flapjack (G) (SD)
18 Jul 2025	Swedish Meatballs in Gravy (Pulse Free) (D) (G) (T) Beef meatballs, carrot, onion, leeks, mixed peppers, garlic, tomato, soft cheese & gravy	Pasta (G)	Mango Yoghurt (D)
8 Aug 2025	Chicken Pot Pie (Pulse Free) (D) (T) Chicken, carrot, leeks, onion, garlic, sweetcorn, cream, cheddar cheese, thyme, parsley, stock, gravy, tomato & potato	Cucumber Slices	Vanilla Yoghurt (D)
29 Aug 2025	Smashed Lasagne (Pulse Free) (D) (G) (T) Minced beef, carrot, sweet potato, onion, garlic, rosemary, basil, mixed herbs, paprika, stock, tomato, pasta, cheese	Grated Courgette & Carrot	Diced Peaches
19 Sep 2025	Chicken Chow Mein (Pulse Free) (T) Shredded chicken, onion, mixed peppers, carrot, sweetcorn, cabbage, coriander, ginger, cumin, pineapple juice, stock & tomato	Wholewheat Noodles (G)	Natural Yoghurt with Coconut (D)
10 Oct 2025	Chicken Stroganoff (D) Sliced chicken, onion, leek, carrot, mushroom, garlic, cream, paprika & stock. Recipe inspired by Caversham Nursery in London.	Brown Rice	Oaty Date Bar (G) (SD)

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PU PULSE & Bean FREE MINI CHEFS NURSERY LUNCH MENU

Spring Summer 2025

VA Vegan
V Vegetarian
T Tomato
SD Sulphites
S Soya
PU Pulse/Bean
P Pork
HL Halal
G Gluten
F Fish
E Egg
D Dairy
CA Citric Acid/Spice
C Celery
B Beef

Day	Dish	Dietaries												
16 May 2025	Shepherd's Pie (Pulse Free)			●								●	●	
	Cucumber Slices			●	●								●	●
	Vanilla Yoghurt			●	●								●	●
6 Jun 2025	Hidden Vegetable & Lentil Ragù (Pulse Free)			●								●	●	●
	Pasta			●	●				●				●	●
	Pear Yoghurt			●	●								●	●
27 Jun 2025	Chicken Saag (Pulse Free)			●	●							●	●	●
	White Rice			●								●	●	●
	Apricot Flapjack			●	●			●				●	●	●
18 Jul 2025	Swedish Meatballs in Gravy (Pulse Free)	●		●	●				●			●	●	●
	Pasta			●	●				●				●	●
	Mango Yoghurt			●	●				●				●	●
8 Aug 2025	Chicken Pot Pie (Pulse Free)			●	●							●	●	●
	Cucumber Slices			●	●								●	●
	Vanilla Yoghurt			●	●								●	●
29 Aug 2025	Smashed Lasagne (Pulse Free)	●		●	●				●			●	●	●
	Grated Courgette & Carrot			●	●								●	●
	Diced Peaches			●	●								●	●
19 Sep 2025	Chicken Chow Mein (Pulse Free)			●	●							●	●	●
	Wholewheat Noodles			●	●				●				●	●
	Natural Yoghurt with Coconut			●	●								●	●
10 Oct 2025	Chicken Stroganoff			●	●								●	●
	Brown Rice			●	●								●	●
	Oaty Date Bar			●	●			●				●	●	●

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Menu A	Main Course		Side Dish	Second Course
Monday	Italian Beef Bolognaise (T)	Minced beef, carrot, butternut squash, onion, tomato, garlic, basil, rosemary, mixed herbs, basil, paprika & stock	Pasta (G)	Apple & Mango Fromage Frais (D)
Tuesday	Vegetable Dahl (D) (PU) (SD) (T)	Spinach, potato, red lentils, carrot, onion, butternut squash, garlic, coriander, curry paste (contains tomato & mixed spices), lemon juice, garam masala, ginger, paprika, cumin, bechamel (contains coconut), cream & tomato	White Rice	Fruit Salad of Pineapple, Apricot & Apple
Wednesday	Chicken Casserole (PU) (T)	Sliced chicken, potato, onion, peppers, butternut squash, leeks, garlic, thyme, bechamel (contains coconut), rosemary, tomato, stock & haricot beans	Mashed Potato	Plain Flapjack (Gluten Free)
Thursday	Cuban Pork (PU) (T)	Diced pork, carrot, mixed peppers, onion, butternut squash, black turtle beans, haricot beans, basil, garlic, coriander, orange juice, orange zest, smoked paprika, cumin, oregano, cinnamon, stock & tomato	Brown Rice	Diced Peaches with Vanilla Yoghurt (D)
Friday	Tuna & Salmon Mascarpone (D) (F) (PU) (T)	Tuna, salmon, sweetcorn, peas, butternut squash, mixed peppers, onion, soft cheese, garlic, red lentils, bechamel (contains coconut) & tomato	Pasta (G)	Fresh Melon

Menu B	Main Course		Side Dish	Second Course
Monday	Coconut & Chickpea Curry (PU) (T)	Chickpeas, onion, potato, spinach, butternut squash, carrot, garlic, onion curry paste (contains tomato & mixed spices), coconut milk, garam masala, Thai green curry paste, turmeric, coriander, peach, bechamel & sweetcorn puree	Wholewheat Noodles (G)	Summer Berry Yoghurt (D)
Tuesday	Simply Chicken (T)	Diced chicken, onion, garlic, peppers, butternut squash, tomato & rice flour	Pasta (G)	Plain Flapjack (Gluten Free)
Wednesday	Vegetable & Apricot Tagine (PU) (SD) (T)	Apricot, chickpeas, onion, carrot, potato, mixed peppers, garlic, cumin, coriander, cinnamon, tomato, stock, rice flour & date puree	Rainbow Rice	Diced Pears with Vanilla Yoghurt (D)
Thursday	Roast Turkey in Gravy (PU) with Baby New Potatoes	Roast turkey slices & gravy New potatoes	Cabbage, Carrots & Sweetcorn	Banana Fromage Frais (D)
Friday	Sausage Ragu (G) (SD) (T)	Diced Speldhurst pork & beef sausage, carrot, butternut squash, onion, rosemary, basil, mixed herbs, paprika, garlic, stock & tomato	Wholewheat Pasta (G)	Cranberry & Yoghurt Flapjack (D) (G) (SD)

Menu C	Main Course		Side Dish	Second Course
Monday	Chipotle Beef (D) (PU) (T)	Diced beef, sweet potato, mixed peppers, onion, garlic, cumin, smoked paprika, cinnamon, garlic, parsley, bechamel (contains coconut), cream & tomato	White Rice	Cherry Yoghurt (D)
Tuesday	Sweet & Sour Chicken (SD) (T)	Shredded chicken, red onion, mixed peppers, carrot, pineapple, pineapple juice, coriander, garlic, ginger, cumin, tomato, red wine vinegar, vegetable stock & cornflour	Wholewheat Noodles (G)	Plain Flapjack (Gluten Free)
Wednesday	Mild Vegetable Chilli (PU) (SD) (T)	Kidney beans, haricot beans, black turtle beans, sweet potato, butternut squash, mixed peppers, onion, garlic, tomato, coriander, cumin, smoked paprika, oregano, vegetable stock, apricots, cornflour	White Rice	Diced Apple with Vanilla Sauce (D)
Thursday	Creamy Red Pesto Chicken (D) (PU) (T)	Chicken, carrot, spinach, garlic, basil, onion, red lentils, haricot beans, peppers, bechamel (contains coconut), cream, & tomato	Pasta (G)	Fruit Salad of Peach, Pear & Apricot
Friday	Mini Chefs Menu			

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Day	Main Course	Side Dish	Second Course
16 May 2025	Shepherd's Pie (PU) (SD) (T) Minced lamb, potato, red lentils, carrot, swede, cabbage, onion, garlic, sweetcorn, peas, mint sauce, redcurrant jelly, gravy, rosemary & tomato. Recipe inspired by Kiddie Capers Childcare in Haywards Heath.	Cucumber Slices	Vanilla Yoghurt (D)
6 Jun 2025	Hidden Vegetable & Lentil Ragù (PU) (T) Red lentils, carrot, butternut squash, onion, courgette, mixed peppers, mushroom, mixed herbs, oregano, garlic, paprika, tomato, stock & rice flour. Recipe inspired by Oaks Day Nursery in Swanley.	Pasta (G)	Pear Yoghurt (D)
27 Jun 2025	Chicken Saag (D) (PU) (SD) (T) Diced chicken, spinach, potato, carrot, butternut squash, onion, garlic, coriander, curry paste (contains tomato & mixed spices), lemon juice, garam masala, ginger, paprika, cumin, bechamel (contains coconut), cream, stock & tomato. Recipe inspired by the Little Chefs at Scallywags Nursery in Hornchurch.	White Rice	Apricot Flapjack (G) (SD)
18 Jul 2025	Swedish Meatballs in Gravy (D) (G) (PU) (T) Beef meatballs, carrot, onion, leeks, mixed peppers, garlic, tomato, soft cheese, bechamel (contains coconut) & gravy. Recipe inspired by Goldcrest Day Nursery in Stanford Le Hope.	Pasta (G)	Mango Yoghurt (D)
8 Aug 2025	Chicken Pot Pie (D) (PU) (T) Chicken, carrot, leeks, onion, garlic, peas, sweetcorn, cream, cheddar cheese, thyme, parsley, stock, bechamel (contains coconut), tomato & potato. Recipe inspired by Home from Home Nursery School in Worthing, and Little Bears Nursery in Elephant Central.	Cucumber Slices	Vanilla Yoghurt (D)
29 Aug 2025	Smashed Lasagne (D) (G) (PU) (T) Minced beef, carrot, sweet potato, onion, garlic, rosemary, basil, mixed herbs, paprika, stock, tomato, pasta, bechamel (contains coconut), cheese. Recipe inspired by Chichester Montessori in West Sussex.	Grated Courgette & Carrot	Diced Peaches
19 Sep 2025	Chicken Chow Mein (PU) (T) Shredded chicken, onion, mixed peppers, carrot, sweetcorn, bean sprouts, cabbage, coriander, ginger, cumin, pineapple juice, stock & tomato. Recipe inspired by Sunshine Day Nursery in Worthing.	Wholewheat Noodles (G)	Natural Yoghurt with Coconut (D)
10 Oct 2025	Chicken Stroganoff (D) Sliced chicken, onion, leek, carrot, mushroom, garlic, cream, paprika & stock. Recipe inspired by Caversham Nursery in London.	Brown Rice	Oaty Date Bar (G) (SD)

**C = Contains Celery D = Contains Dairy (Milk) E = Contains Egg F = Contains Fish G = Contains cereals containing Gluten
PU = Contains Pulses/Beans S = Contains Soya SD = Contains Sulphur Dioxide T = Contains Tomato**

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S SOYA FREE MINI CHEFS NURSERY LUNCH MENU

Spring Summer 2025

VA Vegan
V Vegetarian
T Tomato
SD Sulphites
S Soya
PUJ Pulse/Bean
P Pork
HL Halal
G Gluten
F Fish
E Egg
D Dairy
CA Citric Acid/Spice
C Celery
B Beef

Day	Dish	Dietaries														
16 May 2025	Shepherd's Pie			●									●		●	
	Cucumber Slices			●	●										●	●
	Vanilla Yoghurt			●	●										●	●
6 Jun 2025	Hidden Vegetable & Lentil Ragù			●											●	●
	Pasta			●	●										●	●
	Pear Yoghurt			●	●										●	●
27 Jun 2025	Chicken Saag			●	●										●	●
	White Rice			●	●										●	●
	Apricot Flapjack			●	●										●	●
18 Jul 2025	Swedish Meatballs in Gravy	●		●	●										●	●
	Pasta			●	●										●	●
	Mango Yoghurt			●	●										●	●
8 Aug 2025	Chicken Pot Pie			●	●										●	●
	Cucumber Slices			●	●										●	●
	Vanilla Yoghurt			●	●										●	●
29 Aug 2025	Smashed Lasagne	●		●	●										●	●
	Grated Courgette & Carrot			●	●										●	●
	Diced Peaches			●	●										●	●
19 Sep 2025	Chicken Chow Mein			●	●										●	●
	Wholewheat Noodles			●	●										●	●
	Natural Yoghurt with Coconut			●	●										●	●
10 Oct 2025	Chicken Stroganoff			●	●										●	●
	Brown Rice			●	●										●	●
	Oaty Date Bar			●	●										●	●

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Menu A	Main Course		Side Dish	Second Course
Monday	Italian Beef Bolognaise (Tomato Free)	Minced beef, carrot, butternut squash, onion, gravy, garlic, basil, rosemary, mixed herbs, basil, paprika & stock	Pasta (G)	Apple & Mango Fromage Frais (D)
Tuesday	Vegetable Dahl (Tomato Free) (D) (PU) (SD)	Spinach, potato, red lentils, carrot, onion, butternut squash, garlic, coriander, lemon juice, garam masala, ginger, paprika, cumin, bechamel (contains coconut), cream & gravy	White Rice	Fruit Salad of Pineapple, Apricot & Apple
Wednesday	Chicken Casserole (Tomato Free) (PU)	Sliced chicken, potato, onion, peppers, butternut squash, leeks, garlic, thyme, bechamel (contains coconut), rosemary, gravy, stock & haricot beans	Mashed Potato	Blueberry, Sweet Potato & Cream Cheese Sponge (D) (G) (S)
Thursday	Cuban Pork (Tomato Free) (PU)	Diced pork, carrot, mixed peppers, onion, butternut squash, black turtle beans, haricot beans, basil, garlic, coriander, orange juice, orange zest, smoked paprika, cumin, oregano, cinnamon, stock & gravy	Brown Rice	Diced Peaches with Vanilla Yoghurt (D)
Friday	Tuna & Salmon Mascarpone (Tomato Free) (D) (F) (PU)	Tuna, salmon, sweetcorn, peas, butternut squash, mixed peppers, onion, soft cheese, garlic, red lentils, bechamel (contains coconut)	Pasta (G)	Fresh Melon

Menu B	Main Course		Side Dish	Second Course
Monday	Coconut & Chickpea Curry (Tomato Free) (PU)	Chickpeas, onion, potato, spinach, butternut squash, carrot, garlic, coconut milk, garam masala, Thai green curry paste, turmeric, coriander, peach, bechamel & sweetcorn puree	Wholewheat Noodles (G)	Summer Berry Yoghurt (D)
Tuesday	Simply Chicken (Tomato Free)	Diced chicken, onion, garlic, peppers, butternut squash, rice flour & gravy	Pasta (G)	Courgette, Pineapple & Cream Cheese Sponge (D) (G) (S)
Wednesday	Vegetable & Apricot Tagine (Tomato Free) (PU) (SD)	Apricot, chickpeas, onion, carrot, potato, mixed peppers, garlic, cumin, coriander, cinnamon, gravy, stock, rice flour & date puree	Rainbow Rice	Diced Pears with Vanilla Yoghurt (D)
Thursday	Roast Turkey in Gravy (PU) with Baby New Potatoes	Roast turkey slices & gravy New potatoes	Cabbage, Carrots & Sweetcorn	Banana Fromage Frais (D)
Friday	Sausage Ragu (Tomato Free) (G) (SD)	Diced Speldhurst pork & beef sausage, carrot, butternut squash, onion, rosemary, basil, mixed herbs, paprika, garlic, stock & gravy	Wholewheat Pasta (G)	Cranberry & Yoghurt Flapjack (D) (G) (SD)

Menu C	Main Course		Side Dish	Second Course
Monday	Chipotle Beef (Tomato Free) (D) (PU)	Diced beef, sweet potato, mixed peppers, onion, garlic, cumin, smoked paprika, cinnamon, garlic, parsley, bechamel (contains coconut), cream & gravy	White Rice	Cherry Yoghurt (D)
Tuesday	Sweet & Sour Chicken (Tomato Free) (SD)	Shredded chicken, red onion, mixed peppers, carrot, pineapple, pineapple juice, coriander, garlic, ginger, cumin, gravy, red wine vinegar, vegetable stock & cornflour	Wholewheat Noodles (G)	Charlotte's Plum, Banana & Oat Sponge (D) (G) (S)
Wednesday	Mild Vegetable Chilli (Tomato Free) (PU) (SD)	Kidney beans, haricot beans, black turtle beans, sweet potato, butternut squash, mixed peppers, onion, garlic, gravy, coriander, cumin, smoked paprika, oregano, vegetable stock, apricots, cornflour	White Rice	Diced Apple with Vanilla Sauce (D)
Thursday	Creamy Red Pesto Chicken (Tomato Free) (D) (PU)	Chicken, carrot, spinach, garlic, basil, onion, red lentils, haricot beans, peppers, bechamel (contains coconut), cream, gravy	Pasta (G)	Fruit Salad of Peach, Pear & Apricot
Friday	Mini Chefs Menu			

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T TOMATO FREE NURSERY LUNCH MENU

Spring Summer 2025

VA Vegan	V Vegetarian	T Tomato	SD Sulphites	S Soya	PU Pulse/Bean	P Pork	HL Halal	G Gluten	F Fish	E Egg	D Dairy	CA Citric Acid/Spice	C Celery	B Beef
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Menu A	Dish	Dietaries													
Monday	Italian Beef Bolognese (Tomato Free)	●		●											
	Pasta							●		●					
	Apple & Mango Fromage Frais			●	●									●	●
Tuesday	Vegetable Dahl (Tomato Free)			●	●										
	White Rice													●	●
	Fruit Salad of Pineapple, Apricot & Apple			●										●	●
Wednesday	Chicken Casserole (Tomato Free)			●											
	Mashed Potato													●	●
	Blueberry, Sweet Potato & Cream Cheese Sponge			●	●			●						●	●
Thursday	Cuban Pork (Tomato Free)			●											
	Brown Rice													●	●
	Diced Peaches with Vanilla Yoghurt			●										●	●
Friday	Tuna & Salmon Mascarpone (Tomato Free)			●	●				●						
	Pasta													●	●
	Fresh Melon			●										●	●

Menu B	Dish	Dietaries													
Monday	Coconut & Chickpea Curry (Tomato Free)			●											
	Wholewheat Noodles			●				●		●					
	Summer Berry Yoghurt			●	●									●	●
Tuesday	Simply Chicken (Tomato Free)			●											
	Pasta							●		●				●	●
	Courgette, Pineapple & Cream Cheese Sponge			●	●			●					●		
Wednesday	Vegetable & Apricot Tagine (Tomato Free)			●											
	Rainbow Rice													●	●
	Diced Pears with Vanilla Yoghurt			●										●	●
Thursday	Roast Turkey in Gravy with Baby New Potatoes			●											
	Cabbage, Carrots & Sweetcorn													●	●
	Banana Fromage Frais			●	●									●	●
Friday	Sausage Ragu (Tomato Free)	●		●											
	Wholewheat Pasta							●		●				●	●
	Cranberry & Yoghurt Flapjack			●	●			●						●	●

Menu C	Dish	Dietaries													
Monday	Chipotle Beef (Tomato Free)	●		●	●										
	White Rice			●											
	Cherry Yoghurt			●	●									●	●
Tuesday	Sweet & Sour Chicken (Tomato Free)			●											
	Wholewheat Noodles			●				●		●				●	●
	Charlotte's Plum, Banana & Oat Sponge			●	●			●					●		
Wednesday	Mild Vegetable Chilli (Tomato Free)			●											
	White Rice													●	●
	Diced Apple with Vanilla Sauce			●										●	●
Thursday	Creamy Red Pesto Chicken (Tomato Free)			●	●										
	Pasta							●		●				●	●
	Fruit Salad of Peach, Pear & Apricot			●										●	●
Friday	Mini Chefs Menu														

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zebedees TOMATO FREE MINI CHEFS NURSERY LUNCH MENU

deliciously nutritious nursery meals

Spring Summer 2025

Day	Main Course	Side Dish	Second Course
16 May 2025	Shepherd's Pie (Tomato Free) (PU) (SD) Minced lamb, potato, red lentils, carrot, swede, cabbage, onion, garlic, sweetcorn, peas, mint sauce, redcurrant jelly, gravy, rosemary	Cucumber Slices	Vanilla Yoghurt (D)
6 Jun 2025	Hidden Vegetable & Lentil Ragù (Tomato Free) (PU) Red lentils, carrot, butternut squash, onion, courgette, mixed peppers, mushroom, mixed herbs, oregano, garlic, paprika, gravy, stock & rice flour	Pasta (G)	Pear Yoghurt (D)
27 Jun 2025	Chicken Saag (Tomato Free) (D) (PU) (SD) Diced chicken, spinach, potato, carrot, butternut squash, onion, garlic, coriander, lemon juice, garam masala, ginger, paprika, cumin, bechamel (contains coconut), cream, stock	White Rice	Apricot Flapjack (G) (SD)
18 Jul 2025	Swedish Meatballs in Gravy (Tomato Free) (D) (G) (PU) Beef meatballs, carrot, onion, leeks, mixed peppers, garlic, soft cheese, bechamel (contains coconut) & gravy	Pasta (G)	Mango Yoghurt (D)
8 Aug 2025	Chicken Pot Pie (Tomato Free) (D) (PU) Chicken, carrot, leeks, onion, garlic, peas, sweetcorn, cream, cheddar cheese, thyme, parsley, stock, bechamel (contains coconut) & potato	Cucumber Slices	Vanilla Yoghurt (D)
29 Aug 2025	Smashed Lasagne (Tomato Free) (D) (G) (PU) Minced beef, carrot, sweet potato, onion, garlic, rosemary, basil, mixed herbs, paprika, stock, pasta, bechamel (contains coconut), cheese	Grated Courgette & Carrot	Diced Peaches
19 Sep 2025	Chicken Chow Mein (Tomato Free) (PU) Shredded chicken, onion, mixed peppers, carrot, sweetcorn, bean sprouts, cabbage, coriander, ginger, cumin, pineapple juice, stock	Wholewheat Noodles (G)	Natural Yoghurt with Coconut (D)
10 Oct 2025	Chicken Stroganoff (D) Sliced chicken, onion, leek, carrot, mushroom, garlic, cream, paprika & stock. Recipe inspired by Caversham Nursery in London.	Brown Rice	Oaty Date Bar (G) (SD)

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T TOMATO FREE MINI CHEFS NURSERY LUNCH MENU

Spring Summer 2025

VA Vegan
V Vegetarian
T Tomato
SD Sulphites
S Soya
PJ Pulse/Bean
P Pork
HL Halal
G Gluten
F Fish
E Egg
D Dairy
CA Citric Acid/Spice
C Celery
B Beef

Day	Dish	Dietaries											
16 May 2025	Shepherd's Pie (Tomato Free)			●								●	
	Cucumber Slices			●									●
	Vanilla Yoghurt			●	●								●
6 Jun 2025	Hidden Vegetable & Lentil Ragù (Tomato Free)			●								●	
	Pasta			●								●	
	Pear Yoghurt			●	●								●
27 Jun 2025	Chicken Saag (Tomato Free)			●								●	
	White Rice			●								●	
	Apricot Flapjack			●								●	
18 Jul 2025	Swedish Meatballs in Gravy (Tomato Free)	●		●								●	
	Pasta			●								●	
	Mango Yoghurt			●	●								●
8 Aug 2025	Chicken Pot Pie (Tomato Free)			●								●	
	Cucumber Slices			●								●	
	Vanilla Yoghurt			●	●								●
29 Aug 2025	Smashed Lasagne (Tomato Free)	●		●								●	
	Grated Courgette & Carrot			●								●	
	Diced Peaches			●								●	
19 Sep 2025	Chicken Chow Mein (Tomato Free)			●								●	
	Wholewheat Noodles			●								●	
	Natural Yoghurt with Coconut			●	●								●
10 Oct 2025	Chicken Stroganoff			●								●	
	Brown Rice			●								●	
	Oaty Date Bar			●								●	

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Menu A	Main Course		Side Dish	Second Course
Monday	Italian Beef Bolognaise (T)	Minced beef, carrot, butternut squash, onion, tomato, garlic, basil, rosemary, mixed herbs, basil, paprika & stock	Pasta (G)	Apple & Mango Fromage Frais (D)
Tuesday	Vegetable Dahl (Sulphur Dioxide Free) (D) (PU) (T)	Spinach, potato, red lentils, carrot, onion, butternut squash, garlic, coriander, curry paste (contains tomato & mixed spices), garam masala, ginger, paprika, cumin, bechamel (contains coconut), cream & tomato	White Rice	Fruit Salad of Pineapple, Apricot & Apple
Wednesday	Chicken Casserole (PU) (T)	Sliced chicken, potato, onion, peppers, butternut squash, leeks, garlic, thyme, bechamel (contains coconut), rosemary, tomato, stock & haricot beans	Mashed Potato	Blueberry, Sweet Potato & Cream Cheese Sponge (D) (G) (S)
Thursday	Cuban Pork (PU) (T)	Diced pork, carrot, mixed peppers, onion, butternut squash, black turtle beans, haricot beans, basil, garlic, coriander, orange juice, orange zest, smoked paprika, cumin, oregano, cinnamon, stock & tomato	Brown Rice	Diced Peaches with Vanilla Yoghurt (D)
Friday	Tuna & Salmon Mascarpone (D) (F) (PU) (T)	Tuna, salmon, sweetcorn, peas, butternut squash, mixed peppers, onion, soft cheese, garlic, red lentils, bechamel (contains coconut) & tomato	Pasta (G)	Fresh Melon

Menu B	Main Course		Side Dish	Second Course
Monday	Coconut & Chickpea Curry (PU) (T)	Chickpeas, onion, potato, spinach, butternut squash, carrot, garlic, onion curry paste (contains tomato & mixed spices), coconut milk, garam masala, Thai green curry paste, turmeric, coriander, peach, bechamel & sweetcorn puree	Wholewheat Noodles (G)	Summer Berry Yoghurt (D)
Tuesday	Simply Chicken (T)	Diced chicken, onion, garlic, peppers, butternut squash, tomato & rice flour	Pasta (G)	Courgette, Pineapple & Cream Cheese Sponge (D) (G) (S)
Wednesday	Vegetable Tagine (Sulphur Dioxide Free) (PU) (T)	Chickpeas, onion, carrot, potato, mixed peppers, garlic, cumin, coriander, cinnamon, tomato, stock, rice flour	Rainbow Rice	Diced Pears with Vanilla Yoghurt (D)
Thursday	Roast Turkey in Gravy (PU) with Baby New Potatoes	Roast turkey slices & gravy New potatoes	Cabbage, Carrots & Sweetcorn	Banana Fromage Frais (D)
Friday	Chicken Ragu (Sulphur Dioxide Free) (T)	Diced chicken, carrot, butternut squash, onion, rosemary, basil, mixed herbs, paprika, garlic, stock & tomato	Wholewheat Pasta (G)	Plain Flapjack (Gluten Free)

Menu C	Main Course		Side Dish	Second Course
Monday	Chipotle Beef (D) (PU) (T)	Diced beef, sweet potato, mixed peppers, onion, garlic, cumin, smoked paprika, cinnamon, garlic, parsley, bechamel (contains coconut), cream & tomato	White Rice	Cherry Yoghurt (D)
Tuesday	Sweet & Sour Chicken (Sulphur Dioxide Free) (T)	Shredded chicken, red onion, mixed peppers, carrot, pineapple, pineapple juice, coriander, garlic, ginger, cumin, tomato & vegetable stock	Wholewheat Noodles (G)	Charlotte's Plum, Banana & Oat Sponge (D) (G) (S)
Wednesday	Mild Vegetable Chilli (Sulphur Dioxide Free) (PU) (T)	Kidney beans, black beans, sweet potato, butternut squash, mixed peppers, onion, garlic, tomato, coriander, cumin, smoked paprika, oregano, vegetable stock,	White Rice	Diced Apple with Vanilla Sauce (D)
Thursday	Creamy Red Pesto Chicken (D) (PU) (T)	Chicken, carrot, spinach, garlic, basil, onion, red lentils, haricot beans, peppers, bechamel (contains coconut), cream, & tomato	Pasta (G)	Fruit Salad of Peach, Pear & Apricot
Friday	Mini Chefs Menu			

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Day	Main Course	Side Dish	Second Course
16 May 2025	Shepherd's Pie (Sulphur Dioxide Free) (PU) (T) Minced lamb, potato, red lentils, carrot, swede, cabbage, onion, garlic, sweetcorn, peas, gravy, rosemary & tomato	Cucumber Slices	Vanilla Yoghurt (D)
6 Jun 2025	Hidden Vegetable & Lentil Ragù (PU) (T) Red lentils, carrot, butternut squash, onion, courgette, mixed peppers, mushroom, mixed herbs, oregano, garlic, paprika, tomato, stock & rice flour. Recipe inspired by Oaks Day Nursery in Swanley.	Pasta (G)	Pear Yoghurt (D)
27 Jun 2025	Chicken Saag (Sulphur Dioxide Free) (D) (PU) (T) Diced chicken, spinach, potato, carrot, butternut squash, onion, garlic, coriander, curry paste (contains tomato & mixed spices), garam masala, ginger, paprika, cumin, bechamel (contains coconut), cream, stock & tomato	White Rice	Plain Flapjack (Gluten Free)
18 Jul 2025	Swedish Meatballs in Gravy (D) (G) (PU) (T) Beef meatballs, carrot, onion, leeks, mixed peppers, garlic, tomato, soft cheese, bechamel (contains coconut) & gravy. Recipe inspired by Goldcrest Day Nursery in Stanford Le Hope.	Pasta (G)	Mango Yoghurt (D)
8 Aug 2025	Chicken Pot Pie (D) (PU) (T) Chicken, carrot, leeks, onion, garlic, peas, sweetcorn, cream, cheddar cheese, thyme, parsley, stock, bechamel (contains coconut), tomato & potato. Recipe inspired by Home from Home Nursery School in Worthing, and Little Bears Nursery in Elephant Central.	Cucumber Slices	Vanilla Yoghurt (D)
29 Aug 2025	Smashed Lasagne (D) (G) (PU) (T) Minced beef, carrot, sweet potato, onion, garlic, rosemary, basil, mixed herbs, paprika, stock, tomato, pasta, bechamel (contains coconut), cheese. Recipe inspired by Chichester Montessori in West Sussex.	Grated Courgette & Carrot	Diced Peaches
19 Sep 2025	Chicken Chow Mein (PU) (T) Shredded chicken, onion, mixed peppers, carrot, sweetcorn, bean sprouts, cabbage, coriander, ginger, cumin, pineapple juice, stock & tomato. Recipe inspired by Sunshine Day Nursery in Worthing.	Wholewheat Noodles (G)	Natural Yoghurt with Coconut (D)
10 Oct 2025	Chicken Stroganoff (D) Sliced chicken, onion, leek, carrot, mushroom, garlic, cream, paprika & stock. Recipe inspired by Caversham Nursery in London.	Brown Rice	Plain Flapjack (Gluten Free)

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Menu A	Main Course		Side Dish	Second Course
Monday	Italian Beef Bolognaise Alternative	Minced beef, carrot, butternut squash, onion, gravy, basil, rosemary, mixed herbs, basil, & stock	Pasta (G)	Natural Yoghurt (D)
Tuesday	Vegetable Dahl Alternative (D) (PU)	Spinach, potato, red lentils, carrot, onion, butternut squash, fresh coriander, cream & gravy	White Rice	Sponge Slice (G) (S)
Wednesday	Chicken Casserole Alternative (PU)	Sliced chicken, potato, onion, peppers, butternut squash, leeks, thyme, rosemary, gravy, stock & haricot beans	Mashed Potato	Plain Flapjack (Gluten Free)
Thursday	Cuban Pork Alternative (PU)	Diced pork, carrot, mixed peppers, onion, butternut squash, black turtle beans, haricot beans, basil, fresh coriander, oregano, stock & gravy	Brown Rice	Plain Sponge (G) (S) with Natural Yoghurt (D)
Friday	Tuna & Salmon Mascarpone Alternative (D) (F) (PU)	Tuna, salmon, sweetcorn, peas, butternut squash, mixed peppers, onion, soft cheese, red lentils & gravy	Pasta (G)	Plain Flapjack (Gluten Free)

Menu B	Main Course		Side Dish	Second Course
Monday	Coconut & Chickpea Curry Alternative (PU)	Chickpeas, onion, potato, spinach, butternut squash, carrot, fresh coriander, gravy & sweetcorn puree	Pasta (G)	Natural Yoghurt (D)
Tuesday	Simply Chicken (Tomato Free)	Diced chicken, onion, peppers, butternut squash, rice flour & gravy	Pasta (G)	Plain Flapjack (Gluten Free)
Wednesday	Vegetable & Apricot Tagine Alternative (PU)	Chickpeas, onion, carrot, potato, mixed peppers, gravy, stock, rice flour	Rainbow Rice	Plain Sponge (G) (S) with Natural Yoghurt (D)
Thursday	Roast Turkey in Gravy (PU) with Baby New Potatoes	Roast turkey slices & gravy New potatoes	Cabbage, Carrots & Sweetcorn	Natural Yoghurt (D)
Friday	Sausage Ragu Alternative	Diced chicken, carrot, butternut squash, onion, rosemary, basil, mixed herbs, stock & gravy	Wholewheat Pasta (G)	Plain Flapjack (Gluten Free)

Menu C	Main Course		Side Dish	Second Course
Monday	Chipotle Beef Alternative (D)	Diced beef, sweet potato, mixed peppers, parsley, cream & gravy	White Rice	Natural Yoghurt (D)
Tuesday	Sweet & Sour Chicken Alternative (SD)	Shredded chicken, red onion, mixed peppers, carrot, gravy & cornflour	Pasta (G)	Plain Flapjack (Gluten Free)
Wednesday	Mild Vegetable Chilli Alternative (PU) (SD)	Kidney beans, haricot beans, black turtle beans, sweet potato, butternut squash, mixed peppers, onion, gravy, fresh coriander, oregano, vegetable stock, cornflour	White Rice	Plain Sponge (G) (S) with Natural Yoghurt (D)
Thursday	Creamy Red Pesto Chicken Alternative (D) (PU)	Chicken, carrot, spinach, basil, onion, red lentils, haricot beans, peppers, cream, gravy & tomato	Pasta (G)	Sponge Slice (G) (S)
Friday	Mini Chefs Menu			

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Day	Main Course	Side Dish	Second Course
16 May 2025	Shepherd's Pie Alternative (PU) Minced lamb, potato, red lentils, carrot, swede, cabbage, onion, sweetcorn, peas, gravy, rosemary	Cucumber Slices	Natural Yoghurt (D)
6 Jun 2025	Hidden Vegetable & Lentil Ragù Alternative (PU) Red lentils, carrot, butternut squash, onion, courgette, mixed peppers, mushroom, mixed herbs, oregano, gravy, stock & rice flour	Pasta (G)	Natural Yoghurt (D)
27 Jun 2025	Chicken Saag Alternative (D) Diced chicken, spinach, potato, carrot, butternut squash, onion, coriander, gravy, cream, stock	White Rice	Plain Flapjack (Gluten Free)
18 Jul 2025	Swedish Meatballs in Gravy Alternative (D) (G) Diced chicken, carrot, onion, leeks, mixed peppers, soft cheese & gravy	Pasta (G)	Natural Yoghurt (D)
8 Aug 2025	Chicken Pot Pie Alternative (D) (PU) Chicken, carrot, leeks, onion, peas, sweetcorn, cream, cheddar cheese, thyme, parsley, stock, gravy & potato	Cucumber Slices	Natural Yoghurt (D)
29 Aug 2025	Smashed Lasagne Alternative (D) (G) Minced beef, carrot, sweet potato, onion, rosemary, basil, mixed herbs, stock, gravy, pasta, cheese	Grated Courgette & Carrot	Plain Flapjack (Gluten Free)
19 Sep 2025	Chicken Chow Mein Alternative (PU) Shredded chicken, onion, mixed peppers, carrot, sweetcorn, bean sprouts, cabbage, stock & gravy	Pasta (G)	Natural Yoghurt (D)
10 Oct 2025	Chicken Stroganoff Alternative (D) Sliced chicken, onion, leek, carrot, mushroom, cream & stock	Brown Rice	Plain Flapjack (Gluten Free)

**C = Contains Celery D = Contains Dairy (Milk) E = Contains Egg F = Contains Fish G = Contains cereals containing Gluten
PU = Contains Pulses/Beans S = Contains Soya SD = Contains Sulphur Dioxide T = Contains Tomato**

Our kitchen does not handle peanuts, tree nuts, sesame seeds, mustard, lupin, crustacea and molluscs. Please refer to our Allergy Policy for further information about allergens.

