



Fresh, tasty, and
nutritious meals
and snacks

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Nutritious delight with every bite





Example Menu - Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Yoghurt with apple slices	Toast with milk and pear slices	Cereal with milk and melon slices	Yoghurt with orange segments	Toast with yoghurt and banana
Snack	Pitta bread with houmous	Corn cakes with houmous with roasted peppers	Watermelon slices	Rice cakes with houmous with olive oil	Cucumber sticks with lemon & coriander houmous
Main course	Paneer & pea curry with Sweetcorn	Tikka turkey with carrots	Roast chicken, roast potatoes and peas	Cheese Bolognese pasta with broccoli	Cauliflower and coconut curry, naan, and peas
Dessert	Peach oaty crunch with custard	Lemon cake with yoghurt	Braised apples with raisins and custard	Yoghurt with watermelon	Vanilla cake with slice of apple
Snack	Orange segments	Pineapple slices	Naan bread with cheese & chive dip	Carrot sticks with houmous with olive oil	Cheese sticks
Tea	Cheese and broccoli pasta bake	Lamb and chickpea stew	Creamy tomato and mascarpone pasta	Mini jackets with sweet chilli chicken	Cheesy peasy pasta



Example Menu - Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cereal with milk and pear	Toast with yoghurt and apple	Yoghurt with banana and corn cake	Cereal with milk and melon slices	Rice cakes with banana and milk
Snack	Pineapple slices	Naan bread with lemon & coriander houmous	Cheese sticks	Rice cakes and apples slices	Pineapple slices
Main course	Roast chicken, roast potatoes and carrots	Smokey BBQ beef with sweetcorn	Chicken korma curry with rice	Spanish cod with peas	Veggie pineapple Thai curry and broccoli
Dessert	Banana cake with custard	Poached pears with custard	Vanilla cake with custard	Banana with yoghurt	Cinnamon cake
Snack	Corn cakes with houmous with olive oil	Orange segments	Cucumber sticks with houmous	Wholemeal pitta bread with houmous with roasted peppers	Naan bread with cheese & chive dip
Tea	Lemon chicken with orzo	Tuna pasta bake	Beef chilli with wraps	Cheese and broccoli pasta bake	Cheesy tomato pasta



Example Menu - Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Toast with yoghurt and pear	Yoghurt with banana and corn cakes	Yoghurt with pear slices	Toast with milk and apple wedges	Cereal with milk and melon slices
Snack	Orange segments	Wholemeal pitta bread with cheese & chive dip	Orange segments	Rice cakes with lemon & coriander houmous	Corn cakes with pear segments
Main course	Classic fish pie with carrots	Lamb hot pot with sweetcorn	Roast chicken, roast potatoes and broccoli	Cheese and tomato pizza with carrot sticks	Chicken & pepper fajitas with wraps and peas
Dessert	Vanilla cake	Pineapple slices	Banana cake with yoghurt	Apple slices with custard	Apple oatly crunch with custard
Snack	Naan with houmous with roasted peppers	Cheese sticks	Grissini sticks with houmous with olive oil	Watermelon slices	Cucumber sticks with houmous
Tea	Cheesy peasy pasta	Mini jackets with sweet chilli chicken	Herby tomato turkey with potatoes	Cheese and broccoli pasta bake	Paprika macaroni beef pasta