Full menu & sample menu

E: hello@nurserykitchen.co.uk
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Nutritious delight with every bite

Hello!

Get ready for some classics re-imagined!

Think comforting, home-cooked favourites like beef lasagne, cottage pie and chicken pie, all lovingly reworked with a Nursery Kitchen twist. We've boosted these much-loved dishes with extra veggies, wholesome beans, lentils and plenty of nutritious, child-friendly flavours, creating meals that are just as comforting

♥ = classics re-imagined key

Look out for the pink heart on our menu! It marks our classics re-imagined dishes, so you'll know exactly which days and weeks these comforting favourites are available to enjoy in your nursery.

beef cottage pie

chicken pie

veggie
bolognese

Menu
November 2026

NURSERY KITCHEN

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Main meals week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
main meal 1 & side	cowgirl millie's sweet potato chilli & potato wedges	coco mango chicken curry & brown rice	fruity lamb moroccan stew & couscous	roast chicken with gravy & roast potatoes, carrots & sweetcorn	swish fish pie & mixed greens
serving suggestion	grated cheese, yoghurt	naan bread, pakora, yoghurt	piadina wraps, falafel, hummus, yoghurt	peas	rye & wheat bread
main meal 2 & side	chana masala & white rice	cheesy tuna with baked potatoes	red pepper and sweet potato tagine & couscous	veggie roast with caramelised onion gravy, carrots & roast potatoes	loaded sweet potato wedges & grated cheese
serving suggestion	naan bread, pakora, yoghurt	sweetcorn	piadina wraps, falafel, hummus, yoghurt	peas	piadina wraps, crunchy slaw
main meal 3 & side	brilliant baked beans with mini jackets	mushroom barley risotto & peas	corn mac n cheese & peas	teddy's diy pizza, rainbow veg sticks & hummus	italian bean stew & rye & wheat bread
serving suggestion	grated cheese, rye & wheat bread	bread and butter	rye & wheat bread	crunchy slaw	grated cheese
main meal 4 & side	red pepper with gluten free pasta & peas	squash and chickpea curry & naan bread	beef cottage pie & rye & wheat bread **(medium DF cottage pie available)**	beef lasagne & rye & wheat bread	shawarma chicken & piadina wraps
serving suggestion	grated cheese	pakora, yoghurt	mixed greens	peas	yoghurt
main meal 5 & side	margherita pasta & peas	butternut & apricot couscous & piadina wraps	greek beans & rye & wheat bread	bbq bean chilli & white rice	reggie's pie, peas and rye & wheat bread
serving suggestion	rye & wheat bread	yoghurt, falafel, hummus	yoghurt	carrots	sweetcorn

Main meals week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
main meal 1 & side	lamb moussaka & rye & wheat bread	beef bolognese pasta & sweetcorn	creamy chicken pie & roast potatoes	salmon & pineapple thai curry & noodles	**cheesy leek & potato pie** and peas
serving suggestion	falafel, hummus, yoghurt	grated cheese, rye & wheat bread	sweetcorn	mixed greens	rye & wheat bread and butter
main meal 2 & side	butternut and apricot couscous & piadina wraps	italian bean stew & rye & wheat bread	creamy parsnip & cannellini bake & rye & wheat bread	sweet & sour veggies & rice	bbq bean chilli & mini jackets
serving suggestion	yoghurt, falafel	grated cheese	sweetcorn	mixed greens	rye & wheat bread
main meal 3 & side	veggie malaysian curry & noodles	veggie roast with caramelised onion gravy, carrots, peas & roast potatoes	fruity lamb moroccan stew & couscous	veggie hotpot & peas	cajun salmon & peas
serving suggestion	peas, sweetcorn	sweetcorn	piadina wraps, falafel, hummus, yoghurt	rye & wheat bread	rye & wheat bread
main meal 4 & side	chicken tikka masala & white rice	roast chicken with gravy & roast potatoes, peas & sweetcorn	cowgirl millie's sweet potato chilli & mini wraps	toni's tomato pasta & peas	squash and chickpea curry & brown rice
serving suggestion	naan bread, pakora, yoghurt	mixed greens	grated cheese, yoghurt	rainbow veg sticks, rye & wheat bread	naan bread, pakora, yoghurt
main meal 5 & side	chana masala & white rice	red pepper with gluten free pasta & peas	brilliant baked beans with mini jackets	**cheesy peasy pesto pasta** & peas	sweet potato dhal & pakoras
serving suggestion	naan bread, pakora, yoghurt	grated cheese	grated cheese, rye & wheat bread	rye & wheat bread	naan bread, white rice, yoghurt

Main meals week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
main meal 1 & side	super duper tuna pasta & carrots	NEW bbq beef & spiced wedges & white rice	squash and chickpea curry & brown rice	farmer reggie's stewed veggies & mini jackets, hummus	chicken and potato stew & rye & wheat bread
serving suggestion	rye & wheat bread	grated cheese, peas	naan bread, pakora, yoghurt	rye & wheat bread	mixed greens
main meal 2 & side	veggie malaysian curry & noodles	veggie fajitas & piadina wraps	roast chicken with gravy & roast potatoes, peas & sweetcorn	paneer tikka masala & white rice	red pepper and sweet potato tagine & couscous
serving suggestion	peas	grated cheese, crunchy slaw	N/A	naan bread, pakora, yoghurt	piadina wraps, falafel, hummus, yoghurt
main meal 3 & side	veggie hotpot & peas	chicken fajitas & piadina wraps	veggie roast with caramelised onion gravy, peas & roast potatoes	toni's tomato pasta & peas	**lulu's african bean stew** & grated cheese
serving suggestion	rye & wheat bread	grated cheese, crunchy slaw	sweetcorn	rainbow veg sticks & rye & wheat bread	brown rice
main meal 4 & side	caribbean style chicken & white rice	brilliant baked beans with mini jackets	spanish fish & quinoa	sweet potato dhal & pakoras	chilli con carne & brown rice
serving suggestion	mixed greens	grated cheese, rye & wheat bread	peas, rye & wheat bread	naan bread, pakora, yoghurt	piadina wraps, grated cheese, yoghurt
main meal 5 & side	UPGRADED veggie bolognese & peas	mushroom stroganoff pasta & peas	chef louie's ratatouille & rye & wheat bread	creamy parsnip & cannellini bake & rye & wheat bread	DIY corn & potato frittata
serving suggestion	grated cheese, rye & wheat bread	rye & wheat bread	grated cheese	sweetcorn	crunchy slaw

Breakfast

Breakfast is an important meal for young children and a great opportunity to offer energy, fibre and a range of vitamins and minerals to kick-start their day. We offer a variety of wholegrain breakfast cereals, breads, fruit, veg and yoghurt allowing you to create a balanced breakfast selection for children.

Top Tip

Creating a breakfast buffet with a selection of our wholegrain, low sugar breakfast cereals and your choice of fruits for topping is a quick and simple way to provide balance and offer choice and independence to children at breakfast time.

Top Tip

As an alternative to serving cereals with milk, why not shake up your breakfasts by topping yoghurt with chopped fruit and a sprinkle of cereals on top?

carbs

- corn cakes
- rice cakes
- chickpea and lentil crackers
- puffed brown rice cereal
- weetabix
- spelt flakes cereal
- puffed oat cereal
- piadina wraps
- rye & wheat bread
- baked oats

fruit & veg

- apples
- satsuma
- bananas
- pears
- melon
- poached pears
- watermelon
- fruit salad
- mango
- rainbow veg sticks
- pineapple
- braised apples
- braised apples with raisins
- spiced pineapple
- carrot sticks
- cucumber sticks
- poached peaches

dairy & alternatives

- natural set yoghurt
- **oatly oat fraiche**
- oat milk
- soya milk
- plant butter
- cream cheese
- vegan cream cheese
- vegan grated cheese

Sides

Not only do sides and serving suggestions add variety, important nutrients and energy, but they can also make the dish look more appealing, offer a variety of textures and entice children to the table.

We have specified which side dishes and serving suggestions go perfectly with each main meal to help you create a balanced meal that looks and tastes good but also meets the necessary nutrition standards. You can add as many sides and serving suggestions as you like to create meals that are attractive and appealing to children.

carbs

naan
piadina wraps
rye & wheat bread
brown rice
white rice
couscous
quinoa noodles
roast potatoes, mini jackets & potato wedges (only available on certain days)

veg

(each available on certain days)
peas
carrots
sweetcorn
mixed greens
crunchy slaw
rainbow veg sticks
carrot sticks
cucumber sticks

bites

falafel
pakora
rice cakes
corn cakes
chickpea and lentil crackers

dairy & alternatives

grated cheese
cheese wedges
cream cheese
vegan cream cheese
natural set yoghurt
oatly oat fraiche
vegan grated

dips & spread

velvet hummus
beetroot & horseradish hummus
plant butter

Second courses

To meet the nutrition guidelines, a second course should be offered as part of lunch and tea every day. Second courses offer additional energy and important nutrients such as fibre, vitamins, minerals and antioxidants and are a useful way to add further variety to your menu.

We aim to build a healthy relationship with all foods, which is why we refer to this dish as 'second courses' instead of desserts and include savoury options as well as sweeter ones. This can help children to understand that second courses are not always sweet and helps to avoid over reliance on sweeter tasting foods.

carbs

naan
piadina wraps

fruit & veg

apples
satsuma
bananas
pears
melon
watermelon
pineapple
poached fruit

fruit salad
mango
cucumber sticks
carrot sticks
rainbow veg sticks

dips

velvet hummus
beetroot & horseradish hummus

sweet

auntie rosie's apple strudel
baked oats
peach & raspberry pie
spiced pineapple
apple crumble
peach crumble
braised apples & raisins
braised apples
poached peaches
(available on certain days)

bites

falafel
pakora
corn cakes
rice cakes
chickpea and lentil crackers

dairy & alternatives

grated cheese
cheese wedges
cream cheese
natural set yoghurt

oatly oat fraiche
vegan grated cheese

Snacks

Snacks provide a useful opportunity to top up on nutrients and energy between meals. It can be helpful to think of snacks as mini meals and include foods from different food groups. For example, crackers with cucumber and hummus dip makes a tasty snack with carbohydrates, vegetables and protein.

carbs

naan
piadina wraps
rye & wheat bread

fresh fruit & Veg

apples
satsuma
bananas
pears
melon
watermelon
pineapple
fruit salad

cucumber sticks
carrot sticks
rainbow veg sticks
mango

bites

falafel
pakora
corn cakes
rice cakes

chickpea and lentil crackers

dairy & alternatives

cheese wedges
cream cheese
natural set yoghurt
oatly oat fraiche
vegan grated cheese

dips

velvet hummus
beetroot & horseradish hummus

FOOD & DRINK
Nourish
AWARDS
2026
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Nourish
AWARDS
2026
sweet and
sour veggies
lamb
moussaka

Sample Menu 2026

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Sample menu week 1

Bespoke EYFS compliant menus

	Monday	Tuesday	Wednesday	Thursday	Friday
breakfast	weetabix & banana	baked oats with natural yoghurt & fresh fruit	toast with plant based butter & fresh fruit selection	rude health cereal & fresh fruit selection	natural yoghurt topped with peaches, raspberries & puffed oats
am snack	beetroot & horseradish hummus & rice cakes	toast/bread & cream cheese spread	corn cakes and cheese wedges	pineapple slices with chickpea and lentil crackers	rice cakes with cucumber sticks & yoghurt dip
lunch	cowgirl millie's sweet potato chilli	coco mango chicken curry	fruity lamb moroccan stew	beef lasagne	swish fish pie
side dishes	potato wedges	white rice	couscous	rye & wheat bread	mixed greens
second course	braised apples with raisins & yoghurt	cheese wedges & corn cakes	pakora & yoghurt dip	apple slices & yoghurt	peach & raspberry pie
pm snack	pears	satsumas	apples	carrot sticks & cream cheese dip	watermelon
tea	chana masala	cheesy tuna with mini baked potatoes	beef cottage pie	teddy's DIY pizza	chicken shawarma
side dishes	brown rice	sweetcorn	peas	rainbow veg sticks & hummus	naan bread
second course	satsumas	apple slices	spiced pineapple	pears	carrot sticks & velvet hummus

Sample menu week 2

Bespoke EYFS compliant menus

	Monday	Tuesday	Wednesday	Thursday	Friday
breakfast	rude health cereal & fresh fruit selection	baked oats with braised apples	weetabix & poached peaches	natural yoghurt topped with chopped fresh fruit & spelt flakes	weetabix & apple slices
am snack	rice cakes & yoghurt dip	piadina wraps & cheese wedges	chickpea and lentil crackers and beetroot & horseradish hummus	corn cakes & cream cheese spread	rice cakes & velvet hummus
lunch	lamb moussaka	beef bolognese pasta	creamy chicken pie	salmon & pineapple thai curry	cheesy leek & potato pie
side dishes	rye & wheat bread	sweetcorn	roast potatoes	noodles	peas
second course	cheese wedges & apple slices	baked oats	apple crumble & yoghurt	watermelon	bananas & yoghurt
pm snack	bananas	pears	satsumas	carrot sticks	pineapple
tea	chicken tikka masala	veggie roast	brilliant baked beans	veggie hotpot	cajun salmon
side dishes	naan bread	roast potatoes, carrots & peas	rye and wheat bread & butter	peas	mini jacket potatoes
second course	pears	braised apples	bananas	naan bread with yoghurt dip	poached peaches

Sample menu week 3

Bespoke EYFS Compliant menus

	Monday	Tuesday	Wednesday	Thursday	Friday
breakfast	mashed banana on toast with fresh fruit selection	yoghurt topped with peaches, oats & seeds (peach crumble)	rude health cereals and fresh fruit selection	weetabix & pear	baked oats with braised apples & raisins
am snack	chickpea and lentil crackers & beetroot & horseradish hummus	corn cakes & cream cheese spread	chickpea and lentil crackers & pears	rice cakes & cheese wedges	naan bread & velvet hummus
lunch	super duper tuna pasta	NEW bbq beef & spiced wedges	squash and chickpea curry	creamy parsnip & cannellini bake	chicken and potato stew
side dishes	carrots	white rice	naan bread	mini jackets & hummus	rye & wheat bread
second course	auntie rosie's apple strudel	peach crumble & yoghurt	corn cakes & cream cheese	melon slices	braised apples with raisins & yoghurt
pm snack	pears	apple	satsumas	carrot sticks	mango pieces
tea	veggie malaysian curry	chicken fajitas	roast chicken with gravy	paneer tikka masala	lulu's african bean stew
side dishes	noodles	piadina wraps	roast potatoes, peas & sweetcorn	brown rice	white rice
second course	cheese wedges & corn cakes	bananas	poached peaches & yoghurt	apple slices	pineapple slices