

We know and understand how vital good nutrition is for young children. Creating healthy eating habits during childhood positively impacts their physical development and long term health, but it doesn't stop there. Nutrition also affects focus, cognitive development, hand-eye coordination and much more.

Our nurseries are proud to serve every child with freshly prepared food from our carefully designed 15-day menu cycle.

Our yummy dishes also provide children with a rich variety of tastes and textures, offering a balance of carbohydrates, colourful vegetables, proteins and fresh fruit throughout the week.

We are also proud to display the highest food hygiene standard in conjunction with the Food Standards Agency.



## Monday

### Lunch

Chicken tarragon and rice

### Dessert

A selection of fresh fruit

### Baby Room Tea

Cheesy mash and beans. Fromage frais for dessert

### Toddlers & Pre School Snack Tea

Fresh sandwiches with a mix of fresh pepper sticks. Fromage frais for dessert

## Tuesday

### Lunch

Mediterranean lamb tagine and vegetable couscous

### Dessert

Our cooks very own homemade cake

### Baby Room Tea

Homemade pizza and crudites. A selection of fresh fruit for dessert

### Toddlers & Pre School Snack Tea

Homemade pizza and crudites. A selection of fresh fruit for dessert

## Wednesday

### Lunch

Japanese curry

### Dessert

A selection of fresh fruit

### Baby Room Tea

Tomato pasta infused with mixed herbs. Strawberries and ice cream for dessert

### Toddlers & Pre School Snack Tea

Potato waffles and crudities. Strawberries and ice cream for dessert

## Thursday

### Lunch

Homemade shepherds pie

### Dessert

Fromage frais

### Baby Room Tea

Somerset cheese and ham toastie, served with carrot sticks. A selection of fresh fruit for dessert

### Toddlers & Pre School Snack Tea

Somerset cheese and ham toastie, served with carrot sticks. A selection of fresh fruit for dessert

## Friday

### Lunch

Spaghetti bolognese garnished with somerset cheese

### Dessert

A selection of fresh fruit

### Baby Room Tea

Homemade turkey burgers. Our cooks very own homemade biscuits for dessert

### Toddlers & Pre School Snack Tea

Homemade turkey burgers. Our cooks very own homemade biscuits for dessert

## Monday

### Lunch

Homemade chicken  
curry

### Dessert

A selection of fresh  
fruit

### Baby Room Tea

Gumbo. Fromage frais  
for dessert

### Toddlers & Pre School Snack Tea

Cream cheese bagel  
with cucumber sticks.  
Fromage frais for  
dessert

## Tuesday

### Lunch

Homemade chilli con  
carne and rice

### Dessert

A selection of berries  
and ice cream

### Baby Room Tea

Carbonara. A selection  
of fresh fruit for  
dessert

### Toddlers & Pre School Snack Tea

Beans on toast. A  
selection of fresh fruit  
for dessert

## Wednesday

### Lunch

Chicken pot pie

### Dessert

A selection of fresh  
fruit

### Baby Room Tea

Homemade cottage  
pie. Homemade cake  
for dessert

### Toddlers & Pre School Snack Tea

Sausage rolls, carrot  
and cucumber sticks.  
Homemade cake for  
dessert

## Thursday

### Lunch

Beef stroganoff with  
cauliflower and  
broccoli florets

### Dessert

Fromage frais

### Baby Room Tea

Creamy cheese and  
potato bake. A  
selection of fresh fruit  
for dessert

### Toddlers & Pre School Snack Tea

Chilli nachos. A  
selection of fresh fruit  
for dessert

## Friday

### Lunch

Turkey meatball pasta  
bake

### Dessert

A selection of fresh  
fruit

### Baby Room Tea

Moussaka. Our cooks  
very own homemade  
biscuits for dessert

### Toddlers & Pre School Snack Tea

Fresh sandwiches on  
white and brown  
bread and cucumber  
sticks. Homemade  
biscuits for dessert

## Monday

### Lunch

Homemade lasagne

### Dessert

A selection of fresh fruit

### Baby Room Tea

Chicken stew. Fromage frais for dessert

### Toddlers & Pre School Snack Tea

Potato cakes. Fromage frais for dessert

## Tuesday

### Lunch

Chicken and carrot infused pasta bake

### Dessert

Our cooks very own homemade cake

### Baby Room Tea

Macaroni and cheese. A selection of fresh fruit for dessert

### Toddlers & Pre School Snack Tea

Fresh sandwiches with mixed pepper and cucumber sticks. Fresh fruit for dessert

## Wednesday

### Lunch

Vegetable curry and rice

### Dessert

A selection of fresh fruit

### Baby Room Tea

Cauliflower cheese and sweetcorn bake. Homemade cake for dessert

### Toddlers & Pre School Snack Tea

Cheese on toast with carrot sticks. Homemade cake for dessert

## Thursday

### Lunch

Roast chicken dinner

### Dessert

Fromage frais

### Baby Room Tea

Sausage rolls mixed with veg and gravy. A selection of fresh fruit for dessert

### Toddlers & Pre School Snack Tea

American pancakes and berries. A selection of fresh fruit for dessert

## Friday

### Lunch

Sausage and bean pot pie

### Dessert

A selection of fresh fruit


### Baby Room Tea

Homemade cheese and ham crepe. Homemade biscuit and fromage frais for dessert

### Toddlers & Pre School Snack Tea

Croque monsieur croissant. Homemade biscuits for dessert





Manor Day Nurseries caters for children with confirmed allergens. If you would like an allergens information menu then please speak to a member of management at your local nursery, who would be happy to assist.

All our menu's are subject to change throughout the year.

