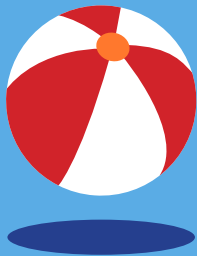
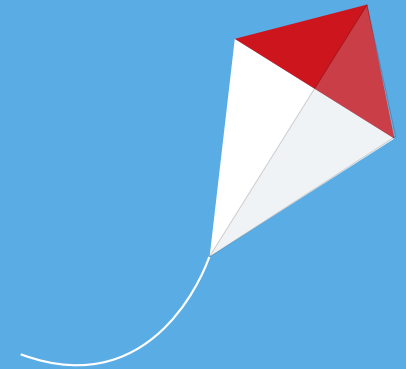




CAVENDISH LODGE

NURSERIES & PRE-SCHOOLS



MENUS SPRING/SUMMER
2019

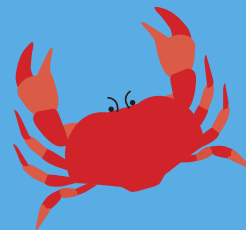


At Cavendish Lodge
Nurseries & Pre-Schools,
we care about good food and happiness.
We care about the pleasures of growing,
cooking and eating.

That's why we promise to:

- Provide the freshest, most nutritious, best quality food available.
- Meet cultural and medical dietary needs.
- Serve a varied and nutritionally balanced diet.
- Use fresh and local produce, wherever possible.
- Foster a positive approach to healthy living.
- Promote mealtimes as social events.
- Help children learn about growing and cooking food.
- Give parents information on all aspects of food in our nursery. Proper food.

We believe that these are vital ingredients in helping to
improve the well-being, health and academic performance
of our children.



Menu Calendar

Week commencing	Menu
May 2019	
6th May 2019	Week 2
13th May 2019	Week 3
20th May 2019	Week 4
27th May 2019	Week 1
June 2019	
3rd June 2019	Week 2
10th June 2019	Week 3
17th June 2019	Week 4
24th June 2019	Week 1
July 2019	
1st July 2019	Week 2
8th July 2019	Week 3
15th July 2019	Week 4
22nd July 2019	Week 1
29th July 2019	Week 2
August 2019	
5th August 2019	Week 3
12th August 2019	Week 4
19th August 2019	Week 1
26th August 2019	Week 2
September 2019	
2nd September 2019	Week 3
9th September 2019	Week 4
16th September 2019	Week 1
23rd September 2019	Week 2
30th September 2019	Week 3





- ✓ All dishes are freshly prepared onsite and are adapted for individual dietary requirements as necessary.
- ✓ None of our dishes contain GM ingredients, artificial sweeteners or additives. Our milk is organic and the meats we are using are all high welfare and red tractor, they all can be traced back to a British farm.
- ✓ Instead of caster sugar we use molasses sugar or maple syrup as a sweetener.
- ✓ Our fish come from sustainable sources.
- ✓ The menus are balanced, healthy and varied.



Spring/Summer Week One	Monday	Tuesday	Wednesday	Thursday	Friday	Seasonal ingredients
Breakfast	Selection of cereals or pastries	Selection of cereals or pastries	Selection of cereals or pastries	Selection of cereals or pastries	Selection of cereals or pastries	<ul style="list-style-type: none"> ✓ Apricots ✓ Bananas ✓ Basil ✓ Beetroot ✓ Blackberries ✓ Broad Beans ✓ Broccoli ✓ Cabbage ✓ Carrots ✓ Celery ✓ Courgettes ✓ Cucumber ✓ Garlic ✓ Kiwi ✓ Lettuce ✓ Melon ✓ Nectarines ✓ Onions ✓ Peaches ✓ Peas ✓ Pepper ✓ Potatoes ✓ Raspberries ✓ Rosemary ✓ Runner Beans ✓ Sage ✓ Spinach ✓ Spring Onions ✓ Strawberries ✓ Sweet Potatoes ✓ Tangerine ✓ Tomatoes ✓ Water Melon
Snack	Apple	Pear	Plum	Tangerine	Mixed fruit	
Lunch Main	Roast beef with onion gravy	Katsu chicken curry	Lamb kofta with herby cous cous	Smoked haddock fish pie with spinach and leeks	Pork sausage, home made BBQ sauce	
Side	Roast potatoes, peas	Brown rice with pak choi	Yogurt, mint sauce	Baby carrots	Home made brown rolls and sweet corn	
Dessert	Pineapple	Mango	Peach and cream	Blueberry baked cheese cake	Orange	
Vegetarian lunch	Vegetable wellington with butter beans	Katsu tofu curry	Lentil and vegetable kofta	Quorn and butterbean vegetable pie	Vegetarian sausage with home BBQ sauce and brown rolls	
Snack	Rice cake and carrot stick	Corn cake, butterbean dip	Breadstick with cucumber and soft cheese	Cream crackers, pepper sticks	Matzo and cream cheese	
Tea	Mac and cheese with cherry tomatoes and spring onion	Cheese courgette and sweet corn tart and farmhouse vegetables	Hidden vegetable ragu (Pepper, carrot, celery, courgette)	Home made chicken goujons with buckwheat salad	Cheese and ham buttermilk scones and broccoli	
Vegetarian tea	Mac and cheese with cherry tomatoes and spring onion	Cheese courgette and sweet corn tart and farmhouse vegetables	Hidden vegetable ragu (Pepper, carrot, celery, courgette)	Sweet potato frittata slices	Broccoli and cheese scone	
Pureed Menu	Mac and cheese with cherry tomatoes and spring onion	Courgette and sweet corn cake	Beef chilli and rice	Chicken and bake sweet potatoes	Mix vegetable ratatouille	
Dessert	Melon	Blackberry cake	Watermelon	Banana	Raspberry and lemon cookies	

Baby menu - Food served pureed, either mashed or broken down according to the individual needs of children.



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Spring/Summer Week Two	Monday	Tuesday	Wednesday	Thursday	Friday	Seasonal ingredients
Breakfast	Selection of cereals or pastries	Selection of cereals or pastries	Selection of cereals or pastries	Selection of cereals or pastries	Selection of cereals or pastries	✓ Apricots ✓ Bananas ✓ Basil ✓ Beetroot ✓ Blackberries ✓ Broad Beans ✓ Broccoli ✓ Cabbage ✓ Carrots ✓ Celery ✓ Courgettes ✓ Cucumber ✓ Garlic ✓ Kiwi ✓ Lettuce ✓ Melon ✓ Nectarines
Snack	Apple	Satsuma	Pear	Plum	Grapes	✓ Onions ✓ Peaches ✓ Peas ✓ Pepper ✓ Potatoes ✓ Raspberries ✓ Rosemary ✓ Runner Beans ✓ Sage ✓ Spinach ✓ Spring Onions ✓ Strawberries ✓ Sweet Potatoes ✓ Tangerine ✓ Tomatoes ✓ Water Melon
Lunch Main	Beef Ragu with courgettes and celery	Roasted Cauliflower and Potato Gobi and butter beans	Brazilian Chicken Pie	Turkey Lasagne with spinach	Moroccan Lamb and chickpea stew	
Side	Whole wheat pasta	Basmati rice	Broccoli	Homemade garlic bread	Cous cous summer salad	
Dessert	Melon slices	Mixed berries yogurt	Summer fruit salad platter	Watermelon	Peaches	
Vegetarian lunch	Mixed vegetables and tomato sauce	Roasted Cauliflower and Potato Gobi and butter beans	Sweet potato and spinach pie	Lentil and vegetable lasagne and garlic bread	Chickpea and vegetable stew	
Snack	Cornish wafer and cucumber	Matzo sunflower spread, pepper	Bread stick and beetroot hummus dip	Cream crackers, soft cheese, carrot stick	Cornbread Sugar snap peas	
Tea	Calcutta chicken rolls with flatbread and salad	Smokey ham, potato and sweet corn chowder with cheese scones	Homemade pizza with bell peppers and mushroom sauce	Lemon homemade fish goujons with homemade tartar sauce and sweet corn	Mixed selection of sandwiches	
Vegetarian tea	Chickpea balls with flatbread and salad	Potato and sweetcorn chowder and cheese	Homemade pizza with bell peppers and mushroom sauce	Veggie cake with carrots, and sweet corn kernels	Roasted vegetable sandwiches	
Pureed Menu	Chicken and courgette stew	Potato and sweetcorn chowder and cheese	Ratatouille and peas	Baked fish and sweet potato mash	Mushroom casserole and mash	
Dessert	Pineapple sticks	Banana	Lemon brownie	Mango	Passionfruit cookie	

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Spring/Summer Week Three	Monday	Tuesday	Wednesday	Thursday	Friday	Seasonal ingredients
Breakfast	Selection of cereals or pastries	Selection of cereals or pastries	Selection of cereals or pastries	Selection of cereals or pastries	Selection of cereals or pastries	<ul style="list-style-type: none"> ✓ Apricots ✓ Bananas ✓ Basil ✓ Beetroot ✓ Blackberries ✓ Broad Beans ✓ Broccoli ✓ Cabbage ✓ Carrots ✓ Celery ✓ Courgettes ✓ Cucumber ✓ Garlic ✓ Kiwi ✓ Lettuce ✓ Melon ✓ Nectarines ✓ Onions ✓ Peaches ✓ Peas ✓ Pepper ✓ Potatoes ✓ Raspberries ✓ Rosemary ✓ Runner Beans ✓ Sage ✓ Spinach ✓ Spring Onions ✓ Strawberries ✓ Sweet Potatoes ✓ Tangerine ✓ Tomatoes ✓ Water Melon
Snack	Orange	Plum	Kiwi	Apricot	Blueberries	
Lunch Main	Roast turkey, new potatoes with gravy	Mediterranean fish stew with chickpeas	Chicken, tomato and marrow casserole	Chickpea and vegetable curry with butternut squash, tomato, coriander	Beef burger salad and homemade tomato ketchup	
Side	Peas	Herby cous cous	Basmati rice	Whole wheat roti	Home made soft milk rolls	
Dessert	Honey dew melon	Strawberry and banana smoothies	Pancake with blueberry maple syrup sauce	Summer fruit platter	Peach yoghurt	
Vegetarian lunch	Butternut squash and sweet potato baked gratin	Chickpea and cabbage stew with potato	Marrow and tomato stew	Chickpea and vegetable curry	Black bean burger and beetroot	
Snack	Red pepper hummus and bread stick	Flat bread, cream cheese and cucumber	Matzo and baby corn with grated cheddar	Cream cracker and sunflower spread	Apple, rice cake and cheese	
Tea	Tuna and sweet corn pasta bake	Cavendish quiche, sweet corn and spinach	Cheesy cauliflower and sweet corn bake with quinoa	Baked ham with mango, cucumber and tomato salsa with sweet corn and bread roll	Hidden vegetable pasta with cheddar cheese (Pepper, carrot, celery, courgette)	
Vegetarian tea	Cheese and sweet corn pasta bake	Cavendish quiche, sweet corn and spinach	Cheesy cauliflower and sweet corn bake with quinoa	Squash and mushroom parcels with salad	Hidden vegetable pasta with cheddar cheese (Pepper, carrot, celery, courgette)	
Pureed Menu	Cheese and sweet corn pasta bake	Ham and baked potato	Cheesy cauliflower and sweet corn bake with quinoa	Baked sweet potato and cheese	Hidden vegetable pasta with cheddar cheese (Pepper, carrot, celery, courgette)	
Dessert	Mango stick	Watermelon	Pineapple	Banana	Mango and Passionfruit loaf	

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Spring/Summer Week Four	Monday	Tuesday	Wednesday	Thursday	Friday	Seasonal ingredients
Breakfast	Selection of cereals or pastries	Selection of cereals or pastries	Selection of cereals or pastries	Selection of cereals or pastries	Selection of cereals or pastries	<ul style="list-style-type: none"> ✓ Apricots ✓ Bananas ✓ Basil ✓ Beetroot ✓ Blackberries ✓ Broad Beans ✓ Broccoli ✓ Cabbage ✓ Carrots ✓ Celery ✓ Courgettes ✓ Cucumber ✓ Garlic ✓ Kiwi ✓ Lettuce ✓ Melon ✓ Nectarines ✓ Onions ✓ Peaches ✓ Peas ✓ Pepper ✓ Potatoes ✓ Raspberries ✓ Rosemary ✓ Runner Beans ✓ Sage ✓ Spinach ✓ Spring Onions ✓ Strawberries ✓ Sweet Potatoes ✓ Tangerine ✓ Tomatoes ✓ Water Melon
Snack	Apple	Orange	Kiwi	Pear	Plum	
Lunch Main	Traditional cottage pie	Three lentil doha with butternut squash	Lamb Biryani with spinach and coriander	Sweet and sour pork with bell pepper, pineapple and bamboo shoots	Jerk chicken with spring onion	
Side	Baby carrots	Coriander roti	Peas	Long grain rice	Home made coleslaw and sautee potato	
Dessert	Fresh minted pineapple stick	Fresh mango lassi	Strawberry and Chantilly cream	Summer fruits salad platter	Nectarine	
Vegetarian lunch	Soya and mushroom cottage pie	Three lentil doha with butternut squash	Butterbean and sweet potato pie and leek	Bell pepper, pineapple, sweet and sour tofu, bamboo shoots	Courgettes and tofu jerk	
Snack	Matzo sugar snap peas and soft cheese	Cream cake and cherry tomato	Rice cake and carrot	Bread stick and soft cheese	Cream cracker and cucumber	
Tea	Smoke haddock kedgerree with peas and coriander	Tofu chow mein with bok choy	Chicken sausage with apple/cucumber slice and pumpkin bread	Mac and cheese with green kale	Mixed selection of sandwiches	
Vegetarian tea	Spinach and chickpea kedgerree	Tofu chow mein with bok choy	Vegetable sausage with apple and pumpkin bread	Mac and cheese with green kale	Cheese, avocado on roast vegetable sandwiches	
Pureed Menu	Spinach and chickpea kedgerree	Tofu chow mein with bok choy	Chicken sausages and mash	Mac and cheese with green kale	Sweet potato bake with cheese	
Dessert	Banana	Melon	Raspberry lemon cookies	Watermelon	Victoria sponge with raspberries	

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