

EDG Nursery Summer/Autumn Menu 2026

Week One	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 7:30 - 9:00	Selection of Low Sugar Cereals & Toast	Selection of Low Sugar Cereals &	Selection of Low Sugar Cereals &	Selection of Low Sugar Cereals & Toast	Selection of Low Sugar Cereals &
AM Snack 10:00 - 10:30	Fruit Platter	Crudités	Fruit Platter	Crudités	Fruit Platter
Lunch 11:30 - 12:30	<p><u>Morrococan Lamb Meatballs in Tomato Pasta Sauce with Spaghetti</u></p> <p>Minced Lamb/Quorn, Garlic, Chopped Tomato, Tomato Puree, Onion, Oregano, Thyme, Bay Leaf</p>	<p><u>Cod in White Parsley Sauce with Mashed Potatoes & Green Peas</u></p> <p>Potatoes, Carrots, Cellery, Onion, Garlic, Sweetcorn, Garden Peas, Flour, Butter, Milk, Nutmeg, Bayleaf</p>	<p><u>Mixed Vegetable Cous Cous</u></p> <p>Cous Cous, Sweetcorn, Carrots, Spring Onion, Herbs, Peppers, Red Onion, Peas, Olive Oil</p>	<p><u>Lemon & Herb Chicken Kebabs with Sweet Potato Wedges</u></p> <p>Chicken, Lemon, Mixed Herbs, Sweet Potatoes.</p>	<p><u>Jellof Rice with Steamed Cabbage & Carrots</u></p> <p>Rice, Bell Peppers, Tomato Puree, Chopped Tomatoes, Cumin, Garlic, Onions, Garlic Puree, Oil</p>
Dessert	<u>Fruity Flapjack</u>	<u>Berrie Smoothies</u>	<u>Stewed Apples with Custard</u>	<u>Peach Slices</u>	<u>Natural Yoghurt & Blueberry Compote</u>
Mid Day Snack 14:00 - 14:30	Cold or warm whole/semi-skimmed/plant-based milk	Cold or warm whole/semi-skimmed/plant-based milk	Cold or warm whole/semi-skimmed/plant-based milk	Cold or warm whole/semi-skimmed/plant-based milk	Cold or warm whole/semi-skimmed/plant-based milk
Tea 15:30 - 16:30	<p><u>Beans with English Muffin</u></p> <p>Beans in Tomato Sauce and a Selection of White/Wholemeal Bread</p>	<p><u>Egg Fried Rice</u></p> <p>Rice, Egg, Soya Sauce, Mixed Herbs, Peppers, Onions & Garlic</p>	<p><u>Italian Farfelle Pasta Salad</u></p> <p>Pasta, Sweetcorn, Red Peppers & Peas</p>	<p><u>Sausage Rolls & Vegetable Sticks</u></p> <p>Puff Pastry, Vegan Sausage Rolls, Brown Sauce, Cucumber, Carrots, Celery, Peppers</p>	<p><u>Selection of Mini Wraps</u></p> <p>Selection of White/Wholemeal Wraps Cheese, Chicken or Tuna</p>
Pudding	<u>Pineapple Fingers</u>	<u>Melon Trio</u>	<u>Fruit Platter</u>	<u>Watermelon Wedges</u>	<u>Fruit Kebabs</u>
PM Snack 17:00 - 17:30	Breadsticks w/ Cheese Spread	Malt Loaf	Crumpets	Multigrain Crackers with Butter	Crudités w/ Hummus

Fresh drinking water is available and accessible at all times

All meals & desserts are prepared with no added sugar or salt

All meals are prepared age appropriately

All snacks come with a choice of Apple, Banana & Orange

*We celebrate birthdays by baking a homemade cake in-house, Slices of cake will then be sent home from so parents can choose whether or not their child can consume

All meals containing Meat will have a vegetarian substitute available for the applicable children

Meat Required (KG)	3KG Chicken Fillets	3KG Lamb Mince
---------------------------	---------------------	----------------