





# Nursery Vegi Menu






254442

# Week 1

## Lunch

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Vegetable and Lentil Curry	Macaroni Cheese	Vegetable Fingers	Vegetarian Sausages with optional Gravy	Lentil and Vegetable Casserole
Carb	Rice	Garlic Bread	Pasta	Potatoes	Potatoes
Vegs	Sweetcorn Cucumber	Broccoli Tomato	Sweetcorn and Peas Grated carrot	Peas Beetroot	Baked Beans Lettuce
Soup/ Sweet	Fruit and Natural Yoghurt	Melon Slice 	Potato and Leek Soup 	Fruit and Natural Yoghurt	Orange Cake with Custard and Fruit

## Light Teas



	Monday	Tuesday	Wednesday	Thursday	Friday
	Lentil Soup   Cheese Roll with Salad	Vegetable and Lentil Casserole  Fruit and Natural Yoghurt	Cheese Sandwich with Salad  Strawberry Mousse	Tomato Soup   Oatie Biscuit with Fruit	Vegetable Soup   Quorn Chicken Picky Plate

## Which week is it?



- 14/04/2025
- 15/09/2025
- 02/02/2026
- 12/05/2025
- 27/10/2025
- 02/03/2026
- 09/06/2025
- 24/11/2025
- 18/08/2025
- 05/01/2026

# Week 2

## Lunch

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Potato and Baked Bean Pie	Cheesy Vegetable Pasta 	Vegetable Fricasse	Vegetable and Potato Cakes	Vegetable Burger with optional Gravy
Carb	Pasta	1/2 Roll	Rice	Potatoes	Potatoes
Vegs	Carrots Tomato	Broccoli Lettuce	Sweetcorn Beetroot	Peas Coleslaw	Broccoli Cucumber
Soup/ Sweet	Fruit and Natural Yoghurt	Plain Muffin with Fruit	Chocolate Sponge with fruit and optional Custard	Rice Pudding with Peaches	Carrot and Potato Soup 

## Light Teas


	Monday	Tuesday	Wednesday	Thursday	Friday
	Jacket Potato and Cheese	Lentil Soup 	Green Pea Soup 	Vegetable Pasta Bake	Cheese and Egg Picky Plate
	Fruit and Natural Yoghurt	Quorn Chicken Slice Sandwich with Salad	Quorn Chicken Picky Plate	Fruit and Natural Yoghurt	Fruit bowl selection

## Which week is it?




- 21/04/2025
- 19/05/2025
- 16/06/2025
- 25/08/2025
- 22/09/2025
- 03/11/2025
- 01/12/2025
- 12/01/2026
- 09/02/2026
- 09/03/2026

# Week 3

## Lunch

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Vegi Balls in Tomato Sauce	Macaroni Cheese	Vegetable Fingers	Vegetarian Sausages with optional Gravy	Spring Roll
Carb	Potatoes	Garlic Bread	Potatoes	Potatoes	Pasta
Vegs	Peas Grated Carrot	Broccoli Tomato	Baked Beans Beetroot	Cauliflower Cucumber	Carrots Lettuce
Soup/ Sweet	Toffee Pudding with Fruit and optional Custard	Tomato Soup 	Gingerbread Sponge with Fruit and optional Custard	Cornflake Biscuit and Fruit	Fruit and Natural Yoghurt

## Light Teas






	Monday	Tuesday	Wednesday	Thursday	Friday
	Vegetable Soup 	Quorn Chicken Picky Plate	Lentil Soup 	Quorn Chicken Salad Wrap	Vegetable Bolognese Pasta Bake
	Cheese Sandwich with Salad	Fruit and Natural Yoghurt	Cheese Sandwich with Salad	Fruit and Natural Yoghurt	Fruit Bowl Selection 

## Which week is it?





- 28/04/2025
- 26/05/2025
- 23/06/2025
- 01/09/2025
- 29/09/2025
- 10/11/2025
- 08/12/2025
- 19/01/2026
- 16/02/2026
- 16/03/2026

# Week 4

## Lunch

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Cheese Melt Baguette	Vegetable Burger with optional Gravy	Tomato Pasta 	Vegetable Pie	Potato and Vegetable Cake
Carb	Potatoes	Potatoes	1/2 Roll	Potatoes	Pasta
Vegs	Baked Beans Cucumber	Broccoli Grated Carrot	Sweetcorn Lettuce	Peas Tomato	Carrots Coleslaw
Soup/ Sweet	Melon Slice 	Chocolate Oat Cookie with Fruit 	Lentil Soup 	Fruit and Natural Yoghurt	Shortbread with Fruit 

## Light Teas

	Monday	Tuesday	Wednesday	Thursday	Friday
	Carrot and Potato Soup 	Cheese and Egg Picky Plate	Baked Potato with Beans 	Vegetable Noodle Soup	Potato Soup 
	Cheese Sandwich with Salad	Melon and Grapes with Yoghurt	Fruit and Natural Yoghurt	Apple Crumble with Fruit 	Cheese and Red Pepper Wrap

## Which week is it?

- 05/05/2025
- 02/06/2025
- holiday
- 08/09/2025
- 06/10/2025
- 17/11/2025
- 15/12/2025
- 26/01/2026
- 23/02/2026
- 23/03/2026

## **Our menu**

The nursery menu complies with the Setting the Table NHS Health Scotland.



Setting the Table NHS Health Scotland:

<https://www.gov.scot/publications/setting-table-guidance/documents/>

Good nutrition for 3 to 5 year olds is important because it:

- ensures optimal growth and development
- encourages children to develop a taste for healthy foods in preference to fatty, sugary and salty foods

Moray Council Catering Department provide the lunch and light tea meals.

The Early Learning and Childcare setting provides the snacks throughout the day



**Free range eggs**  
from Brackla in Elgin.

**Fresh milk**  
from Graham's Dairy in Nairn.

**Seasonal Veg**  
from Swansons Fruit and Veg in Elgin.

Allergens and dietary information is available from your nursery manager. Should your child have a specific dietary requirement (including vegetarian) please contact nursery manager.

