



Spring & Summer 2026

Menu

In the background:

Lunchbox Lab

We have been working with a nutritional compliance platform, **Lunchbox Lab**, to analyse our menus and ensure they are nutritionally balanced and fully aligned with EYFS guidance.

Parent access to Lunchbox Lab will be rolled out over the coming weeks. This will allow families to view nutritional information, share feedback on meals, and access recipes to recreate favourite dishes at home.

Startwell

We have also worked with **Startwell** (Birmingham NHS), and have been awarded accreditation to the scheme:

The Startwell menu guidelines are grounded in national guidance, including the **Early Years Foundation Stage (EYFS) nutrition guidance** and the **Eatwell Guide**, which sets out what a balanced diet looks like across the main food groups. The guidance recognises that early childhood is a critical time for shaping food preferences that often continue into adulthood.

Startwell breaks the day down into **each eating opportunity** (breakfast, lunch, tea and snacks) and clearly sets out what food groups should be included at each point. This ensures children receive a **balanced, nutritious diet across the whole day**, not just at main meals. The guidance also supports weaning menus and makes provision for special dietary requirements, including vegetarian diets, allergies and intolerances.



Spring & Summer Menu Week 1

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 8.30am – 9.15am	Wholemeal toast with cream cheese and a side of fruit  	Toasted bagel with banana slices 	Porridge with mashed pears  	Weetabix with fruit  	Pancakes with fruit  
	Water or milk to drink 				
Mid Morning Snack 10am	Selection of fruit and vegetables (Eg. apples, bananas, pears, plums, peaches, satsumas, grapes, cherry tomatoes, carrots, peppers, cucumbers, avocado). Served with water				
Lunch 11.15am – 11.45am	Chicken and leek casserole with new potatoes and peas 	Beef bolognese with wholemeal spaghetti and side salad 	Mild mixed vegetable and red lentil dhal with brown rice and carrots 	Turkey and spinach koftas with couscous and summer vegetables 	Thai summer salmon curry served with a side of rice and cauliflower 
	<i>Classic British-style casserole with tender chicken pieces gently cooked with leeks in a light broth, served with soft new potatoes and peas</i>	<i>Soft wholemeal spaghetti served with lean beef Bolognese and finely chopped vegetables, paired with a fresh, toddler-friendly side salad</i>	<i>Mild spiced red lentil & vegetable dhal, slow-cooked until soft and creamy, served with brown rice & carrots</i>	<i>Juicy turkey and spinach koftas, seasoned with Mediterranean herbs, served with couscous and summer vegetables</i>	<i>Mild & creamy Thai summer salmon curry made with peas, sweetcorn & courgette cooked in coconut milk & herbs with rice</i>
	Lunch served with water				
Vegetarian Option	Mixed bean & leek casserole With new potatoes and peas	Lentil bolognese with wholemeal spaghetti and side salad 	Same as above 	Tofu and spinach koftas with couscous and summer vegetables  	Thai summer white bean curry with a side of rice and cauliflower
2nd Course	Trio of melon	Sugar-free summer fruit flapjack 	Carrot cake 	Baked apple wedges with yoghurt dip 	Plain yoghurt with raspberries 
	<i>A refreshing selection of three melons, cantaloupe, honeydew, and watermelon.</i>	<i>Sugar-free oven baked summer fruit flapjack</i>	<i>Homemade wholemeal sugar-free oven baked carrot cake</i>	<i>Sweet baked apple wedges served with creamy natural yoghurt for dipping</i>	<i>Plain yoghurt served with mashed raspberries</i>
Afternoon Snack 2.00pm	Oatcakes 	Wholemeal pitta bread fingers 	Beetroot and chive bread fingers 	Protein lentil rice cake	Wholemeal tortilla triangles 
	Served with a selection of fruit and vegetables (eg. apples, bananas, pears, plums, peaches, satsumas, grapes, cherry tomatoes, carrots, peppers, cucumbers, avocado). Served with water				
Light Tea 3.15pm	Pitta pizza with tomato lentil sauce and cheese  	Spinach & tomato crustless quiche with potato salad (spinch & bean salad for vegetarians)   	Tuna and vegetable quesadillas (cannellini beans for vegetarians)   	Coronation chickpea sandwiches 	Cold Five spice chicken noodles with vegetables (chickpeas for vegetarians) 
	<i>Pitta topped with homemade tomato lentil sauce topped with cheese served with crudites</i>	<i>A light and wholesome spinach & tomato crustless quiche, baked until fluffy and golden, served with potato salad</i>	<i>A warm wholemeal tortilla filled with flaked tuna and soft grated vegetables, lightly baked into soft wedges with cucumber</i>	<i>Wholemeal bread with creamy mashed chickpeas mixed with mild curry spices, dairy free yoghurt & raisins with crudites</i>	<i>Tender strips of chicken served with chilled noodles and crisp fresh vegetables, mild seasons</i>
	Water or Milk (M) to drink 				
Late Snack 5.00pm	Fruit & vegetable basket				

Allergy information key:



Celery



Crustaceans



Egg



Fish



Gluten



Lupin



Milk



Molluscs



Mustard



Peanut



Sesame



Soybean



Sulphur Dioxide



Treenuts

All meals are freshly prepared from organic ingredients where stated, (Please ask for recipe cards). Where it is not possible to source organic, (due to product unavailability) we substitute it with the best quality non-organic product.

We do not add any sugar or salt to our meals. We follow all dietary requirements and baby-weaning stages.

We use the following Dairy Substitute products: 'Oatly' oat milk, organic soya milk, 'Koko' / coconut milk, 'Violife' dairy-free cheese and soft cheese, 'Oatly' yoghurt.



Spring & Summer Menu Week 2

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 8.30am – 9.15am	Apple porridge  	Wholemeal toast & scrambled eggs with side of fruit (Avocado for vegetarians)  	Granola kiwi yoghurt  	Toasted Bagel with cream cheese & pear slices  	Weetabix with orange segments  
	Water or milk to drink 				
Mid Morning Snack 10am	Selection of fruit and vegetables (Eg. apples, bananas, pears, plums, peaches, satsumas, grapes, cherry tomatoes, carrots, peppers, cucumbers, avocado). Served with water				
Lunch 11.15am – 11.45am	Turkey and soft bean chilli served with rice and sweetcorn 	Chickpea and vegetable cous cous 	Salmon and potato gratin  	Sweet and sour chicken with wholemeal spaghetti noodles 	Beef cottage pie with spring greens 
	<i>Turkey and soft white beans with carrot and courgette, cooked gently, served with brown rice & sweetcorn</i>	<i>A Moroccan-inspired summer dish made with cous cous chickpeas, and tender vegetables lightly seasoned with mild herbs and spices, with side of green beans</i>	<i>Tender salmon fillets layered with thinly sliced potatoes in a light creamy based sauce. Mildly seasoned with herbs, served with peas</i>	<i>Chicken cooked with carrot, courgette, red peppers and pineapple tomato sauce, lightly seasoned with mild herbs. Served with wholemeal spaghetti noodles and broccoli</i>	<i>British classic made with lean minced beef gently cooked with carrots, peas and onions in a rich tomato-based gravy. Topped with fluffy mashed potatoes served with spring greens</i>
	Lunch served with water				
Vegetarian Option	Soft white bean chilli with rice 	Same as above 	Butterbean and potato gratin 	Sweet and sour tofu with wholemeal spaghetti noodles  	Lentil cottage pie with spring greens 
2nd Course	Summer fruit salad 	Yoghurt with orange segments 	Eve's Pudding 	Yoghurt with mango 	Blueberry and banana muffin 
	<i>Chef's choice of fruit</i>	<i>Plain yoghurt served with orange segments</i>	<i>Baked summer fruits with sugar-free sponge</i>	<i>Plain yoghurt served with mashed mango</i>	<i>Homemade oven baked sugar-free blueberry and banana muffin</i>
Afternoon Snack 2.00pm	Wholemeal tortilla triangles 	Oatcakes 	Protein lentil rice cake 	Wholemeal pitta bread fingers 	Carrot and courgette bread fingers 
	Served with a selection of fruit and vegetables (eg. apples, bananas, pears, plums, peaches, satsumas, grapes, cherry tomatoes, carrots, peppers, cucumbers, avocado). Served with water				
Light Tea 3.15pm	Mexican pasta salad 	Tuna crunch sandwiches (Tofu for vegetarians)    	Chicken Souvlaki with Pitta (Cannellini beans for vegetarians) 	Vegetable & Egg Rice (Chickpea for vegetarians) 	Mild red lentil dhal & homemade flatbread  
	<i>Colourful Vegetables & high-fibre dish featuring a blend of kidney and black beans tossed with wholemeal pasta shapes topped with avocado</i>	<i>Wholemeal bread with tuna, spring onion, sweetcorn in natural yoghurt served with vegetable crudites</i>	<i>Tender grilled chicken pieces seasoned with mild herbs, lemon, and garlic, served with soft pitta bread with a mint dip & pepper & carrot sticks</i>	<i>Soft steamed rice mixed with scrambled egg and finely chopped vegetables. Serve with sliced cucumber</i>	<i>Mild spiced red lentil dhal, slow-cooked until soft and creamy, served with warm homemade flatbread for dipping.</i>
	Water or Milk (M) to drink 				
Late Snack 5.00pm	Fruit & vegetable basket				

Allergy information key:



Celery



Crustaceans



Egg



Fish



Gluten



Lupin



Milk



Molluscs



Mustard



Peanut



Sesame



Soybean



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Tree nuts

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Spring & Summer Menu Week 3

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 8.30am – 9.15am	Toasted Bagel with scrambled egg with sliced apple (avocado for vegetarians)  	Pancakes and fruit  	Weetabix and satsuma segments  	Wholemeal toast with unsalted butter and a side of fruit  	Apple porridge  
	Water or milk to drink 				
Mid Morning Snack 10am	Selection of fruit and vegetables (Eg. apples, bananas, pears, plums, peaches, satsumas, grapes, cherry tomatoes, carrots, peppers, cucumbers, avocado). Served with water				
Lunch 11.15am – 11.45am	Paella-style fish risotto <i>Arborio cooked with mild cod/salmon flakes, peas, and carrots with a side of broccoli</i>	Chicken mango curry with brown rice and cauliflower <i>Tender chicken pieces cooked in a lightly mild spiced sauce with sweet mango served with rice and cauliflower</i>	Beef and fresh tomato ragu with linguini and side salad <i>Italian classic featuring slow-simmered beef and fresh tomato ragu served over wholemeal pasta, finished with a crisp side salad.</i>	Jacket potato with cheese and beans <i>Baked potato with a fluffy interior, topped with homemade baked beans in a tomato sauce and grated cheese with a side sweetcorn</i>	Turkey meatballs with bulgar wheat and a fresh cucumber salad <i>Tender turkey meatballs served with fluffy bulgur wheat and a fresh cucumber salad. Mildly seasoned with herbs and a hint of lemon</i>
	Lunch served with water				
Vegetarian Option	Tofu paella-style risotto 	Chickpea mango curry with brown rice 	Lentil and tomato Ragù with wholemeal spaghetti and side salad 	Same as above 	Butterbean meatballs with bulgur wheat and a fresh cucumber salad 
2nd Course	Sugar-free summer fruit flapjack 	Carrot cake 	Homemade rice pudding 	Trio of melon 	Baked pears and yoghurt dip 
	<i>Sugar-free oven baked summer fruit flapjack</i>	<i>Homemade sugar-free oven baked carrot cake</i>	<i>Rice pudding made with gently cooked rice and milk, flavoured with natural vanilla and a hint of cinnamon</i>	<i>A refreshing selection of three melons, cantaloupe, honeydew, and watermelon</i>	<i>Sweet baked pear wedges served with creamy natural yoghurt for dipping</i>
Afternoon Snack 2.00pm	Protein lentil rice cake 	Wholemeal pitta bread fingers 	Wholemeal tortilla triangles 	Courgette, onion and garlic fingers 	Oatcakes 
	Served with a selection of fruit and vegetables (eg. apples, bananas, pears, plums, peaches, satsumas, grapes, cherry tomatoes, carrots, peppers, cucumbers, avocado). Served with water				
Light Tea 3.15pm	Lentil, cream cheese & grated carrot sandwiches  	Mixed beans and vegetable quesadillas  	Pitta pizza with tomato lentil sauce and cheese  	Chicken couscous (black eyed beans for vegetarians) 	Tuna sweetcorn pasta (Tofu for vegetarians)    
	<i>Wholemeal bread and filled with lentil plain cream cheese, finely grated carrot and a touch of fresh chives served with crudites</i>	<i>Wholemeal tortillas filled with Mashed mixed beans courgette, carrot, and mild cheese served with crudites</i>	<i>Pitta topped with homemade tomato lentil sauce topped with cheese served with crudites</i>	<i>Moroccan Chicken cous cous is a spiced one-pot dish where chicken is simmered with rice, spices, and vegetables</i>	<i>Soft pasta tossed with flaked tuna and sweetcorn</i>
	Water or Milk (M) to drink 				
Late Snack 5.00pm	Fruit & vegetable basket				

Allergy information key:



Celery



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Fish



Gluten



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Spring & Summer Menu Week 4

Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 8.30am – 9.15am	Weetabix and banana slices  	Pear porridge  	Scrambled egg and toast with apple slices (Avocado for vegetarians)   	Granola kiwi yoghurt  	Toasted bagel and avocado with sliced pear 
	Water or milk to drink 				
Mid Morning Snack 10am	Selection of fruit and vegetables (Eg. apples, bananas, pears, plums, peaches, satsumas, grapes, cherry tomatoes, carrots, peppers, cucumbers, avocado). Served with water				
Lunch 11.15am – 11.45am	Chickpea mild vegetable coconut curry noodles 	Baked cod in a tomato & pepper sauce with mediterranean mash  	Turkey bolognese with wholemeal spaghetti and side salad 	Beef and vegetable rice bowl 	Chicken dinner with summer vegetables and gravy 
	<i>A mild Thai-inspired coconut curry with soft noodles tender chickpeas, and lightly cooked vegetables seasoned with mild herbs served with cauliflower</i>	<i>Tender baked cod served with a vibrant tomato and pepper sauce with green beans & oven baked mediterranean mash</i>	<i>Lean turkey mince, soft summer vegetables and a gentle tomato sauce served with pasta with side salad</i>	<i>Mexican inspired rice bowl made rice, lean minced beef, finely chopped vegetable served with side of broccoli</i>	<i>Tender roast chicken served with a selection of seasonal summer vegetables (new potatoes, carrots, peas, and green beans), finished with a light homemade gravy</i>
	Lunch served with water				
Vegetarian Option	Same as above 	Tofu with tomato and pepper sauce with mediterranean mash  	Butterbean Bolognese 	Black bean and vegetable rice bowl 	Lentil and vegetable loaf 
2nd Course	Yoghurt with strawberries 	Trio of melon 	Yoghurt with orange segments 	Blueberry and banana muffins 	Homemade rice pudding 
	<i>Plain yoghurt served with mashed strawberries</i>	<i>A refreshing selection of three melons, such as cantaloupe, honeydew, and watermelon.</i>	<i>Plain yoghurt served with orange segments and hint of cinnamon</i>	<i>Homemade oven baked sugar-free blueberry banana muffin</i>	<i>Rice pudding made with gently cooked rice and milk, lightly flavoured with natural vanilla and a hint of cinnamon.</i>
Afternoon Snack 2.00pm	Tomato and herb finger bread 	Protein lentil rice cake 	Oatcakes 	Wholemeal tortilla triangles 	Wholemeal pitta bread fingers 
	Served with a selection of fruit and vegetables (eg. apples, bananas, pears, plums, peaches, satsumas, grapes, cherry tomatoes, carrots, peppers, cucumbers, avocado). Served with water				
Light Tea 3.15pm	Tuna and vegetable muffins (Lentil for vegetarians)   	Chicken biryani (chickpeas for vegetarians) 	Loaded oven baked wedges 	Summer orzo pasta  	Egg and cress sandwiches (hummus for vegetarians)   
	<i>Oven baked soft savoury muffins made with wholemeal flour, tuna, and vegetables served with side of cucumber & peppers</i>	<i>Chicken with aromatic mild spices, ginger, and garlic. Layered with fluffy basmati rice, peas, and carrots</i>	<i>Oven baked potato wedges served with homemade baked beans in a tomato sauce topped with sweetcorn & cheese with a side of cucumber</i>	<i>Orzo pasta with cherry tomatoes, diced sweet peppers, mild spring onion, and sweetcorn topped with cannellini beans & crumbled feta cheese topping.</i>	<i>Soft wholemeal sandwiches filled with creamy mashed eggs and fresh cress, served with crudites</i>
	Water or Milk (M) to drink 				
Late Snack 5.00pm	Fruit & vegetable basket				

Allergy information key:



Celery



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Fish



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