

Hazelwood School Nursery

Sample Menu



Week 1

Monday

Tuesday

Wednesday

Thursday

Friday

Snacks

Selection of
vegetable sticks,
crackers, fruit &
breadsticks (G)

Selection of
vegetable sticks,
crackers, fruit &
breadsticks (G)

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vegetable sticks,
crackers, fruit &
breadsticks (G)

Selection of
vegetable sticks,
crackers, fruit &
breadsticks (G)

Selection of
vegetable sticks,
crackers, fruit &
breadsticks (G)

Lunch

Roasted vegetable
ragu with penne
pasta, garlic slice &
peas (G)

Beef chilli with
brown rice &
broccoli

Roast gammon with
gravy, roast potato,
carrot & sweetcorn

Mild chicken korma with
hidden vegetables,
brown rice & naan bread
shard (G, Mk)

Fish fingers with
chipped potato &
peas (G, F)

Vegetarian

Vegetarian chilli
with brown rice &
broccoli

Quorn fillet with
gravy, roast potato,
carrot & sweetcorn

Mild vegetable korma
with hidden
vegetables, brown rice
& naan bread shard
(G, Mk)

Fishless fingers with
chipped potato &
peas (G, F)

Dessert

Freshly cut
watermelon

Mixed fruit yoghurts
(Mk)

Freshly cut
pineapple

Mixed fruit yoghurts
(Mk)

Ice cream or frozen
yoghurt (Mk)

Tea

Jacket potato with
baked beans, tuna
mayonnaise &
grated cheese
(F, Mk, E)

Individual homemade
pizza with crudites
(G, Mk)

Vegetable pasta
with grated cheese
(G, Mk)

Cheesy broccoli &
cauliflower bake
with crudites (G, Mk)

Roast vegetable
couscous with herby
bread (G)

Contains:

Gluten - (G) Egg - (E) Sulphur Dioxide - (SD) Milk - (Mk) Fish - (F) Soya - (S) Mustard - (M) Celery - (C) Shellfish - (SF)

All our menus are free from, Nuts, Tree Nuts, Molluscs. Menu & Allergen subject to change, if you have an allergy **CHECK WITH KITCHEN**

Hazelwood School Nursery Sample Menu



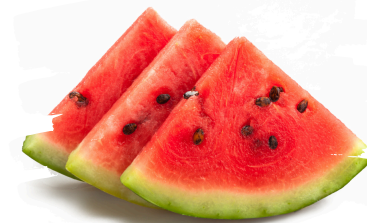
Week 2

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|------------|--|--|--|--|--|
| Snacks | Selection of vegetable sticks, crackers, fruit & breadsticks (G) | Selection of vegetable sticks, crackers, fruit & breadsticks (G) | Selection of vegetable sticks, crackers, fruit & breadsticks (G) | Selection of vegetable sticks, crackers, fruit & breadsticks (G) | Selection of vegetable sticks, crackers, fruit & breadsticks (G) |
| Lunch | Homemade tomato sauce with beef meatballs & couscous (G) | Lamb beanie pie topped with carrot & potato mash, served with green beans | Roast turkey with gravy, roast potato, carrot & broccoli | Mild chicken & vegetable tikka masala with rice & naan bread (G) | Battered fish fillet & chipped potato & peas (G, F) |
| Vegetarian | Homemade tomato sauce with vegan balls & couscous | Vegan mince beanie pie topped with carrot & potato mash, served with green beans (S) | Roast quorn fillet with gravy, roast potato, carrot & broccoli (G) | Mild vegetable tikka masala with rice & naan bread (G) | Vegetable fingers & chipped potato & peas (G, F) |
| Dessert | Freshly cut watermelon | Mixed fruit yoghurts (Mk) | Freshly cut pineapple | Mixed fruit yoghurts (Mk) | Ice cream or frozen yoghurt (Mk) |
| Tea | Stuffed jackets with homemade beans & cheesy potato (Mk) | Cheese & vegetable pizza with crudites (G, Mk) | Pasta & tomato sauce with crudites (G, Mk) | Homemade tomato & ragu soup with a crusty bread roll (G) | Homemade baked beans & sausage casserole (G, SD) |

Contains:
 Gluten - (G) Egg - (E) Sulphur Dioxide - (SD) Milk - (Mk) Fish - (F) Soya - (S) Mustard - (M) Celery - (C) Shellfish - (SF)
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Hazelwood School Nursery

Sample Menu



Week 3

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|------------|---|--|--|--|--|
| Snacks | Selection of vegetable sticks, crackers, fruit & breadsticks (G) | Selection of vegetable sticks, crackers, fruit & breadsticks (G) | Selection of vegetable sticks, crackers, fruit & breadsticks (G) | Selection of vegetable sticks, crackers, fruit & breadsticks (G) | Selection of vegetable sticks, crackers, fruit & breadsticks (G) |
| Lunch | Chicken & herby vegetable stew with new potato & cauliflower & broccoli (G, SD) | Homemade tomato sauce with penne pasta served with garlic bread & peas (G) | Roast chicken supreme with gravy & carrots | Lingfield sausages with swede & potato mash & baked beans (G, SD) | Breaded fish fillet with chipped potato & peas (G, F) |
| Vegetarian | Herby vegetable stew with new potato & cauliflower & broccoli | | Roast quorn fillet supreme with gravy & carrots (G) | Glamorgan sausages with swede & potato mash & baked beans (G) | Vegetable burger with chipped potato & peas (G) |
| Dessert | Mixed fruit yoghurts (Mk) | Freshly cut pineapple | Mixed fruit yoghurts (Mk) | Freshly cut watermelon | Ice cream or frozen yoghurt (Mk) |
| Tea | Spinach & tomato pasta bake with crudites (G, Mk) | Jacket potato with baked beans, tuna mayonnaise & grated cheese (F, Mk, E) | Macaroni cheese with crudites (G, Mk) | Cheese & tomato pitta pocket with cucumber & pepper sticks (G, Mk) | Selection of homemade sandwiches served with crudites (G, Mk) |

Contains:

Gluten - (G) Egg - (E) Sulphur Dioxide - (SD) Milk - (Mk) Fish - (F) Soya - (S) Mustard - (M) Celery - (C) Shellfish - (SF)

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Hazelwood Early Years Puree & Weaning Sample Menu

Hazelwood School Nursery baby purees are steam cooked and then frozen to preserve all nutrients and natural flavours and colours. The range is totally additive and preservative free.

Depending on the age of your child, you may wish to offer finger foods alongside our purees, to help introduce a range of different textures and flavours.



Vegetable purees (Stage 1)

Vegetable & meat purees (Stage 2)

Vegetable & meat dinner purees (Stage 3)

| | | |
|------------------------------|--------------------------------------|------------------------|
| Carrot & pea | Butternut & spinach | Broccoli & cauliflower |
| Lamb, broccoli & mint | Chicken cauliflower & broccoli | Chicken carrot & onion |
| Chicken cauliflower & potato | Carrot & sweet potato chicken & rice | Lamb & couscous |