

MARINA VIEW NURSERY
4 WEEK MENU FOR CHILDREN AGED 1 to 5 YEARS



WEEK 1	April 2026 - October 2026
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MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Mid-morning snack	Homemade Oatcakes	Selection of Fruit & Veg Sticks	Selection of Fruit & Veg Sticks	Crackers & Cheese	Zero Waste Friday
Lunch	Spanish Style Salmon Dill & Lemon Cous Cous Melon Fingers	Homemade Lasagne Carrot & Mangetout Side Yogurt & Strawberries	Pea & Mint Soup Ham Pinwheels Homemade Blueberry & Lemon Flapjacks	Chicken 'n' Vegetable Bake Topped with Sliced Potatoes Fresh Fruit Salad	Wholegrain Tuna Pasta Bake Cauliflower, Broccoli & Sweetcorn Side Melon & Pineapple Fingers
Mid-afternoon snack	Selection of Fruit & Veg Sticks	Rice Cakes	Toast	Selection of Fruit & Veg Sticks	Zero Waste Friday
Tea	Chicken & Leek Broth	Spinach & Feta Frittata	Savoury Vegetable & Cheese filled Muffins Banana Slices	Chickpea Fritters with Lemon & Herb Dip	Homemade Toasted Courgette & Pepper Soda Bread
NOTES	<p>A hot lunch is offered each day, with a freshly made sandwich provided if this is not eaten.</p> <p>Children with specific dietary requirements are offered suitable alternatives that reflect the same meal as closely as possible.</p> <p>Water and milk are available at breakfast, lunch, tea, and snack times.</p> <p>Fresh fruit is offered throughout the day and served with all meals and snacks.</p>				

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WEEK 2	April 2026 - October 2026
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MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Mid-morning snack	Selection of Fruit & Veg Sticks	Crackers & Cheese	Homemade Oatcakes	Selection of Fruit & Veg Sticks	Zero Waste Friday
Lunch	Steak Pie Mash Potatoes & Cabbage Duo Homemade Scones with Banana	Cajun Chicken Burgers Potato Shapes & Reduced Salt/Sugar Baked Beans Fresh Fruit Salad	Roasted Leek & Mackerel Penne Bake Lemon Dressed Sugar Snap Pea Side Yogurt with Mandarins & Pears	Mild Lentil & Sweet Potato Curry Brown Parsley Rice and Naan Bread Side Melon Fingers	Carrot & Orange Soup Homemade Sausage Rolls Fresh Fruit Salad
Mid-afternoon snack	Breadsticks	Selection of Fruit & Veg Sticks	Selection of Fruit & Veg Sticks	Toast	Zero Waste Friday
Tea	Savoury Vegetable & Cheese filled Muffins Banana Slices	Summertime Lentil Soup	Selection of Homemade Mini Quiches	Chicken Pasta Salad	Zesty Tuna Orzo Mixed with Cherry Tomatoes & Cucumber
NOTES	<p>A hot lunch is offered each day, with a freshly made sandwich provided if this is not eaten.</p> <p>Children with specific dietary requirements are offered suitable alternatives that reflect the same meal as closely as possible.</p> <p>Water and milk are available at breakfast, lunch, tea, and snack times.</p> <p>Fresh fruit is offered throughout the day and served with all meals and snacks.</p>				

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WEEK 3	April 2026 - October 2026
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MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Mid-morning snack	Rice Cakes	Selection of Fruit & Veg Sticks	Selection of Fruit & Veg Sticks	Rice Cakes	Zero Waste Friday
Lunch	Turkey Fajita Bake Sweetcorn Salsa Fresh Fruit Salad	Celery Soup Tuna & Cucumber Sandwich Fingers Homemade Apple Flapjacks	Chicken & Mango Curry Brown Vegetable Rice Melon Fingers	Creamy Salmon & Asparagus Linguine Broccoli & Green Bean Side Raspberry & Peach Swirled Yogurt	Chicken, Kale & Mushroom Pie Chunky Carrots Homemade Zero added Sugar Custard
Mid-afternoon snack	Selection of Fruit & Veg Sticks	Breadsticks	Crackers & Cheese	Selection of Fruit & Veg Sticks	Zero Waste Friday
Tea	Homemade Cheese and Ham Soda Bread with Vine Tomato Slices	Sweetcorn & Chicken Omelette Bites with Homemade Ketchup	Carrot & Butter Bean Soup	Wholemeal Toast & Reduced Salt/ Sugar Baked Beans	Savoury Vegetable & Cheese filled Muffins Banana Slices
NOTES	<p>A hot lunch is offered each day, with a freshly made sandwich provided if this is not eaten.</p> <p>Children with specific dietary requirements are offered suitable alternatives that reflect the same meal as closely as possible.</p> <p>Water and milk are available at breakfast, lunch, tea, and snack times.</p> <p>Fresh fruit is offered throughout the day and served with all meals and snacks.</p>				

MARINA VIEW NURSERY
MENU ROTATION WEEKS 1-4
April 2026 – October 2026

April

Week 1	Week beginning	20th
Week 2	Week beginning	27th

May

Week 3	Week beginning	4th
Week 4	Week beginning	11th
Week 1	Week beginning	18th
Week 2	Week beginning	25th

June

Week 3	Week beginning	1st
Week 4	Week beginning	8th
Week 1	Week beginning	15th
Week 2	Week beginning	22nd
Week 3	Week beginning	29th

July

Week 4	Week beginning	6th
Week 1	Week beginning	13th
Week 2	Week beginning	20th
Week 3	Week beginning	27th

August

Week 4	Week beginning	3rd
Week 1	Week beginning	10th
Week 2	Week beginning	17th
Week 3	Week beginning	24th
Week 4	Week beginning	31st

September

Week 1	Week beginning	7th
Week 2	Week beginning	14th
Week 3	Week beginning	21st
Week 4	Week beginning	28th

October

Week 1	Week beginning	5th
Week 2	Week beginning	12th