

Spring and Summer Menu 2025



Nature Garden Nursery
& Forest School

Week 1	Breakfast	Lunch	Tea	Snacks
Monday	Breakfast is served from 8-8.30am A selection of healthy breakfast cereals, wholemeal toast, fruit or yogurt	Naan bread with Cucumber dip 1 5 Butter chicken and rice	Chicken or cheese and tomato wholemeal wrap 1 5 Fresh fruit platter	Snacks are served 9.45-10.15am and 1.45-2.15pm Fresh fruit or vegetable platter, served with milk or water
Tuesday		Jacket potato, cheese and beans 5 Fresh fruit platter	Tuna pasta salad 1 5 6 Yogurt 5	
Wednesday		Cod and pea risotto 6 Yogurt 5	Beans on toast 1 Fresh fruit platter	
Thursday		Cheesy garlic bread 1 5 Pasta bolognese bake 1	Ploughman's tea 1 5 Yogurt 5	
Friday		Coconut fish curry and rice 6 Lemon drizzle cake 3 5	Pirate pasta 1 6 Fresh fruit platter	

ALLERGEN INFORMATION:

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|--------------------|----------------------|------------------|-------------------|-------------------|-----------------|--------------------|
| 1 Gluten | 2 Crustaceans | 3 Eggs | 4 Celery | 5 Milk | 6 Fish | 7 Treenuts |
| 8 Sulphites | 9 Soya | 10 Sesame | 11 Peanuts | 12 Mustard | 13 Lupin | 14 Molluses |

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Week 2	Breakfast	Lunch	Tea	Snacks
Monday	Breakfast is served from 8-8.30am A selection of healthy breakfast cereals, wholemeal toast, fruit or yogurt	Bruchetta 1 Macaroni and Broccoli pasta 1 5	Toasted bagels with salmon pate and cucumber 1 5 6 Yogurt 5	Snacks are served 9.45-10.15am and 1.45-2.15pm Fresh fruit or vegetable platter, served with milk or water
Tuesday		Minced beef casserole 1 4 Carrot cake 1 3 5	Tuna and sweetcorn pasta salad 1 5 6 Fresh fruit platter	
Wednesday		Flatbread with tzatziki dip 1 5 Mushroom risotto 5	Pirate pasta 1 6 Fresh fruit platter	
Thursday		Fajita chicken pasta 1 5 Fresh fruit platter	Open sandwich rolls with a selection of fillings 1 5 Yogurt 5	
Friday		Vegetable sticks and humous 4 10 Cajun dirty rice	Pizza muffins 1 5 Fresh fruit platter	

ALLERGEN INFORMATION:

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|--------------------|----------------------|------------------|-------------------|-------------------|-----------------|--------------------|
| 1 Gluten | 2 Crustaceans | 3 Eggs | 4 Celery | 5 Milk | 6 Fish | 7 Treenuts |
| 8 Sulphites | 9 Soya | 10 Sesame | 11 Peanuts | 12 Mustard | 13 Lupin | 14 Molluses |

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Week 3	Breakfast	Lunch	Tea	Snacks
Monday	Breakfast is served from 8-8.30am A selection of healthy breakfast cereals, wholemeal toast, fruit or yogurt	Chicken and leek pasta bake 1 5 12 Greek yogurt and honey 5	Sandwich platter 1 5 Fresh fruit platter	Snacks are served 9.45-10.15am and 1.45-2.15pm Fresh fruit or vegetable platter, served with milk or water
Tuesday		Cowboy pie 5 Fresh fruit platter	Tuna and vegetable pasta salad 1 5 6 Yogurt 5	
Wednesday		Salmon and broccoli pasta bake 1 5 6 Raspberry cheesecake 1 5	Jacket potato with cheese and beans 5 Fresh fruit platter	
Thursday		Cheese scones 1 5 Moroccan lamb tagine and cous cous 1 4	Wholemeal wraps with a selection of fillings 1 5 Greek yogurt with raspberries 5	
Friday		Breadsticks and humous 1 10 Lemon chicken and rice	Fish finger sandwiches 1 6 Fresh fruit platter	

ALLERGEN INFORMATION:

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|--------------------|----------------------|------------------|-------------------|-------------------|-----------------|--------------------|
| 1 Gluten | 2 Crustaceans | 3 Eggs | 4 Celery | 5 Milk | 6 Fish | 7 Tree nuts |
| 8 Sulphites | 9 Soya | 10 Sesame | 11 Peanuts | 12 Mustard | 13 Lupin | 14 Molluscs |