



Maple Tree Nursery & Pre-School (Spring and Summer 2025)



Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of Cereals with selection of fruits (apple, banana, orange)	Selection of Cereals with selection of fruits (apple, banana, orange)	Selection of Cereals with selection of fruits (apple, banana, orange)	Selection of Cereals with selection of fruits (apple, banana, orange)	Selection of Cereals with selection of fruits (apple, banana, orange)
Morning snack	Toast with Milk or Water and Seasonal Berries	Bagels with Milk or Water and Seasonal Berries	Toast with Milk or Water and Seasonal Berries	Bagels with Milk or Water and Seasonal Berries	Toast with Milk or Water and Seasonal Berries
Lunch	Spinach-Tomato Macaroni & Cheese with a Garlic Flat Bread	Jacket Potato, Cheese and Tuna with a Five Bean Mixed Salad	Bean Vegetable Stir Fry with Egg Noodles & Prawn Crackers	Quorn Breaded Chicken with Homemade Wedges and Mixed Vegetables	Fish Fillet, with Rice & Peas
Alternative dietary option	Dairy Free Spinach-Tomato Macaroni & Cheese with a Garlic Flat Bread	Jacket Potato, Dairy Free Cheese, and a Five Bean Mixed Salad	Bean Vegetable Stir Fry with Egg Free Noodles & Prawn Crackers	Breaded Vegetable Finger with Homemade Wedges and Mixed Vegetables	Fishless Finger with Rice & Peas
Dessert	Blueberry Muffins	Yoghurts	Fruit Flapjack	Strawberries and Cream	Melon and Cherry Slices
Afternoon Snack	Cottage Cheese, Carrot Sticks with Oatcakes	Rice Cakes with Cucumber Slices and Cream Cheese	Greek Yogurt with a Selection of Seasonal Fruits	Cottage Cheese, Cucumber & Carrot Sticks with Breadsticks	Greek Yoghurt with a Selection of Seasonal Fruits
Tea time (Light tea)	Cheese & Lettuce Wraps Choice of Fruit	Fishcakes Choice of Fruit	Vegan Quorn Chicken Sandwiches Choice of Fruit	Crumpets Choice of Fruit	Cheese Pitta Pizza Choice of Fruit

All food is sourced and delivered from the local Asda store and freshly prepared here at Nursery. Any produce grown at Nursery is used as and when suitable. Milk is sourced through the Kids Milk scheme who send us milk from Wells Farm Dairy.



Maple Tree Nursery & Pre-School (Spring and Summer 2025)



Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of Cereals with selection of fruits (apple, banana, orange)	Selection of Cereals with selection of fruits (apple, banana, orange)	Selection of Cereals with selection of fruits (apple, banana, orange)	Selection of Cereals with selection of fruits (apple, banana, orange)	Selection of Cereals with selection of fruits (apple, banana, orange)
Morning snack	Bagels with Milk or Water and Seasonal Berries	Toast with Milk or Water and Seasonal Berries	Bagels with Milk or Water and Seasonal Berries	Toast with Milk or Water and Seasonal Berries	Bagels with Milk or Water and Seasonal Berries
Lunch	Hot Dogs with Herby Diced Potatoes and a Side Salad	Tuna Pasta Bake in a Tomato & Basil Sauce with Garlic Flatbread	Quorn Steak and Red Pepper Fajitas with a Mexican Inspired Rice	Tomato and Cheese Pizza with Homemade Wedges and Sweetcorn	Creamy Cheese and Broccoli Pasta with Sweetcorn
Alternative dietary option	Veggie Burger with Herby Diced Potatoes and a Side Salad	Dairy Free Pasta Bake in a Tomato & Basil Sauce with Garlic Flatbread	Red Pepper Fajitas with a Mexican Inspired Rice	Tomato and Dairy Free Cheese Pizza with Homemade Wedges and Sweetcorn	Vegan Quorn Dairy Free Cheese Chicken Pasta with Sweetcorn & Broccoli
Dessert	Yoghurt	Watermelon Slices	Ice Cream	Pineapple Slices	Cornflake Cake
Afternoon Snack	Cottage Cheese, Cucumber, Carrot Sticks with Oatcakes	Rice Cakes with Sliced Peppers and Cream Cheese	Greek Yoghurt with a Selection of Seasonal Fruits	Cottage Cheese, Cucumber & Carrot Sticks with Breadsticks	Greek Yoghurt with a Selection of Seasonal Fruits
Tea time (Light tea)	Cheese, Crackers and Grapes Choice of Fruit	Cheese & Bean Bakes Choice of Fruit	Wholegrain Cod & Vegetable Bites Choice of Fruit	Cheese and Onion Rolls Choice of Fruit	Potato and Carrot Waffles Choice of Fruit

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