Cranbrook
Independent Nursery & Pre-School

Sample Nursery Menu

Autumn/ Winter

	BREAKFAST	LUNCH	TEA	SNACKS
Monday	Selection of cereals with milk & selection of fruit	Chickpea, spinach & carrot stew with brown rice **Starter/ Pudding:** Pitta fingers & homemade hummus	Mini pitta pockets with chicken, avocado & cheese **Starter/ Pudding:** Fresh red apples	**AM**: Fruit selection **PM:** Cream crackers with mild soft cheese
Tuesday	Selection of cereals with milk & selection of fruit	Salmon & broccoli pasta bake with mangetout **Starter/ Pudding:** Homemade vegetable soup	Jacket potato with homemade chilli **Starter/ Pudding:** Greek yoghurt & homemade fruit coulis	**AM:** Fruit selection **PM:** Homemade malt loaf
Wednesday	Selection of cereals with milk & selection of fruit	Spaghetti bolognaise with homemade garlic bread **Starter/ Pudding:** Homemade hummus with vegetable sticks	Mushroom & asparagus creamy risotto **Starter/ Pudding:** Cheese slices & strawberries	**AM:** Fruit selection **PM:** Cucumber & cherry tomatoes
Thursday	Selection of cereals with milk & selection of fruit	Slow cooked seasonal meat with roast potatoes & roasted carrots **Starter/ Pudding:** Homemade spinach & ricotta pastry swirls	Three bean bolognese with homemade garlic bread **Starter/ Pudding:** Greek yoghurt & honey	**AM:** Fruit selection **PM:** Oatcakes with cottage cheese
Friday	Selection of cereals with milk & selection of fruit	Chickpea & vegetable medley with brown rice & broccoli **Starter/ Pudding:** Pitta fingers & homemade tzatziki	Creamy chicken & cauliflower penne pasta **Starter/ Pudding:** Baked cinnamon pear	**AM:** Fruit selection **PM:** Carrot batons with homemade hummus

Cranbrook meals are all homemade daily with no added sugar or salt.
Drinks: Tap water is served throughout the day, with milk available at snack times.
Dietaries: All dietary needs are catered for, vegetarian options are available.
Weaning: Purees and finger foods are available for smaller children who have begun weaning.

This is a sample menu. Menus are rotated on a three-week basis.
Please contact your nursery manager to request the full three-week menu rotation, vegetarian menu or weaning menu, including allergen information. We are a nut free nursery.