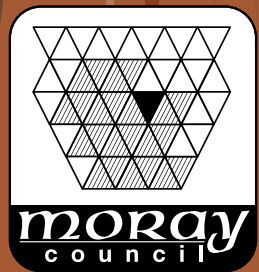










Nursery Menu










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Week 1

Lunch

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Chicken Curry	Macaroni Cheese 	Salmon fish fingers	Pork Sausages with optional Gravy	Mince Steak and Vegetables
Carb	Rice	Garlic Bread	Pasta	Potatoes	Potatoes
Vegs	Sweetcorn Cucumber	Broccoli Tomato	Sweetcorn and Peas Grated carrot	Peas Beetroot	Baked Beans Lettuce
Soup/ Sweet	Fruit and Natural Yoghurt 	Melon Slice 	Potato and Leek Soup 	Fruit and Natural Yoghurt 	Orange Cake with Custard and Fruit 

Light Teas

	Monday	Tuesday	Wednesday	Thursday	Friday
	Lentil Soup 	Cottage Pie and Beans	Cheese Sandwich with Salad 	Tomato Soup 	Vegetable Soup 
	Tuna Mayo Roll with Salad	Fruit and Natural Yoghurt 	Strawberry Mousse 	Oatie Biscuit with Fruit 	Chicken Picky Plate

Which week is it?

- 15/04/2024
- 13/05/2024
- 10/06/2024
- 12/08/2024
- 09/09/2024
- 21/10/2024
- 18/11/2024
- 16/12/2024
- 27/01/2025
- 24/02/2025
- 24/03/2025

Week 2

Lunch

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Bubble Fish	Cheesy Vegetable Pasta 🌱	Chicken Fricasse	Salmon and Sweet Potato Fish Cakes	Roast Beef with Optional Gravy
Carb	Pasta	1/2 Roll	Rice	Potatoes	Potatoes
Vegs	Carrots Tomato	Broccoli Lettuce	Sweetcorn Beetroot	Peas Coleslaw	Broccoli Cucumber
Soup/ Sweet	Fruit and Natural Yoghurt 🌱	Plain Muffin with Fruit 🌱	Chocolate Sponge with fruit and optional Custard 🌱	Rice Pudding with Peaches 🌱	Carrot and Potato Soup 🌱

Light Teas







	Monday	Tuesday	Wednesday	Thursday	Friday
	Jacket Potato and Cheese 🌱	Lentil Soup 🌱	Yellow Split Pea Soup 🌱	Chicken pasta bake	Cheese and Egg Picky Plate
	Fruit and Natural Yoghurt 🌱	Chicken Slice Sandwich with Salad	Ham picky plate	Fruit and Natural Yoghurt 🌱	Fruit bowl selection

Which week is it?







- 22/04/2024
- 20/05/2024
- 17/06/2024
- 19/08/2024
- 16/09/2024
- 28/10/2024
- 25/11/2024
- 06/01/2025
- 03/02/2025
- 03/03/2025

Week 3

Lunch

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Steak mince and vegetables	Macaroni Cheese 	Salmon Fish Fingers	Pork Sausages with Optional Gravy	Chicken Goujons
Carb	Potato	Garlic Bread	Potatoes	Potatoes	Pasta
Vegs	Peas Grated Carrot	Broccoli Tomato	Cauliflower Beetroot	Baked Beans Cucumber	Carrots Lettuce
Soup/ Sweet	Toffee Pudding with Fruit and optional Custard 	Tomato Soup 	Gingerbread Sponge with Fruit and optional Custard 	Cornflake Biscuit and Fruit 	Fruit and Natural Yoghurt 

Light Teas

	Monday	Tuesday	Wednesday	Thursday	Friday
	Vegetable Soup 	Chicken Picky Plate	Lentil Soup 	Chicken Slice Salad Wrap	Bolognaise Pasta
	Cheese Sandwich with Salad 	Fruit and Natural Yoghurt 	Tuna Mayo Sandwich	Fruit and Natural Yoghurt 	Fruit Bowl Selection 

Which week is it?

- 29/04/2024
- 27/05/2024
- 24/06/2024
- 26/08/2024
- 23/09/2024
- 04/11/2024
- 02/12/2024
- 13/01/2025
- 10/02/2025
- 10/03/2025

Week 4

Lunch

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Cheese Melt Baguette	Roast Chicken with Optional Gravy	Tomato Pasta 🌿	Steak Pie	Salmon and Sweet potato Fish cake
Carb	Potatoes	Potatoes	1/2 Roll	Potatoes	Pasta
Vegs	Baked Beans Cucumber	Broccoli Grated Carrot	Sweetcorn Lettuce	Peas Tomato	Carrots Coleslaw
Soup/ Sweet	Melon Slice 🌿	Chocolate Oat Cookie with Fruit 🌿	Lentil Soup 🌿	Fruit and Natural Yoghurt 🌿	Shortbread with Fruit 🌿

Light Teas

	Monday	Tuesday	Wednesday	Thursday	Friday
	Carrot and Potato Soup 🌿	Cheese and Egg Picky Plate 🌿	Baked Potato with Beans 🌿	Chicken Noodle Soup	Potato Soup 🌿
	Ham Sandwich with Salad	Melon and Grapes with Yoghurt 🌿	Fruit and Natural Yoghurt 🌿	Apple Crumble with Fruit 🌿	Cheese and Red Pepper Wrap 🌿

Which week is it?

- 06/05/2024
- 03/06/2024
- holiday
- 02/09/2024
- 30/09/2024
- 11/11/2024
- 09/12/2024
- 20/01/2025
- 17/02/2025
- 17/03/2025

Our menu

The nursery menu complies with the Setting the Table NHS Health Scotland.



Setting the Table NHS Health Scotland:

<https://www.healthscotland.com/documents/30341.aspx>

Good nutrition for 3 to 5 year olds is important because it:

- ensures optimal growth and development
- encourages children to develop a taste for healthy foods in preference to fatty, sugary and salty foods

Moray Council Catering Department provide the lunch and light tea meals.

The Early Learning and Childcare setting provides the snacks throughout the day

Free range eggs

from Brackla in Elgin.

Fresh milk

from Graham's Dairy in Nairn.

Fresh bread

Straithisla Bakery provides for Keith and Fochabers area.

Seasonal Veg

from Swansons Fruit and Veg in Elgin.

Quality Meat

Andersons Butcher Buckie provides for Buckie, Keith and Fochabers area.

Fraser Brothers Butchers provides for Forres, Lossiemouth, Elgin and Speyside area.

Allergens and dietary information is available from your nursery manager. Should your child have a specific dietary requirement (including vegetarian) please contact nursery manager.

