

Menu Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 7:30-8:30am	Wheat bisks with milk and sliced bananas Whole Milk / Water	Toasted Crumpets with butter or soft cheese and apple slices Whole Milk / Water	Warm porridge with cinnamon, blueberries and milk Whole Milk / Water	Mini shredded wheat with strawberries and milk Whole Milk / Water	Scrambled egg and toasted white bagel thins and Satsumas Whole Milk / Water
Mid-morning snack 10-10:20am	Crisp breads with soft cheese and pears slices Whole Milk / Water	Cucumber and Carrot sticks with Hummus Whole Milk / Water	Rice cakes with cottage cheese and pineapple fingers Whole Milk / Water	Sliced pears and apples Whole Milk / Water	Cheese fingers and apple slices Whole Milk / Water
Lunch 12pm - 12:30pm	V: Mixed bean (kidney, haricot, butter beans) and root vegetable stew (onions, carrots and parsnips) with herby cous-cous	Beef Lasagne (onions, tomatoes) with sweetcorn and Peas	Fish and leek potato bake (white fish fillets, leeks, potatoes) with Cauliflower	Chicken Biriyani (onions, carrots and peas) Brown rice with Raita dip and chopped cucumber	V: Cheese and tomato quiche with sweet potato wedges and corn on the cob
Served with water	PUDDING: Apple and blackberry Crumble and custard	PUDDING: Semolina and Blueberries	PUDDING: Sliced peaches with Greek Yoghurt	PUDDING: Rice Pudding	PUDDING Banana slices and custard
Tea 3:15-3:45pm	V: Jacket potato with baked beans and grated cheese Carrot sticks Apple quarters Whole Milk / Water	V: Hard boiled eggs with wholemeal toast and sliced mushrooms Natural Yoghurt Whole Milk / Water	Wholemeal Pitta, Turkey & Cheese slices Carrot, cucumber with Hummus dip Quartered grapes Whole Milk / Water	V: Homemade Vegetable Soup (carrots, onions, swede & butterbeans) with warm white crusty French bread Sliced pears Whole Milk / Water	Herby pilchard tomato white pasta with sweetcorn V: Kidney bean tomato pasta – as above Melon slices Whole Milk / Water
Mid-afternoon snack 5-5:20pm	Orange quarters Water	Crackers with butter and soft cheese Water	Breadsticks and sliced banana Water	Oatcakes and satsumas Water	Leftover fruit or vegetable sticks with Breadsticks Water
Protein Foods Starchy Foods Fruit and Vegetables Milk and Dairy					

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Menu Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 7:30-8:30am	Smashed avocado with white toast Whole Milk / Water	Natural yoghurt, granola, mixed berries Whole Milk / Water	Toasted crumpets with sliced plums Whole Milk / Water	Hard boiled eggs wholemeal toast Apple slices Whole Milk / Water	Mini shredded wheat with milk Greek yoghurt and banana slices Whole Milk / Water
Mid-morning snack 10-10:20am	Cheese fingers and tomato slices Water	Crispbread and cottage cheese Water	Crackers with butter Pear slices Water	Sugar snap peas and hummus Water	Cucumber and carrot sticks with Rice cakes Water
Lunch 12pm - 12:30pm	<u>V:</u> Kedgeree (white rice, smoked haddock, peas and boiled egg) With runner beans and sweetcorn	<u>Creamy Chicken</u> and <u>Vegetable Pie</u> (carrots, peas and sweetcorn, milk/white sauce) With <u>mashed potato</u>	<u>V:</u> <u>Creamy</u> Roasted Vegetable white pasta bake (soft cheese, onions and tomatoes and <u>butter beans</u>) with roasted veg (red onion, peppers and courgettes) topped with <u>cheese</u> .	Mexican <u>beef chilli</u> (kidney beans, peppers, onions and sweetcorn) <u>brown rice</u>	<u>Roast Chicken</u> with <u>gravy</u> <u>Roast potatoes</u> , carrots and broccoli
Served with water	<u>V:</u> <u>Creamy Butter Bean</u> and <u>Vegetable Pie</u> (carrots, peas and sweetcorn, milk/white sauce) with <u>mashed potato</u>	<u>V:</u> <u>Creamy Butter Bean</u> and <u>Vegetable Pie</u> (carrots, peas and sweetcorn, milk/white sauce) with <u>mashed potato</u>		<u>V:</u> <u>Mexican mixed bean chilli</u> (kidney beans, pinto beans and black beans. Peppers, onions and sweetcorn) with <u>brown rice</u>	<u>V:</u> <u>Roast Quorn</u> with <u>vegetable</u> <u>gravy</u> <u>Roast potatoes</u> , carrots and broccoli
	PUDDING: Fruit Salad	PUDDING: Rice Pudding	PUDDING: Plum Crunchie Oats, Natural yoghurt and sliced plums	PUDDING: Jam & coconut sponge with custard	PUDDING: Greek Yoghurt and mixed berries
Tea 3:15-3:45pm	<u>Kidney Bean</u> and <u>vegetable fajitas</u> (sliced peppers and onions) in <u>wholemeal wraps</u> and <u>grated cheese</u> Quartered Grapes Whole Milk / Water	<u>Tuna</u> and <u>sweetcorn sandwiches</u> (<u>white bread</u>) with <u>tomato</u> and <u>cucumber slices</u> Greek yoghurt Whole Milk / Water	<u>Curried Chickpea Couscous</u> (<u>Carrots</u> , <u>Onion</u> & <u>tomatoes</u>) with Oranges Whole Milk / Water	<u>Vegetable Frittatas</u> , (sliced peppers, onions & <u>potatoes</u>) Mango slices Whole Milk / Water	<u>Eggy wholemeal bread</u> with <u>button mushrooms</u> Apple slices Whole Milk / Water
Mid-afternoon snack 5-5:20pm	<u>Breadsticks</u> and <u>pineapple fingers</u> Water	<u>Melba Toast</u> and <u>quartered grapes</u> Water	<u>Ricecakes</u> and <u>sliced plums</u> Water	<u>White bagels</u> with <u>soft cheese</u> and <u>strawberries</u> Water	<u>Banana</u> and <u>blueberries</u> Water
Protein Foods Starchy Foods Fruit and Vegetables Milk and Dairy					

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Menu Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 7:30-8:30am	Ready oats with milk and orange slices Whole Milk / Water	Shredded wheat with raspberries and milk Whole Milk / Water	Buttered white muffins with cheese and cucumber slices Whole Milk / Water	Toasted fruit bread with Apple slices and yoghurt Whole Milk / Water	Warm porridge with, apples and milk Whole Milk / Water
Mid-morning snack 10-10:20am	Breadsticks and Orange quarters Water	Ricecakes and smashed avocado Water	Pitta bread fingers and humous Water	Sliced plums and satsumas Water	Soft cheese sandwiches – wholemeal bread Water
Lunch 12pm - 12:30pm	V: Broccoli and Bean Macaroni Cheese (cheese, broccoli, butter beans, white macaroni)	Beef Stew (onions, carrots, peas, swede) with mashed potatoes	Turkey burgers with sweet potato wedges with sweetcorn	Chicken Kebabs (baby-corn, peppers, onions, mushrooms, courgettes) with brown rice	Baked Salmon with baby roasted potatoes and roasted veg – red onions, courgettes, peppers.
		V: Quorn Mince Stew (onions, carrots and peas, swede) with mashed potatoes	V: Lentil burgers with sweet potato wedges and sweetcorn	V: Tofu kebabs (baby-corn, peppers, onions, mushrooms, courgettes) with brown rice	V: Baked tofu with baby roasted potatoes and roasted veg – red onions, courgettes, peppers.
Served with water	PUDDING: Banana & Custard	PUDDING Blueberry sponge cake	PUDDING: Semolina and raspberry compot	PUDDING: Fruit Salad	PUDDING: Natural yogurt and strawberries
Tea 3:15-3:45pm	Scrambled egg with toasted white bagels and avocado slices Quartered strawberries Whole Milk / Water	Baked beans & Tomatoes on wholemeal toast Greek yoghurt and pineapple Whole Milk / Water	Chickpea and orzo pasta salad (sweetcorn, tomato and cucumber) Banana slices Whole Milk / Water	Tomato and butterbean soup with wholemeal bread rolls Melon slices Whole Milk / Water	Homemade Veggie Pizza (cheese, sweetcorn, peppers) with hummus Pear slices and oranges Whole Milk / Water
Mid-afternoon snack 5-5:20pm	Banana slices Water	Celery sticks and soft cheese Water	Soft cheese spread on wholemeal bread and cucumber slices Water	Ricecakes with cheese fingers and apple slices Water	Leftover fruit or vegetable sticks Water
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Menu Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 7:30-8:30am	Baked beans on wholemeal toast Sliced apple Whole Milk / Water	Overnight oats with strawberries and blueberries Whole Milk / Water	Cream cheese white bagels with tomato slices and satsumas Whole Milk / Water	Weetabix with mixed berries Whole Milk / Water	Warm porridge with cinnamon, banana and milk Whole Milk / Water
Mid-morning snack 10-10:20am	Crackers, cheese fingers and quartered grapes Whole Milk / Water	Oatcakes and pear slices Water	Pineapple and Greek yoghurt Water	Wholemeal Pitta fingers and tuna dip Water	Carrot and celery sticks with soft cheese Water
Lunch 12pm - 12:30pm	V: Creamy Zucchini and cannellini bean white Bow-Tie pasta	Breaded Cod Fish Fingers with mashed potatoes and peas	Chicken in tomato and basil sauce with brown rice and green beans	Beef Cottage Pie – minced beef, onions, carrots, mashed potato topping. with broccoli and cauliflower	V: Broccoli quiche with new potatoes and green beans
		Beanie fingers with mashed potatoes and peas	V: Tofu in tomato and basil sauce with brown rice and green beans	V: Quorn Cottage Pie – minced Quorn, onions, carrots, mashed potato topping. With broccoli and cauliflower	
Served with water	PUDDING: Upside-down pineapple cake	PUDDING: Mango, peaches and yoghurt	PUDDING: Apple and cinnamon crumble and custard	PUDDING: Strawberries and yoghurt	PUDDING: Rice Pudding
Tea 3:15-3:45pm	Toasted buttered crumpets, Hummus with Cucumber and carrot sticks Natural yoghurt and strawberries Whole milk/Water	Wholemeal pittas with egg mayo Tomato and cucumber slices Orange quarters Whole milk/Water	Jacket potato with Mixed bean chilli (kidney beans, pinto beans and black beans, onions and sweetcorn) and sour cream Quartered grapes Whole milk/Water	Cheesy sweetcorn egg muffins (sweetcorn, cheese, egg) with wholemeal toast Blackberries Whole milk/Water	Tuna/Chickpea cheesy melts (tuna/chickpea, sweetcorn, mayo, cheese on white bread) Melon slices Whole milk/Water
Mid-afternoon snack 5-5:20pm	Ricecakes with soft cheese and sliced plums Water	Breadsticks and apples slices Water	Banana slices and brown bread Water	Carrot and Cucumber sticks with hummus Water	Apple and pear slices with Melba Toast Water
Protein Foods Starchy Foods Fruit and Vegetables Milk and Dairy					

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