

Big Chicks Menu - Summer 2022



Please note: These are sample menus and are subject to change. Menu produced under the guidance of a registered nutritionist.

Week 1	A selection of the below will be available each day				
Rolling breakfast	Toasted bagel ●●●●●, Brown toast ●●●●●, Toasted breakfast muffin ●●●●●, Fruit platter Rice Krispies® ●●●, Cornflakes ●●●, Wheat Biscuits ●●●●●, Organic full fat natural yogurt ● Served with fresh water or whole/semi skimmed milk ● (dependent on age)				
	Monday	Tuesday	Wednesday	Thursday	Friday
Dinner	Vegetable chilli with sour cream, served with crusty baguette ●●●●●	Turkey chow mein with broccoli, mange touts & Chinese leaves ●●●●●	Roast chicken breast, roast potatoes, seasonal vegetables & gravy ●	Green Thai chicken & coconut curry with naan bread & basmati rice ●●●●●	Cod in parsley & garlic sauce with new, buttered potatoes & minty peas ●
Vegetarian option	Vegetable chilli with sour cream, served with crusty baguette ●●●●●	Vegetable chow mein with broccoli, mange touts & Chinese leaves ●●●●●	Falafel, roast potatoes, seasonal vegetables & gravy ●	Green Thai bean & coconut curry with naan bread & basmati rice ●●●●●	Crushed chickpeas in parsley & garlic sauce with new buttered potatoes & minty peas
Pudding	Fresh fruit (min 2 choices/chef's choices)	Vegan oat fingers (no added sugar) ●●●●●	Greek yoghurt with fruit puree ●	Fresh fruit (min 2 choices/chef's choices)	Yogurt with oat crumble ●●●●●
Tea	Hearty lamb bolognese with short macaroni ●	Salmon & cod with risotto style rice, peas & parsley pesto ●	Root vegetable & butter bean stew with mildly spiced basmati rice	Mediterranean vegetable sauce with peppers, aubergine, courgette & parsley couscous ●	"Tea of the day"
Vegetarian option	Hearty lentil bolognese with short macaroni ●	Linseed & bean risotto style rice with carrots, peas & parsley pesto	Root vegetable & butter bean stew with mildly spiced basmati rice	Mediterranean vegetable sauce with peppers, aubergine, courgette & parsley couscous ●	"Vegetarian tea of the day"
Pudding	Yogurt pots ●	Fresh fruit (min 2 choices/chef's choices)	Vegan fruit jelly with frozen berries (no added sugar)	Yogurt pots ●	Fresh fruit (min 2 choices/chef's choices)
Rolling afternoon snack served with fresh milk ●	Bread sticks (under 2's) or cream crackers (over 2's) ●●●●●	Yogurt Pots ●	Cucumber sticks & Babybel ●	Banana	Toast fingers & honeydew melon ●
Fresh drinking tap water will be available throughout the day & whole milk will be provided for 1-2 years & semi skimmed milk for 2 years & over					

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Week 2	A selection of the below will be available each day				
Rolling breakfast	Toasted bagel ●●●●●, Brown toast ●●●●●, Toasted breakfast muffin ●●●●●, Fruit platter Rice Krispies® ●●●, Cornflakes ●●●, Wheat Biscuits ●●●●●, Organic full fat natural yogurt ● Served with fresh water or whole/semi skimmed milk ● (dependent on age)				
	Monday	Tuesday	Wednesday	Thursday	Friday
Dinner	Lentil dhal with vegetable rice ●	Fruity tuna & tomato sauce with lemon & garlic polenta ●●●	Cheesy cauliflower sauce with wholewheat pasta ●●●●●	Ratatouille with oregano couscous ●	Turkey escalope with roast potatoes, sweetcorn & gravy ●
Vegetarian option	Lentil dhal with vegetable rice ●	Fruity lentil & tomato sauce with lemon & garlic polenta ●●	Cheesy cauliflower sauce with wholewheat pasta ●●●●●	Ratatouille with oregano couscous ●	Baked celeriac with roast potatoes, sweetcorn & gravy ●●
Pudding	Fresh fruit (min 2 choices/chef's choices)	Fresh fruit (min 2 choices/chef's choices)	Peaches & cream ●	Fresh fruit (min 2 choices/chef's choices)	Fresh fruit (min 2 choices/chef's choices)
Tea	Pasta with basil & parsley pesto, cherry tomatoes & cheese ●●	Turkey cottage pie with seasonal vegetables, topped with creamy mash	Hearty lamb stew with root vegetables & potatoes ●	Fish cakes with herb rice & broccoli ●●●	"Tea of the day"
Vegetarian option	Pasta with basil & parsley pesto, cherry tomatoes & cheese ●●	Bean cottage pie with seasonal vegetables, topped with creamy mash	Cannellini bean stew with root vegetables & potatoes ●	Vegetable fingers with herb rice & broccoli ●	"Vegetarian tea of the day"
Pudding	Yogurt pots ●	Fresh smoothies with banana & fruit of the forest ●	Fresh fruit (min 2 choices/chef's choices)	Yogurt pots ●	Greek yoghurt with fresh raspberries ●
Rolling afternoon snack served with fresh milk ●	Easy peelers	Cucumber sticks with cream cheese ●	Bread sticks (under 2's) or cream crackers (over 2's) ●●●●●	Melon fingers	Apples & Babybel ●
Fresh drinking tap water will be available throughout the day & whole milk will be provided for 1-2 years & semi skimmed milk for 2 years & over					

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Week 3	A selection of the below will be available each day				
Rolling breakfast	Toasted bagel ●●●●●, Brown toast ●●●●●, Toasted breakfast muffin ●●●●●, Fruit platter Rice Krispies® ●●●, Cornflakes ●●●, Wheat Biscuits ●●●●●, Organic full fat natural yogurt ● Served with fresh water or whole/semi skimmed milk ● (dependent on age)				
	Monday	Tuesday	Wednesday	Thursday	Friday
Dinner	Pasta with chicken, spinach & tomato sauce, topped with mozzarella cheese ●●	Chicken goujons, mash & gravy served with seasonal vegetables ●●	Mild sweet potato, coconut & cauliflower curry, served with naan bread ●●●	Squash, carrot & gnocchi bake with a sprinkle of cheddar cheese ●●●	Baked breaded cod with creamy potato and pea mash ●●●
Vegetarian option	Pasta with lentil, spinach & tomato sauce, topped with mozzarella cheese ●●	Grilled vegetables, mash & gravy served with seasonal vegetables ●●	Mild sweet potato, coconut & cauliflower curry, served with naan bread ●●●	Squash, carrot & gnocchi bake with a sprinkle of cheddar cheese ●●●	Vegetable fingers with creamy potato & pea mash ●
Pudding	Yogurt pots ●	Fresh fruit (min 2 choices/chef's choices)	Yogurt with mango coulis ●	Fresh fruit (min 2 choices/chef's choices)	Sugar free rice pudding with cinnamon ●
Tea	Mildly spiced Moroccan lamb & vegetable curry with turmeric rice ●	Salmon, dill & broccoli sauce with penne pasta ●●	Creamy chicken, mushroom & pea risotto style rice	Mildly spiced red lentil, pepper & vegetable soup with crusty bread ●●●●	"Tea of the day"
Vegetarian option	Mildly spiced Moroccan vegetable & chickpea curry with turmeric rice ●	Lentil, dill & broccoli sauce with penne pasta ●	Creamy mushroom & pea risotto style rice	Mildly spiced red lentil, pepper & vegetable soup with crusty bread ●●●●	"Vegetarian tea of the day"
Pudding	Fresh fruit (min 2 choices/chef's choices)	Vegan banana bread ●●●●	Fresh fruit (min 2 choices/chef's choices)	Yogurt pots ●	Fresh fruit (min 2 choices/chef's choices)
Rolling afternoon snack served with fresh milk ●	Fresh berries	Cucumber sticks & Babybel ●	English muffins with spread ●●●●	Melon fingers	Bread sticks (under 2's) or cream crackers (over 2's) ●●●●●●
Fresh drinking tap water will be available throughout the day & whole milk will be provided for 1-2 years & semi skimmed milk for 2 years & over					