



Northumbria University Nursery Summer Menu

As you know young children are developing rapidly and are very active; children in this age group eat smaller meals than adults so it is important to provide them with regular meals and snacks to meet their needs for physical activity and growth. They need plenty of energy (calories) and nutrients so they grow and develop well, so it is important to ensure that they are getting a balanced, varied diet and enjoy different foods.

To help us achieve this we;

- Use as much seasonal produce as we can.
- Are working with the Eat Better Start Better Guidelines.
- Any tinned items we use have no added salt or sugar (as recommended by the Eat Better Start Better Guidelines)
- No salt will be added to any of our food.
- Our food is homemade, high quality and nutritionally balanced.
- We have a nut free kitchen.
- Menus and recipes can be amended for dietary requirements.

Healthy eating is not just about what we put on the plate, it is about educating the children and giving them the knowledge and independence to make healthy choices that will leave them in good stead for the future.

Here's our Spring/Summer menus.



Please note – if required a full list of ingredients are available upon request at our Nursery Reception Desk.

SUMMER MENU WEEK 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 7.45-8.15	Scotch Pancakes & Cheeses Diluted fruit juice or whole milk to drink	Rice Krispies & whole milk Diluted fruit juice or whole milk to drink	Toasted Bagels Diluted fruit juice or whole milk to drink	Weetabix & whole milk Diluted fruit juice or whole milk to drink	Cornflakes & whole milk Diluted fruit juice or whole milk to drink
Morning snack 10.00	Selection of fruit Water or whole milk to drink	Toasted Muffin Water or whole milk to drink	Selection of fruit Water or whole milk to drink	Crumpets Water or whole milk to drink	Selection of Fruit Water or whole milk to drink
Lunch 12.00	Vegetable Curry with Brown Rice Strawberries and Fresh Cream Water or whole milk to drink	Lamb Meatballs/Vegetable Cakes in a tomato, red pepper and herb sauce with Penne Pasta Steamed Jam Sponge with Custard Water or whole milk to drink	Steamed White Fish in a Parsley Sauce with Baby New Potatoes and Mixed Veg Rice Pudding and Sultanas Water or whole milk to drink	Pork/Veg Sausages in an onion gravy with mash and mushy peas Fruit and Yoghurt Water or whole milk to drink	Piri Piri Chicken/Quorn with homemade wedges and sweetcorn Milk Jelly Water or whole milk to drink
Tea 3.00	Tagliatelle Pasta with Tomato and Tuna Selection of fruit Water or whole milk to drink	Scotch Pancakes with Cheese and Grapes Fruit Platter Water or whole milk to drink	Beans on toast Ginger Biscuit with Oranges Water or whole milk to drink	Homemade Minestrone Soup with Wholemeal bread Slices of Melon and Orange Water or whole milk to drink	Pizza with Peppers and Mozzarella Cheese Fruit Salad Water or whole milk to drink
Afternoon snack 5.00	Breadsticks Water to drink	Fruit Water to drink	Oat Cakes Water to drink	Fruit Water to drink	Carrot Sticks Water to drink

WEANING STAGE PUREE

	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	Cauliflower and Peas Mashed Banana	Sweet Potato Mash Mango	Carrots and Broccoli Steamed Apple	Mixed Veg Pear	Butternut Squash Melon
Tea	Broccoli Blueberries	Peas and Sweetcorn Apple and Cinnamon	Cauliflower Peach	Mashed Potato Mashed Banana	Carrots Strawberries

FOR THE NEXT STAGE FOOD WILL BE BLENDED FROM THE MAIN MEN

SUMMER MENU WEEK 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 7.45-8.15	Weetabix with whole milk Diluted fruit juice or whole milk to drink	Toast with low sugar jam or marmalade Diluted fruit juice or whole milk to drink	Cornflakes with whole milk Diluted fruit juice or whole milk to drink	English Muffin Diluted fruit juice or whole milk to drink	Rice Krispies with whole milk Diluted fruit juice or whole milk to drink
Morning snack 10.00	Pancakes and Cheese Water or whole milk to drink	Fruit Water or whole milk to drink	Carrot and Cucumber sticks Water or Whole milk to drink	Fruit Water or whole milk to drink	Toasted Muffin Water or whole milk to drink
Lunch 12.00	Sausage, vegetable and Bean Pot Apple and Cinnamon Crumble with Vanilla Sauce Water or whole milk	Chicken/Quorn Tikka and Mediterranean veg Masala with Naan Bread Fruit Salad Water or whole milk	Spring Veg Pork Casserole Lemon Sponge with Custard Water or whole milk	Salmon and Broccoli Bake Shortcake Biscuit with Peach and Cream Water or whole milk	Vegetable Lasagne with Garlic Bread Rice Pudding Water or whole milk
Tea 3.00	Jacket Potatoes with Various Fillings Selection of Fruit Water or Whole Milk	Cheesy Crumpets Apricot Cookie Water or Whole Milk	Fusilli Pasta in Cheese and Garlic Sauce Selection of Fruit Water or Whole Milk	Whole-wheat Spaghetti Hoops Selection of Fruit Water or Whole Milk	Carrot and Cannellini Soup with a White Bread Bun Strawberry Muffin Water or Whole Milk
Afternoon snack 5.00	Fruit Water to drink	Oat cakes Water to drink	Fruit Water to drink	Cucumber Sticks Water to drink	Fruit Water to drink

WEANING STAGE PUREE

	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	Swede and Mash Mango	Mixed Veg Banana	Sweet Potato Mash Blueberry	Carrots Peaches	Peas/ Potato Apple
Tea	Broccoli Strawberries	Potatoes /Carrots Mango	Peas/ Sweetcorn Banana	Potatoes / Broccoli Apple	Green Beans Peaches

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SUMMER MENU WEEK 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 7.45-8.15	Rice Krispies & Whole Milk Diluted fruit juice or whole milk to drink	Cornflakes & whole milk Diluted fruit juice or whole milk to drink	Toast with low sugar jam or marmalade Diluted fruit juice or whole milk to drink	Weetabix & whole milk Diluted fruit juice or whole milk to drink	Crumpets Diluted fruit juice or whole milk to drink
Morning snack 10.00	English Muffins Water or whole milk to drink	Fruit Water or whole milk to drink	Fruit scone Water or whole milk to drink	Carrot & Cucumber sticks Water or whole milk to drink	Fruit Water or whole milk to drink
Lunch 12.00	Cheesy Chicken Pasta with Broccoli Fruity Oat Bar Water or whole milk	Homemade Salmon Fishcakes with Wedges and Beans Fruit Platter Water or whole milk	Sweet and Sour veg with Pork or Sweet and Sour Veg with Brown Rice Peach Crumble with Vanilla Sauce Water or whole milk	Spinach and Tuna Lasagne with Garlic Bread Mini Oaty Banana Muffin Water or whole milk	Roast Chicken with Yorkshire Pudding, Carrots, Peas, Roast Potatoes and Gravy Fruit and Yoghurt Water or whole milk
Tea 3.00	Spring Vegetable Soup with Wholemeal Bread Slices of Oranges and Melon Water or Whole Milk	Pasta in Tomato and Basil Sauce Apple Flapjack Water or Whole Milk	Crackers and Cheese with Cucumber and Carrot Sticks Selection of Fruit Water or Whole Milk	Homemade BBQ Beans on Wholemeal Toast Selection of Fruit Water or Whole Milk	Pitta Bread with Cucumber & yoghurt dip, mackerel pate and tomato & basil dip Lemon Cupcake Water or Whole Milk
Afternoon snack 5.00	Cucumber Sticks Water to drink	Pancakes Water to drink	Fruit Water to drink	Breadsticks Water to drink	Oat Cakes Water to drink

WEANING STAGE PUREE

	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch 12.00	Broccoli Mixed Fruit	Carrots Melon	Peas/ Sweetcorn Peach	Sweet Potato Mash Apple	Potatoes/ Carrots Banana
Tea 3.00	Mixed Veg Apple	Mash/ Peas Banana	Swede Blueberry	Broccoli Peach	Mixed Veg Strawberry

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SUMMER MENU WEEK 4

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 7.45-8.15	Weetabix with whole milk Diluted fruit juice or whole milk to drink	Scotch Pancakes with cheese whole milk Diluted fruit juice or whole milk to drink	Rice Krispies with whole milk Diluted fruit juice or whole milk to drink	Cornflakes with whole milk Diluted fruit juice or whole milk to drink	English Muffin Diluted fruit juice or whole milk to drink
Morning snack 10.00	Selection of fruit Water or whole milk to drink	Crackers with cream cheese Water or whole milk to drink	Selection of fruit Water or whole milk to drink	Fruit scone Water or whole milk to drink	Selection of fruit Water or whole milk to drink
Lunch 12.00	Fish and Leek Crumble Fruit and Yoghurt Water or whole milk	Vegetable Spaghetti Bolognese with Garlic Bread Fruit Salad Water or whole milk	Chicken or Veg Chow Mein with Rice Noodles Lemon Cheesecake Water or whole milk	Lamb Mince/ Vegetable Cobbler with Roast Potatoes, Carrots, Broccoli and Gravy Summer Fruit Jelly Water or whole milk	Homemade Fish fingers with Sweet Potato Fries and Green Beans Blueberry Muffin Water or whole milk
Tea 3.00	Cheese on toast Cherry Scone Water or Whole Milk	Tomato and Basil Soup and a Bread Bun Apple and Blackberry Flan Water or Whole Milk	Jacket Potatoes with Various Fillings Fruit Water or Whole Milk	Mascarpone Pasta Oat and Raisin Cookie Water or Whole Milk	Cauliflower Cheese Fruit Water or Whole Milk
Afternoon snack 5.00	Pombear Crisps Water to drink	Fruit Water to drink	Pancakes Water to drink	Fruit Water to drink	Breadsticks Water to drink

WEANING STAGE PUREE

	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch 12.00	Mixed Veg Fruit Salad	Swede Mango	Carrots/Peas Apple	Potato and Broccoli Banana	Sweet Potato Mash Pear
Tea 3.00	Potatoes and Sweetcorn Banana	Cauliflower Peach	Mixed Veg Pear	Sweet Potato Apple	Carrots Banana

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