

BIRKBEES GROUP SPRING/SUMMER 2026

BREAKFAST CONSISTS OF A SELECTION OF CEREALS INCLUDING: WEETABIX, PORRIDGE, SHREDDIES, RICE CRISPIES, CORNFLAKES
Morning and Afternoon snack we serve a selection of seasonal fruits and vegetable crudities and bread Products-See separate menu

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
NURSERY LUNCH	Wholewheat Fussili Roasted Pepper & Basil Sauce, Grated Cheese Carrot and seed Salad	Chipotle Black Bean Chilli & Rice/ Sour Cream Corn on the Cob	Baked Fish in Lemon & Thyme Sauce Broccoli Mash Potatoes	Quorn Sausage Leek Gravy Bulgar Wheat	Ginger Chicken Mince Skewers Steamed Lemongrass Rice Peas
DESSERT	Fruit Cobbler Cream	Pineapple Chunks	*Figgy Biscuit Fingers	Seasonal fruit Salad	Natural Yogurt with Fruit Puree
NURSERY TEA	Filled Rolls Cucumber	Tuna Nicoise Salad	Cheese & Tomato filled Wraps	Lentil Rolls with Spicy Salsa	Aubergine Orzo and Oregano Pasta Bake
DESSERT	Seasonal Fruit	*Carrot and Caraway muffins	Melon	Oat & Pumpkin Seed Biscuits	Summer Fruit Platter
WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
NURSERY LUNCH	Chana Dal with Sweet Potato, Curry Leaves Coconut Milk & Cumin Chapati	Wild Salmon Fillets with a Pesto and Lemon Crumb New Potatoes Green Beans	Plant Based Sausage, Bean & Vegetable Tuscan Stew with Crusty Bread	North African Chicken/Tofu Tagine Cous Cous	Cauliflower Cheese Pasta Bake with Crunchy Topping Carrot Salad
DESSERT	Lemon Curd Tart	Coconut Milk Semolina with Berries	Natural Yogurt with Chopped Banana	Pineapple Chunks	Sultana Sponge
NURSERY TEA	Butternut Squash & Spinach Tart	Cheesy Wholemeal Pittas Lightly Pickled Seasonal Vegetables	*Olivier Salad Boiled Eggs	*Tuna & Sweetcorn Filled Rolls Carrot Sticks	Sweet Potato Falafel Tomato Salsa
DESSERT	Yogurt & Fresh Fruit Puree	Carrot Cake	*Fruit Skewers*	Date and Apple Crumble Slice	Melon Slices
WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
NURSERY LUNCH	Salmon & Pea Quiche New Potatoes Cucumber	Fish Curry Quinoa & Rice Mangetout	Baked Cajun Chicken Thighs Potato Wedges Homemade Coleslaw	Beef Burger in a Bun Corn on the cob	Daal with Rice Vegetable Samosa
DESSERT	Melon	Natural Yogurt with fruit Puree	Coconut and Pineapple Fool	Fruit	Blueberry Flapjack
NURSERY TEA	Linguine with Lemon Mascarpone, Courgette Ribbons & Crispy Breadcrumbs	Vegetable Fritters with Riata	Assorted Sandwiches with Crudities	Sweet and Sour Savoury Rice	Macaroni Cheese Cherry Tomatoes
DESSERT	Apricot Flapjack	Fruit Selection	* Orange & Sultana Sponge Fingers*	Ice Cream Cornets	Summer Fruit Salad
WEEK 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
NURSERY LUNCH	Quorn Spaghetti Bolognaise Green Beans	Chicken Tray Bake With seasonal vegetables	Vegetable Rosti Lentil and vegetable fried Rice Curry Sauce	Vegetable noodles with fried tofu	White Fish with Tomato and Olive Sauce Green Beans New Potatoes
DESSERT	Fruit Selection	Ground Rice Pudding with Jam	Creamy Chocolate Custard with banana	Berry Muffins	Fruit Salad
NURSERY TEA	Filled Rolls Vegetable sticks	Homemade Hummus, Pitta and Cucumber	Garlic Mushroom Puff Pastry Parcels Cherry Tomatoes	Homemade Baked Beans on Toast	Cheese & Biscuits Sweet Pickle & Cucumber
DESSERT	Natural Yogurt with Granola	Apple & Cinnamon Tarts	Melon	*Fruit Platter*	Ginger Cake

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**

Meals marked with (*) indicate that the children will be encouraged to prepare this meal
