

BIRKBEES GROUP AUTUMN TERM MENU 2025

BREAKFAST CONSISTS OF SELECTION OF CEREALS INCLUDING: WEETABIX, PORRIDGE, SHREDDIES, RICE CRISPIES, CORNFLAKES
Morning and Afternoon snack we serve a selection of seasonal fruits and vegetable crudities

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
NURSERY LUNCH	Butterbean & Pepper Pasta Bake with Peas	Roast Dinner Day	Cauliflower & Leek Cheese New potatoes Sweetcorn	Spaghetti Bolognaise with Green Beans	Fish Katsu Rice Peas
DESSERT	Shortbread Fingers	Natural Yogurt Homemade Berry Jam	Fresh Pineapple	Semolina Pudding with Coconut	Apple & Cinnamon Strudel
NURSERY TEA	Mackerel & Dill Pate Cucumber & Crackers	Baked Beans with Wholemeal Toast Fingers	Tuna & Sweetcorn filled Rolls	*Moroccan Root Veg and bean Soup	Egg & Cress Wholemeal wraps Carrot Sticks
DESSERT	Fruit Salad	Banana	*Chia Seed, Oat & Fruit Cookies	Orange and Sultana Muffins	Cranberry Scones
WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
NURSERY LUNCH	Jacket Potatoes with Tuna and homemade Coleslaw	Baked Fish Ratatouille New potatoes	Chicken/Quorn & Vegetable Pie Cabbage	Stir Fry Vegetables with Tofu Rice Noodles	Plant Based Sausage & Squash Pasta Bake Broccoli
DESSERT	Yogurt with Grated Pear	Vermicelli with Sultanas	Fruit Salad	Berry Sponge & Custard	*Fruity Rock Cakes
NURSERY TEA	Cherry Tomato & Feta Wholemeal Pasta Bake	*Minestrone Soup	Pizza with Cucumber Sticks	Tuna Melt Carrot Sticks	Dal and Rice
DESSERT	Fruity Flapjack	Seasonal Fruit	Ginger Cake	Chocolate Milk shake	Seasonal Fruit
WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
NURSERY LUNCH	Bean Chilli & Rice	Broccoli Cheese Pasta Bake Carrot Salad	Fish Goujons with Parsley Sauce Boiled Potatoes Peas	Chicken and Squash Biryani	Lasagne Mixed Salad
DESSERT	Fresh Pineapple	Fresh Oranges	Seasonal Fruit Selection	Banana Custard	Berry Crumble & Custard
NURSERY TEA	*Salmon Sandwiches Tomatoes	Feta, Pea, & Mint Egg Muffins	*Olive & Herb Scones with Cream Cheese Celery sticks	*Cream of Tomato & Lentil Soup with homemade bread	Mexican Mixed Bean Rice With a Spicy tomato sauce
DESSERT	Greek Yogurt with Fruit Puree	Seasonal Fruit	Fruit Milkshake	Chia seed Brownies	Banana & Chocolate chip Flapjack
WEEK 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
NURSERY LUNCH	Butternut Squash and chickpea Curry with Rice	Homemade Vegetable Pizza Potato salad	Chicken and Vegetable Tray Bake	Fish Crumble with Green Beans	Chicken Meatballs Mixed Vegetables & Cous Cous
DESSERT	Lemon, Raisin and poppy seed Bites	Fruit Salad	Semolina with Apricots	Greek Yogurt with Granola	Banana Custard
NURSERY TEA	Tiger Bread with Cheddar Cheese chunks Cherry Tomatoes & Pickle	Egg & Vegetable Chow Mein Noodles	Dal with Rice	Tomato, Bean and Basil Pasta Bake	*Leek, Butterbean and sweet potato soup
DESSERT	Fresh Fruit Platter	*Mini Carrot Cakes	Fruit	Milk Shake	Lemon Swiss Roll

Children are encouraged to access their water bottles throughout the day and are given a choice between milk and water at snack times from an open cup beaker or free flow trainer cup					
Allergies	Please speak to a member of the Management team if your child has any allergies or intolerances to any foods They will be able to advise you of the ingredients used in all our dishes				
	• Donates that the children will be involved in the preparation of this dish				