

Menu Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 7:30-8:30am	Wheat bisks with milk and sliced bananas Whole Milk / Water	Toasted muffins with apple slices Whole Milk / Water	Hard boiled eggs with wholemeal toast Quartered grapes Whole Milk / Water	Warm porridge with cinnamon, blueberries and milk Whole Milk / Water	Shredded wheat with strawberries and milk Whole Milk / Water
Mid-morning snack 10-10:20am	Rice cakes with cottage cheese and pineapple fingers Whole Milk / Water	Celery sticks with cream cheese Whole Milk / Water	Mashed Avocado and wholemeal toast fingers Whole Milk / Water	Sliced pear and apples Whole Milk / Water	Melon slices Whole Milk / Water
Lunch 12pm - 12:30pm	Beef Bolognese (onions, mushrooms, carrots) with wholemeal spaghetti V: Quorn mince bolognese onions, mushrooms, carrots) with wholemeal spaghetti	Chicken stir-fry with rice, mangetout peas and babycorn V: Butterbean stir fry with egg noodles, mangetout peas and babycorn	V: Roasted mushroom and cannellini bean white tagliatelle in a creamy cheese sauce	V: Sweetcorn and Red pepper "crustless quiche" and new potatoes with cucumber and tomato slices	Salmon and potato fish cakes with cabbage and garden peas V: Mixed lentil and potato cakes with cabbage and garden peas
Served with water	PUDDING: Rainbow fruit salad Strawberries, kiwi, grapes, pineapple	PUDDING: Sliced peaches with Greek yoghurt	PUDDING: Semolina with mixed berries	PUDDING: Mixed melon slices	PUDDING Banana slices and custard
Tea 3:15-3:45pm	V: Mexican bean (black and pinto beans) and cheese white wraps with peppers and onions. Apple and Pear slices Whole Milk / Water	V: Wholemeal Rolls with egg and watercress Cucumber and tomato sticks Banana and Grapes Whole Milk / Water	V: Jacket potato with baked beans and grated cheese Carrot sticks Strawberry quarters Whole Milk / Water	Tuna white pasta salad – cream cheese, sweetcorn, cucumber, tomato V: chickpea pasta salad – as above Pineapple and Greek yoghurt Whole Milk / Water	Turkey/Mashed butter bean and Cheese white Wraps with cucumber sticks Melon slices Whole Milk / Water
Mid-afternoon snack 5-5:20pm	Carrot and Cucumber sticks with hummus Water	Crackers with butter and cheese fingers Water	Orange quarters Water	White Pitta with Tuna and tzatziki dip Water	Breadsticks with soft cheese 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	Warm porridge with , strawberries and milk Whole Milk / Water	Smashed avocado with wholemeal toast Whole Milk / Water	Toasted crumpets with sliced plums Whole Milk / Water	Shredded wheat with milk Greek yoghurt and banana slices Whole Milk / Water	Hard boiled eggs wholemeal toast Apple slices Whole Milk / Water
Mid-morning snack 10-10:20am	Crackers with butter and sliced apple Whole Milk / Water	Breadsticks with hummus and quartered cherry tomatoes Whole Milk / Water	Cucumber and carrot sticks Whole Milk / Water	Strawberries, blueberries and natural yoghurt Whole Milk / Water	Mini avocado and tomato sandwiches Whole Milk / Water
Lunch 12pm - 12:30pm	V: Creamy Roasted Vegetable white pasta bake (soft cheese, onions and tomatoes and butter beans) with roasted veg (red onion, peppers and courgettes) topped with cheese.	Sweet and sour chicken with brown rice (onions, tomatoes, pineapple, carrots and peppers)	Homemade beef burgers with seasoned potato wedges and sweetcorn	Baked cod, cheese and tomatoes with new potatoes and green beans	V: Chickpea and spinach curry (onions, tomatoes) with white rice
Served with water	PUDDING: Fresh fruit salad – apples, pears, plums and peaches	PUDDING: raspberry & yoghurt	PUDDING: Strawberry crunchie (Oats, natural yoghurt and strawberry)	PUDDING: Sliced Peaches and sliced plums	PUDDING: Blueberry sponge cake and custard
Tea 3:15-3:45pm	Wholemeal Pitta, Turkey & Cheese slices Carrot, cucumber with Hummus dip Melon sticks Water	Boiled eggs with white toast Carrots and cucumber sticks Quartered Grapes Whole Milk / Water	Chickpea crunch wholemeal pasta peppers and red onions Blueberries Whole Milk / Water	Homemade Veggie Pizza (cheese, sweetcorn, peppers) with hummus Pear slices and oranges Whole Milk / Water	Jacket potatoes with baked beans and cheese Apple slices Whole Milk / Water
Mid-afternoon snack 5-5:20pm	Cheese fingers and tomato slices Water	Kiwi and pineapple slices/fingers Water	Melba Toast with soft cheese and quartered grapes Water	Bagel with soft cheese and strawberries Water	Crackers with butter Pear slices Water
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Menu Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 7:30-8:30am	Yoghurt parfait, (Natural yoghurt, granola, strawberries and blueberries) Whole Milk / Water	Buttered muffins with cheese and cucumber slices Whole Milk / Water	Shredded wheat with raspberries and milk Whole Milk / Water	Cinnamon bagels with Apple slices and yoghurt Whole Milk / Water	Ready oats with milk and orange slices Whole Milk / Water
Mid-morning snack 10-10:20am	Orange segments and apple slices Whole Milk / Water	Cucumber sticks and humous Whole Milk / Water	Wholemeal bread with soft cheese Whole Milk / Water	Pitta fingers with smashed avocado and quartered cherry tomatoes Whole Milk / Water	Breadsticks and kiwi Whole Milk / Water
Lunch 12pm - 12:30pm	Salmon and green pea wholemeal pasta (crème frachie, onions, peas) with Broccoli	Chicken Kebabs (baby-corn, peppers, onions, mushrooms, courgettes) with couscous	V: Bean Mac and Cheese (cheese, butter beans, runner beans, white macaroni) with sweetcorn and roasted tomatoes	Jerk chicken drumsticks with white rice and kidney beans Cucumber slices	Homemade cod fish fingers, potato wedges and peas
	V: Cannellini bean and Green Pea wholemeal pasta (crème frachie, onions, peas) with Broccoli	V: Tofu kebabs (baby-corn, peppers, onions, mushrooms, courgettes) with couscous		V: Jerk Quorn fillets with white rice and kidney beans Cucumber slices	V: Beanie fingers (kidney beans, sweet potato and onions) potato wedges and peas
	Served with water	PUDDING: Tropical Fruit Salad – pineapple, mango, kiwi	PUDDING: Mixed berries and natural yoghurt	PUDDING: Rice pudding and raspberry compote	PUDDING: Banana and Custard
Tea 3:15-3:45pm	Curried chickpea (onions, Carrots and peas) rice and yoghurt dip Banana slices Whole Milk / Water	Scrambled egg with toasted muffins Avacado slices Quarters Grapes Whole Milk / Water	White Pitta with Tuna/Hummus and smashed avocado Banana Whole Milk / Water	Boiled egg wholemeal sandwiches tomato and cucumber slices Banana slices Whole Milk / Water	Chicken or butter bean white noodles with peppers Mixed fresh fruit salad Whole Milk / Water
Mid-afternoon snack 5-5:20pm	Mini soft cheese sandwiches and cucumber slices Water	Ricecakes and banana Water	Cheese fingers and apple slices Water	Oatcakes with soft cheese and quartered grapes Water	Carrot and pepper sticks Water
Protein Foods Starchy Foods Fruit and Vegetables Milk and Dairy					

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Menu Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 7:30-8:30am	Smashed avocado with wholemeal toast Quartered cherry tomatoes Whole Milk / Water	Weetabix with mixed berries	Warm porridge with cinnamon, banana and milk Whole Milk / Water	Cream cheese white bagels with tomato slices Whole Milk / Water	Overnight oats with strawberries and blueberries Whole Milk / Water
Mid-morning snack 10-10:20am	Crispbread with soft cheese and orange segments Whole Milk / Water	Raspberries and Natural yoghurt Whole Milk / Water	Wholemeal pitta pockets with Tuna Whole Milk / Water	Crackers, cheese fingers and quartered grapes Whole Milk / Water	Apple and pear slices Whole Milk / Water
Lunch 12pm - 12:30pm	V: Mexican mixed bean chilli (kidney beans, pinto beans and black beans. Peppers and sweetcorn) with white rice	Homemade beef bolognaise (carrots, onions, mushrooms) with wholemeal spaghetti	Homemade breaded chicken strips with new potatoes and sweetcorn	V: Egg fried brown rice with sweetcorn, peppers, spring onion and broccoli	V: Mushroom and Tomato quiche with sweet potato wedges
		V: Lentil Bolognese (carrots, onions, mushrooms) with wholemeal spaghetti	V: Homemade breaded mushrooms with new potatoes and sweetcorn and chickpea salad		
	Served with water	PUDDING: Mango, peaches and yoghurt	PUDDING: Upside-down pineapple cake	PUDDING: Peaches and custard	PUDDING: Strawberries and yoghurt
Tea 3:15-3:45pm	Jacket potatoes, Grated cheese and baked beans Cucumber sticks Whole Tangerine Whole Milk / Water	V: Spiced couscous with chickpeas and roasted vegetables – courgettes, peppers and onions Mango slices Whole Milk / Water	Scrambled egg with white bagels thins and carrot sticks Strawberry quarters Whole Milk / Water	Cheese and hummus wholemeal wraps with Lettuce and pepper sticks Apple quarters Whole Milk / Water	Wholemeal pitta bread with Turkey or Quorn slices and cheese Carrot and celery sticks Pears quarters Whole Milk / Water
Mid-afternoon snack 5-5:20pm	Sliced Bananas Milk	Breadsticks and Kiwi slices Water	Ricecakes, with apples and blackberries Water	Watermelon Slices Water	Oatcakes with butter and blueberries Water

Protein Foods **Starchy Foods** **Fruit and Vegetables** **Milk and Dairy**

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