

Nursery Menu

Here at Oldham Hulme Grammar School we are committed to giving our children the best start to life. We know how important a balanced diet is in shaping a healthy lifestyle and getting this right in early childhood is key.

All of the Menus have been checked to ensure that they provide a healthy and nutritious balanced diet for your child by following the Early Years Government guidelines and menus. Healthy Options are always chosen with regards to Sugar, Salt, Fat content/levels etc. We also strive to use fresh, seasonal, natural produce from local suppliers and all of our food is freshly prepared on-site, on a daily basis, by our experienced chefs.

Menu choices will change from season to season.

We also take extra special care to cater for dietary requirements, cultural food choices, allergies and fussy eaters!

In addition to the menu we will always have the staple daily options such as:

Jacket potatoes with a daily choice of toppings,

Pasta & Hidden veggie Sauce.

Bread, a fruit bowl and drinking water will be available daily.

For dessert extras - yogurt, fruit pot and jelly squeeze are available (vegan).

Allergen Key : CAPITAL LETTERS = contains, lower case = may contain

Celery and Celeriac (**C**), Crustaceans/Shellfish (**CR**), Eggs (**E**), Fish (**F**), Gluten (**G**), Lupin (**L**),
Milk (**MK**), Molluscs (**MO**), Mustard (**MU**), Other Nuts (**N**), Peanuts (**P**), Sesame Seeds (**SE**),
Soya and Soya products (**SO**), Sulphites (**SU**), Plant Based (**PB**) This is not an allergy, it's a Choice.

WEEK 1:**MONDAY****TUESDAY****WEDNESDAY****THURSDAY****FRIDAY****Breakfast**

Selection of cereals
or toast & spread
fruit **G,MK**

Selection of cereals
or wholemeal toast
with spread **G,MK**

Selection of cereals
or toast & spread,
fruit **G,MK**

Selection of cereals
or toast & spread,
fruit **G,MK**

Selection of cereals
or toast & spread,
fruit **G,MK**

**Mid Morning
Snack**

Crackers with
spread, satsumas
G,PB

Half a bagel with
cheese & cherry
tomato
Mk,G

Crumpet with spread
& Sliced fruit **G,PB**

Potato cake with
cheese spread
Cucumber sticks
G,Mk

Crackers & spread &
conserve **G,PB**

Lunch

Chicken sausages
beans & wedges
G,Su,

Chicken wraps With
sweet potato fries,
G,MU,SU

Pizza panini with
chicken & mushroom
G,Mk,C

Roast chicken dinner
with
veggies, **G,C**

Fish fingers with
oven chips & peas &
sweetcorn **G,Mu**

Lunch Veg

Vegan sausage mash
potato & beans **V**

Cheese leek potato
pie with sweet
potato fries
G,C,Mk

Vegan Or veggie
pizza with veggie
topping **G,C,V,PB,mk.**

Roast Quorn dinner
with veggies
G,C,E

Vegan fingers with
oven chips peas &
sweetcorn **G,V**

Dessert

Banana & custard **E,
MK,**

Strawberry Ffuff.
V,PB,

Arctic roll
with berries **G,Mk,E**

Apple pie with
custard, **Mk,G**

Summer fruit eton
mess **E,PB**

Tea Time

Chapati with chicken
strips mint yog,
G,Mk,C

Cheesy tuna with
pitta & cucumber
sticks
G,Mk

Crumpets with beans
or cheese
G,PB,Mk,

Assorted
sandwiches
(ham,cheese,egg,tun
a), **G,Mk,F,E,**

Savoury croissants
with veggie sticks
Mk,G,E

WEEK 2:**MONDAY****TUESDAY****WEDNESDAY****THURSDAY****FRIDAY****Breakfast**

Selection of Cereal
or Toast with
spread,**G,PB**

Selection of cereal
or Wholemeal toast,
G,PB

Selection of cereal
or Toast With
Spread,**G,PB**

Selection of Cereal
or Toast with
spread,**G,PB**

Selection of cereal or
Toast With Spread **G,PB**

**Mid Morning
Snack**

Crackers With
Spread,Sliced Fruit
G

Crumpet With
Spread & Sliced
Apple,**G,PB**

Toasted Teacake
With Spread &
Chopped Fruit,**G,PB**

Carrot & Pepper &
Bread Sticks with
Dip, **G,Mk**

Cheese slice with
Grapes, Cucumber,**Mk**

Lunch

Chicken Supreme &
Rice with Veg &
Garlic Bread,**C,PB**

Chicken Quesadillas
With Dip & Veg
Sticks,**G,Mk**

Pizza with Assorted
Toppings &
Coleslaw,**G,Mk**

Home Made Meat &
Potato Pie With New
Potatoes &
Veg,**G,C,Mk**

Mini Battered Cod
Fillets With Chips &
Peas, **G**

Lunch Veg

Vegan Sausage Roll
With Rosti & Beans
G,PB

Cheese Quiche With
Wedges & Salad
G,E,Mk

Veggie Assorted
Pizza With
Coleslaw,**G,Mk,PB**

Cauliflower Broccoli
& Potato Bake With
Potatoes & Veg
G,Mk,

Veggie Kiev
With Chips & Sauces,
G,Mk,C,Mu,Su

Dessert

Chocolate Cake
With Chocolate
Sauce,**G,E,Mk**

Summer Fruit Salad
With Yogurt,**Mk,**

Biscoff Poke
Cake,**G,E,Mk**

Vegetarian Jelly
Trifle
Mk,

Victoria Jam Sponge
Cake,**G,E,**

Tea Time

Crumpet with Cream
Cheese, Cherry
Toms,**G,Mk**

Toast & Beans With
Veg Sticks,**G,**

Cheesy Puffs With
Corn Cobettes

Omelette With
Cheese &
Veggies,**E,Mk**

Potato Cakes with
Spread Spagetti Hoops
G,C,

WEEK 3:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Selection of cereals or Toast & Spread G,MK	Selection of cereals or Toast & Spread G,Mk,	Selection of cereals or Wholemeal toast with spread,G,Mk	Selection of cereals or Toast & Spread, G,Mk	Selection of cereals or Toast & Spread,G,Mk
Mid Morning Snack	Toast Spread & sliced Fruit, G PB	Crumpet with spread Chopped Fruit, G,PB	Fruit Slice with yogurt Dip, Mk	Fruit Toast with Spread,& Clementine G,PB	Bagel with sliced banana G
Lunch	Spaghetti Bolognese With Garlic Bread Veggies G,C,Mk,	Spanish Omelett With Potatoes & Beans G,Mk	Assorted Sour Dough Pizza With Mini Rosti, G,Mk,	BBQ Chicken With Coconut Rice & Peas,Salad,GC,Mu,Su	Breaded Haddock With Chips & Garden Peas,G,F,
Lunch Veg	Mac & Cheese With Veggies Garlic Bread G,,Mk,	Grilled Veg Ravioli in Sauce With Sweetcorn G,E,C,	Vegan/ Veggie Sourdough Pizza, With Mini Rosti & Veg SticksC,Mk,PB,G	Vegan Meatballs Arrabiata with Coconut rice & Peas G,So,Su,C,	Vegan Fishless with Chips & Peas,G,So,L,
Dessert	Old School Vanilla Sponge & Custard,G,E,Mk,	Arctic Roll With Fruit, G,Mk,	Cherry Pie With Custard, G,Mk,	FlapJack Slice G,	Chocolate Marble Poke Cake,G,Mk,
Tea Time	Assorted Wraps With Veggie Sticks, G,F,Mk,PB	Cheese & tomato Pinwheels with Veggie sticks MkG	Veggie Nuggerts With Smiley Faces S,Su,G,	Toastie Sandwich with Salad, G,E,Mk,F,FB	Spanish Omelette With Beans, E,Mk,