

## KTB Kids Food for Life Gold Award Winning 16 Week Menu

We always endeavour to purchase British produce where possible. Organic meat and dairy products are always used when available

Week 1					
	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b> <b>Served up to 08:30</b>	Weetabix or toasted wholemeal bread with butter and stewed plum	Shredded Wheat or toasted wholemeal bread with butter and banana	Sliced boiled egg with toasted wholemeal bread with butter and sliced pear	Bran Flakes or toasted wholemeal bread with butter and tangerine	Cornflakes or toasted wholemeal bread with butter and chopped grapes
<b>Mid-morning snack</b> <b>served at 09:15</b> <b>Milk offered</b>	Breadsticks with apple and banana	Rice cakes with carrot and tomatoes	Oatcakes with sugar snap peas and hummus	Water biscuits with cheese and cucumber	Ryvita crackerbread with cucumber and pear
<b>Lunch</b> <b>Served at 12:00</b> <b>Water only</b>	Kedgerie	Mini beef (Quorn) pasties with home baked beans	Gnocchi and tomato bake	Falafels with rice and mixed salad	Caribbean chicken (Quorn) stew with creamed potatoes and peas
	Semolina	Fresh seasonal fruit and homemade ice cream	Seasonal fruit crumble and custard	Organic Yogurt	Banana cake
<b>High Tea</b> <b>Served at 16:00</b> <b>Water only</b>	Roasted cauliflower with chickpeas and pomegranate	Quorn ham sandwiches with cucumber	Sundried tomato bread with cheese cubes	Toasted bread with scrambled egg	Mackerel (tofu) and white bread with cucumber
	Beetroot blast smoothie	Carrot kick smoothie	Strawberry and banana smoothie	Green smoothie	Four berry smoothie
<b>Late afternoon snack</b> <b>served at 17:15</b> <b>Milk offered</b>	Rice cakes with sliced red and yellow	Oatcakes with sliced kiwi fruit	Water biscuits, tangerine and cucumber	Ryvita crackerbread, melon and celery	Breadsticks and cheese cubes with tomatoes

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	peppers				
Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b> <b>Served up to 08:30</b>	Cornflakes or toasted wholemeal bread with butter and chopped grapes	Weetabix or toasted wholemeal bread with butter and stewed fruit	Shredded Wheat or toasted wholemeal bread with butter and banana	Toasted crumpets with butter and sliced pear	Bran Flakes or toasted wholemeal bread with butter and tangerine
<b>Mid-morning snack</b> <b>served at 09:15</b> <b>Milk offered</b>	Ryvita crackerbread with cucumber and pear	Breadsticks with pea puree and apple	Rice cakes with carrot and cucumber	Oatcakes with sugar snap peas and hummus	Water biscuits with cheese and tomatoes
<b>Lunch</b> <b>Served at 12:00</b> <b>Water only</b>	Sweet potato and chickpea curry with rice	White fish fillet (Tofu) in a lemon butter sauce, boiled potato and seasonal green vegetables	Pork (Quorn) sausage casserole with boiled potatoes and seasonal vegetables	Roast chicken (Quorn) with herb stuffing boiled potatoes and seasonal vegetables	South East Asian vegetable and egg fried brown rice
	Flapjack	Rice pudding	Fresh seasonal fruit with evaporated milk	Seasonal fruit pie and custard	Organic yogurt
<b>High Tea</b> <b>Served at 16:00</b> <b>Water only</b>	Homemade baked beans and toasted bread	Cheese and onion muffins	Squash, pear and ginger loaf	Chickpea flour banana bread with chocolate chips	Rosemary and garlic bread with salmon (cucumber)
	Four berry smoothie	Beetroot blast smoothie	Carrot kick smoothie	Strawberry and banana smoothie	Green smoothie
<b>Late afternoon snack</b> <b>served at 17:15</b> <b>Milk offered</b>	Breadsticks and cheese cubes with tomatoes	Rice cakes with sliced red and orange	Oatcakes with apricot	Water biscuits, tangerine and celery	Ryvita crackerbread, melon and apple

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Week 3					
	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b> <b>Served up to 08:30</b>	Bran Flakes or toasted wholemeal bread with butter and tangerine	Cornflakes or toasted wholemeal bread with butter and chopped grapes	Weetabix or toasted wholemeal bread with butter and stewed fruit	Shredded Wheat or toasted wholemeal bread with butter and banana	Boiled egg with toasted wholemeal bread with butter and sliced pear
<b>Mid-morning snack</b> <b>served at 09:15</b> <b>Milk offered</b>	Water biscuits with cheese and tomatoes	Ryvita crackerbread with Cucumber and pear	Breadsticks with apple and banana	Rice cakes with carrot and cucumber	Oatcakes with sugar snap peas and hummus
<b>Lunch</b> <b>Served at 12:00</b> <b>Water only</b>	Mushroom stroganoff with rice	Roasted Mediterranean vegetable tart with seasonal salad	Crispy fish (Tofu) goujons with boiled potatoes and seasonal green vegetables	Cottage pie (Quorn mince) and seasonal vegetables	Mild chicken (Quorn) curry with rice and seasonal stir-fried vegetables
	Organic yogurt	Sultana scones with jam	Blancmange	Fruit loaf	Stewed fruit and custard
<b>High Tea</b> <b>Served at 16:00</b> <b>Water only</b>	Cottage cheese on toasted bread with blackberries	Wholemeal mini rolls with salmon (cucumber)	Chickpea and sweetcorn wholemeal pasta	Ricotta, carrots peppers and hummus sandwiches	English muffins with cream cheese
<b>Late afternoon snack</b> <b>served at 17:15</b> <b>Milk offered</b>	Green smoothie	Four berry smoothie	Beetroot blast smoothie	Carrot kick smoothie	Strawberry and banana smoothie
	Ryvita crackerbread, melon and a pea puree	Breadsticks and cheese cubes with tomatoes	Rice cakes with sliced peppers	Oatcakes with plum	Water biscuits, tangerine and celery

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Week 4					
	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b> <b>Served up to 08:30</b>	English muffins with butter and sliced pear	Bran Flakes or toasted wholemeal bread with butter and tangerine	Cornflakes or toasted wholemeal bread with butter and chopped grapes	Weetabix or toasted wholemeal bread with butter and stewed fruit	Shredded Wheat or toasted wholemeal bread with butter and banana
<b>Mid-morning snack</b> <b>served at 09:15</b> <b>Milk offered</b>	Oatcakes with sugar snap peas and hummus	Water biscuits with cheese and tomatoes	Ryvita crackerbread with Cucumber and pear	Breadsticks with apple and banana	Rice cakes with carrot and cucumber
<b>Lunch</b> <b>Served at 12:00</b> <b>Water only</b>	Sticky lemon chicken with fresh egg noodles and stir fried vegetables	Pearl barley, butternut squash and sage risotto	Pesto lasagna	Fish pie with seasonal vegetables	Mini beef burgers with homemade wholemeal buns and seasonal salad
	Bananas and custard	Organic yogurt	Courgette brownies	Custard tart	Fresh fruit slices with homemade ice cream
<b>High Tea</b> <b>Served at 16:00</b> <b>Water only</b>	Cheese on toast with sesame seeds	White bread with mackerel and cucumber	Cream cheese on linseed bread	Quorn and vegetable couscous salad	Boiled egg sandwiches with cucumber
	Strawberry and banana smoothie	Green smoothie	Four berry smoothie	Beetroot blast smoothie	Carrot kick smoothie
<b>Late afternoon snack</b> <b>served at 17:15</b> <b>Milk offered</b>	Water biscuits, tangerine and celery	Ryvita crackerbread, melon and apple	Breadsticks and cheese cubes with tomatoes	Rice cakes with sliced peppers	Oatcakes with berries

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Week 5					
	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b> <b>Served up to 08:30</b>	Shredded Wheat or toasted wholemeal bread with butter and banana	Boiled egg with toasted wholemeal bread with butter and sliced pear	Bran Flakes or toasted wholemeal bread with butter and tangerine	Cornflakes or toasted wholemeal bread with butter and chopped grapes	Weetabix or toasted wholemeal bread with butter and stewed fruit
<b>Mid-morning snack</b> <b>served at 09:15</b> <b>Milk offered</b>	Rice cakes with carrot and cucumber	Oatcakes with sugar snap peas and hummus	Water biscuits with cheese and tomatoes	Ryvita crackerbread with Cucumber and pear	Breadsticks with apple and banana
<b>Lunch</b> <b>Served at 12:00</b> <b>Water only</b>	Toad in the hole (Quorn) with seasonal vegetables	Chicken (Quorn) and lentil casserole with potatoes and seasonal vegetables	Slow cooked pepper pasta	Squash risotto	Fishcakes (potato) with mixed salad or roasted winter vegetables
	Homemade ice cream and seasonal fresh fruit	Pineapple upside down cake and custard	Organic Yogurt	Sultana scones	Semolina
<b>High Tea</b> <b>Served at 16:00</b> <b>Water only</b>	Roasted red pepper and goats cheese sandwiches	Homemade baked beans on toasted bread	Granary bread with tuna (grated carrot)	Seeded bread with mashed banana	Tomato and mozzarella cake
	Carrot kick smoothie	Strawberry and banana smoothie	Green smoothie	Four berry smoothie	Beetroot blast smoothie
<b>Late afternoon snack</b> <b>served at 17:15</b> <b>Milk offered</b>	Oatcakes with peaches	Water biscuits, tangerine and celery	Ryvita crackerbread and apple slices	Breadsticks and cheese cubes with tomatoes	Rice cakes with sliced peppers

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Week 6					
	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b> <b>Served up to 08:30</b>	Weetabix or toasted wholemeal bread with butter and stewed apple	Shredded Wheat or toasted wholemeal bread with butter and sliced pear	Mashed banana on toasted wholemeal bread with butter	Bran Flakes or toasted wholemeal bread with butter and tangerine	Cornflakes or toasted wholemeal bread with butter and chopped grapes
<b>Mid-morning snack</b> <b>served at 09:15</b> <b>Milk offered</b>	Breadsticks with grated carrot and banana	Rice cakes with carrot and cucumber	Oatcakes with cheese and tomatoes	Water biscuits with sugar snap peas and hummus	Ryvita crackerbread with Cucumber and pear
<b>Lunch</b> <b>Served at 12:00</b> <b>Water only</b>	Fish (Tofu) in parsley sauce with boiled potatoes and seasonal green vegetables	Spaghetti beef (Quorn) bolognaise	Chicken (Quorn) and mushroom pie with seasonal vegetables	Swiss style cauliflower and macaroni cheese	Roasted vegetable casserole
	Rice pudding	Fresh seasonal fruit and cream	Seasonal fruit crumble and custard	Organic yogurt	Carrot cake
<b>High Tea</b> <b>Served at 16:00</b> <b>Water only</b>	Cheese and courgette scones	Chickpea of the sea sandwiches	Scrambled egg on toast	Vegetable quiche	Granary rolls with tuna (cucumber)
	Beetroot blast smoothie	Carrot kick smoothie	Strawberry and banana smoothie	Green smoothie	Four berry smoothie
<b>Late afternoon snack</b> <b>served at 17:15</b> <b>Milk offered</b>	Rice cakes with sliced red pepper	Oatcakes with apricot	Water biscuits, tangerine and celery	Ryvita crackerbread, melon and grape	Breadsticks and cheese cubes with tomatoes

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Week 7					
	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b> <b>Served up to 08:30</b>	Cornflakes or toasted wholemeal bread with butter and chopped grapes	Weetabix or toasted wholemeal bread with butter and stewed apple	Shredded Wheat or toasted wholemeal bread with butter and banana	Boiled egg with toasted wholemeal bread with butter and sliced pear	Bran Flakes or toasted wholemeal bread with butter and tangerine
<b>Mid-morning snack</b> <b>served at 09:15</b> <b>Milk offered</b>	Ryvita crackerbread with Cucumber and pear	Breadsticks with grated carrot and banana	Rice cakes with carrot and cucumber	Oatcakes with cheese and tomatoes	Water biscuits with sugar snap peas and hummus
<b>Lunch</b> <b>Served at 12:00</b> <b>Water only</b>	Chickpea and coriander burgers with mini homemade granary buns, cucumber, tomatoes and homemade tomato chips	Red Thai salmon (Tofu) curry with rice and seasonal stir-fried vegetables	Beef (Quorn) meatballs in a tomato sauce with pasta and a green salad	Baked chicken (Quorn) goujons with homemade sweet potato chips, sweetcorn and peas	Cheesy bake with spinach
	Blueberry muffins	Blancmange and berries	Fresh seasonal fruit slices with homemade ice cream	Seasonal stewed fruit and custard	Organic yogurt
<b>High Tea</b> <b>Served at 16:00</b> <b>Water only</b>	Mackerel (roasted tomato) on toasted bread	Cheese flatbread with hummus and beetroot dip	Refried bean wraps with avocado and tomatoes	Cheese scones with tomato chutney	Sundried tomato bread with cream cheese
<b>Late afternoon snack</b> <b>served at 17:15</b> <b>Milk offered</b>	Four berry smoothie	Beetroot blast smoothie	Carrot kick smoothie	Strawberry and banana smoothie	Green smoothie
	Breadsticks and cheese cubes with tomatoes	Rice cakes with sliced peppers	Oatcakes with chopped grapes	Water biscuits, tangerine and celery	Ryvita crackerbread, melon and cucumber

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Week 8					
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<b>Breakfast</b> <b>Served up to 08:30</b>	Bran Flakes or toasted wholemeal bread with butter and tangerine	Cornflakes or toasted wholemeal bread with butter and chopped grapes	Weetabix or toasted wholemeal bread with butter and strawberries	Shredded Wheat or toasted wholemeal bread with butter and sliced pear	Toasted teacake with butter and banana
<b>Mid-morning snack</b> <b>served at 09:15</b> <b>Milk offered</b>	Water biscuits with sugar snap peas and hummus	Ryvita crackerbread with Cucumber and pear	Breadsticks with grated carrot and banana	Rice cakes with cheese and tomatoes	Oatcakes with carrot and cucumber
<b>Lunch</b> <b>Served at 12:00</b> <b>Water only</b>	Tomato and mascarpone pasta bake	Roasted vegetable pizza	Breaded fish fingers (Tofu) new potatoes and peas	Pork (Quorn) bangers and mash with onion gravy and seasonal vegetables	One pot chicken (Quorn) casserole with potatoes and seasonal vegetables
	Organic yogurt	Baked pear with crème fraiche	Bananas and custard	Chocolate beetroot cake	Seasonal fruit pie and custard
<b>High Tea</b> <b>Served at 16:00</b> <b>Water only</b>	Granary rolls with hard-boiled egg and tomatoes	White bread with mackerel (roasted tomato)	Bean and cheese wrap	Tuna (cucumber) sandwiches with cucumber sticks	Cheese on toast
<b>Late afternoon snack</b> <b>served at 17:15</b> <b>Milk offered</b>	Green smoothie	Four berry smoothie	Beetroot blast smoothie	Carrot kick smoothie	Strawberry and banana smoothie
	Ryvita crackerbread, with melon selection	Breadsticks and cheese cubes with tomatoes	Rice cakes with peaches	Oatcakes with sliced peppers	Water biscuits, tangerine and celery

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Week 9					
	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b> <b>Served up to 08:30</b>	Boiled egg with toasted wholemeal bread and butter	Bran Flakes or toasted wholemeal bread with butter and tangerine	Cornflakes or toasted wholemeal bread with butter and chopped grapes	Weetabix or toasted wholemeal bread with butter and strawberries	Shredded Wheat or toasted wholemeal bread with butter and sliced pear
<b>Mid-morning snack</b> <b>served at 09:15</b> <b>Milk offered</b>	Oatcakes with cheese and tomatoes	Water biscuits with sugar snap peas and hummus	Ryvita crackerbread with Cucumber and pear	Breadsticks with grated carrot and banana	Rice cakes with carrot and cucumber
<b>Lunch</b> <b>Served at 12:00</b> <b>Water only</b>	North African chicken (Quorn) tagine with couscous and seasonal vegetables	Tagliatelle with vegetable ragu	Lentil, potato and spinach curry with rice	Smoked haddock (Tofu) chowder with homemade bread	Breaded pork (Quorn) escalope with boiled potatoes and seasonal vegetables
	Stewed seasonal fruit and custard	Organic yogurt	Rock cakes	Semolina	Fresh seasonal fruit and evaporated milk
<b>High Tea</b> <b>Served at 16:00</b> <b>Water only</b>	Homemade baked beans with wholemeal toasted bread	Warm pork (Quorn) sausage roll with carrot sticks	Sundried tomato bread with tuna (Hummus)	Roast vegetable and red lentil pasta	Hummus, avocado and feta sandwich
	Strawberry and banana smoothie	Green smoothie	Four berry smoothie	Beetroot blast smoothie	Carrot kick smoothie
<b>Late afternoon snack</b> <b>served at 17:15</b> <b>Milk offered</b>	Water biscuits, tangerine and cucumber	Ryvita crackerbread, melon and green beans	Breadsticks with sliced peppers	Rice cakes with apricot	Oatcakes and cheese cubes with tomatoes

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Week 10					
	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b> <b>Served up to 08:30</b>	Shredded Wheat or toasted wholemeal bread with butter & sliced pear	Croissant with butter	Bran Flakes or toasted wholemeal bread with butter and tangerine	Cornflakes or toasted wholemeal bread with butter & chopped grapes	Weetabix or toasted wholemeal bread with butter and berries
<b>Mid-morning snack</b> <b>served at 09:15</b> <b>Milk offered</b>	Rice cakes with carrot and cucumber	Oatcakes with cheese and grapes	Water biscuits with sugar snap peas and hummus	Ryvita crackerbread with Cucumber and pear	Breadsticks with grated carrot and banana
<b>Lunch</b> <b>Served at 12:00</b> <b>Water only</b>	Pork (Quorn) sausage and bean casserole with crumb topping and seasonal vegetables	Mexican chicken (Quorn) stew with rice and seasonal vegetables	Pasta primavera	Bean burgers with mini wholemeal buns, cucumber, tomatoes and homemade sweet potato chips	Tuna (vegetable) pasta bake
	Fresh fruit and homemade ice cream	Bananas and custard	Organic yogurt	Oatmeal cookie	Rice pudding
<b>High Tea</b> <b>Served at 16:00</b> <b>Water only</b>	Cream cheese and/ or cucumber sandwiches	Seeded bread with hard-boiled egg and tomatoes	Granary bread with cottage cheese or humus and grated carrot	Mackerel (Roasted tomatoes) on toasted wholemeal bread	Savoury cheese cupcakes with pea and hummus dip
<b>Late afternoon snack</b> <b>served at 17:15</b> <b>Milk offered</b>	Carrot kick smoothie	Strawberry and banana smoothie	Green smoothie	Four berry smoothie	Beetroot blast smoothie
	Oatcakes and cheese cubes with tomatoes	Water biscuits, tangerine and cucumber	Ryvita crackerbread, melon and green beans	Breadsticks with sliced peppers	Rice cakes with sliced kiwi fruit and grapes

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Week 11						
	Monday	Tuesday	Wednesday	Thursday	Friday	
<b>Breakfast</b> <b>Served up to 08:30</b>	Weetabix or toasted wholemeal bread with butter and berries	Shredded Wheat or toasted wholemeal bread with butter & sliced pear	Boiled egg with toasted wholemeal bread and butter	Bran Flakes or toasted wholemeal bread with butter and tangerine	Cornflakes or toasted wholemeal bread with butter & chopped grapes	
<b>Mid-morning snack</b> <b>served at 09:15</b> <b>Milk offered</b>	Breadsticks with grated carrot and banana	Rice cakes with chopped grapes and cucumber	Oatcakes with cheese and grapes	Water biscuits with sugar snap peas and hummus	Ryvita crackerbread with Cucumber and pear	
<b>Lunch</b> <b>Served at 12:00</b> <b>Water only</b>	Baked white fish (Tofu) with a tomato sauce, boiled potatoes and seasonal green vegetables	Beef (Quorn) lasagna with garlic bread	Chicken (Quorn) casserole with potato cobbler and seasonal vegetables	Soya and apple ragu with new potatoes broad beans and courgette	West country gratin	
	Vanilla blancmange	Fresh or stewed seasonal fruit and cream	Jam tart and custard	Organic yogurt	Apple cake	
<b>High Tea</b> <b>Served at 16:00</b> <b>Water only</b>	Sourdough bread with smashed avocado	Roasted red pepper, cream cheese and lettuce sandwich	Granary bread with flaked fresh salmon (Quorn ham)	Homemade seasonal vegetable tart	Scrambled egg on toast	
<b>Late afternoon snack</b> <b>served at 17:15</b> <b>Milk offered</b>	Beetroot blast smoothie	Carrot kick smoothie	Strawberry and banana smoothie	Green smoothie	Four berry smoothie	
	Rice cakes with berries and grapes	Oatcakes and cheese cubes with tomatoes	Water biscuits, tangerine and cucumber	Ryvita crackerbread, melon and sliced apple	Breadsticks with sliced peppers	

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Week 12					
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<b>Breakfast</b> <b>Served up to 08:30</b>	Cornflakes or toasted wholemeal bread with butter & chopped grapes	Weetabix or toasted wholemeal bread with butter and berries	Shredded Wheat or toasted wholemeal bread with butter & sliced pear	Natural yogurt with stewed fruit and toasted wholemeal bread and butter	Bran Flakes or toasted wholemeal bread with butter and tangerine
<b>Mid-morning snack</b> <b>served at 09:15</b> <b>Milk offered</b>	Ryvita crackerbread with Cucumber and pear	Breadsticks with grated carrot and banana	Rice cakes with chopped grapes and cucumber	Oatcakes with cheese and grapes	Water biscuits with sugar snap peas and hummus
<b>Lunch</b> <b>Served at 12:00</b> <b>Water only</b>	Lentil spaghetti bolognaise	Roast pork belly (Quorn pieces) in a plum sauce with noodles and stir-fried seasonal vegetables	Fish (Tofu) and pea bites with mixed salad or roasted winter vegetables	Chicken (Quorn) and spinach risotto with seasonal vegetables	Pasta shells with roasted cauliflower, chickpeas and ricotta
<b>High Tea</b> <b>Served at 16:00</b> <b>Water only</b>	Strawberry mousse	Fresh fruit and cream	Crème caramel	Seasonal fruit crumble & custard	Organic yogurt
<b>Late afternoon snack</b> <b>served at 17:15</b> <b>Milk offered</b>	Chopped tomatoes on toast	Grated cheese and jacket potato	Avocado lettuce and tomato (ALT) sandwich	Bruschetta with red pesto and vegetable salsa	Wholemeal mini rolls with salmon and / or cucumber
	Four berry smoothie	Beetroot blast smoothie	Carrot kick smoothie	Strawberry and banana smoothie	Green smoothie
	Breadsticks with pears and grapes	Rice cakes with sliced peppers	Oatcakes and cheese cubes with tomatoes	Water biscuits, tangerine and cucumber	Ryvita crackerbread, melon and sliced apple

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Week 13					
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<b>Breakfast</b> <b>Served up to 08:30</b>	Bran Flakes or toasted wholemeal bread with butter and tangerine	Cornflakes or toasted wholemeal bread with butter & chopped grapes	Weetabix or toasted wholemeal bread with butter and berries	Shredded Wheat or toasted wholemeal bread with butter & sliced pear	Boiled egg with toasted wholemeal bread and butter
<b>Mid-morning snack</b> <b>served at 09:15</b> <b>Milk offered</b>	Water biscuits with sugar snap peas and hummus	Ryvita crackerbread with cucumber and pear	Breadsticks with grated carrot and cheese	Rice cakes with chopped grapes and apple	Oatcakes with banana and grapes
<b>Lunch</b> <b>Served at 12:00</b> <b>Water only</b>	Tomato and mozzarella pasta bake	Mixed bean and root vegetable stew with herb cous cous	Italian broccoli and salmon (Tofu) bake	Beef (Quorn) Chilli con carne with rice and soured cream	Chicken (Quorn) chow mein with stir fried seasonal vegetables
	Organic yogurt	Fresh seasonal fruit and crème fraiche	Homemade rice pudding	Eves pudding and custard	Bread and butter pudding
<b>High Tea</b> <b>Served at 16:00</b> <b>Water only</b>	Warm vegetable tart	Granary bread with Mackerel and tomatoes	Courgette bread with butter	Boiled egg sandwiches with cucumber	Cheese on toast
<b>Late afternoon snack</b> <b>served at 17:15</b> <b>Milk offered</b>	Green smoothie	Four berry smoothie	Beetroot blast smoothie	Carrot kick smoothie	Strawberry and banana smoothie
	Ryvita crackerbread, pears and cucumber	Breadsticks with melon and sliced apple	Rice cakes with sliced red and yellow peppers	Oatcakes and cheese cubes with tomatoes	Water biscuits, tangerine and grapes

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Week 14					
	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b> <b>Served up to 08:30</b>	Toasted teacake with butter and raisins	Bran Flakes or toasted wholemeal bread with butter and tangerine	Cornflakes or toasted wholemeal bread with butter & chopped grapes	Weetabix or toasted wholemeal bread with butter and banana	Shredded Wheat or toasted wholemeal bread with butter & sliced pear
<b>Mid-morning snack</b> <b>served at 09:15</b> <b>Milk offered</b>	Oatcakes with banana and sliced apple	Water biscuits with sugar snap peas and hummus	Ryvita crackerbread with cucumber and pear	Breadsticks with grated carrot and cheese	Rice cakes with chopped grapes and apple
<b>Lunch</b> <b>Served at 12:00</b> <b>Water only</b>	Chicken (Quorn) enchilada bake	Chickpea korma with rice	Pearl barley hotpot with root vegetable mash	Creamy pasta with salmon (Tofu) and seasonal vegetables	Spaghetti carbonara (Quorn)
	Lemon tart	Organic yogurt	Fresh fruit and cream	Semolina	Fruit pie and custard
<b>High Tea</b> <b>Served at 16:00</b> <b>Water only</b>	Homemade baked beans on toasted bread	Vegetable quiche	English muffins with boiled egg	Tomato pie with cheddar crust	Tuna (cucumber) sandwiches
	Strawberry and banana smoothie	Green smoothie	Four berry smoothie	Beetroot blast smoothie	Carrot kick smoothie
<b>Late afternoon snack</b> <b>served at 17:15</b> <b>Milk offered</b>	Water biscuits, tangerine and grapes	Ryvita crackerbread, pears and cucumber	Breadsticks with melon and sliced apple	Rice cakes with sliced red and yellow peppers	Oatcakes and cheese cubes with tomatoes

Over 90% of our dishes including bread is homemade from scratch in our nursery kitchen. Allergen statement: If your child has a food allergy or intolerance please speak to a member of management to ensure that an up to date and accurate risk assessment is in place

## KTB Kids Food for Life Gold Award Winning 16 Week Menu

We always endeavour to purchase British produce where possible. Organic meat and dairy products are always used when available

### Week 15

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b> <b>Served up to 08:30</b>	Shredded Wheat or toasted wholemeal bread with butter & sliced pear	Toasted crumpet with butter and raisins	Bran Flakes or toasted wholemeal bread with butter and tangerine	Cornflakes or toasted wholemeal bread with butter & chopped grapes	Weetabix or toasted wholemeal bread with butter and banana
<b>Mid-morning snack</b> <b>served at 09:15</b> <b>Milk offered</b>	Rice cakes with chopped grapes and grated carrot	Oatcakes with banana and sliced apple	Water biscuits with sugar snap peas and hummus	Ryvita crackerbread with cucumber and pear	Breadsticks with grated carrot and cheese
<b>Lunch</b> <b>Served at 12:00</b> <b>Water only</b>	Shepherd's pie (Quorn) and seasonal vegetables	Lemon and oregano chicken (Quorn)	Sweet and sour tofu with noodles	Pesto and potato pasta	Creamy fish (Tofu) rarebit with edam
	Cherry sponge pudding and custard	Peach melba	Organic yogurt	Fresh fruit and evaporated milk	Vanilla blancmange
<b>High Tea</b> <b>Served at 16:00</b> <b>Water only</b>	Cheddar and apple sandwich	Scrambled egg on toasted bread	Cold pasta salad	Sundried tomato bread with tuna and / or mixed salad leaves	Multigrain honey bread
	Carrot kick smoothie	Strawberry and banana smoothie	Green smoothie	Four berry smoothie	Beetroot blast smoothie
<b>Late afternoon snack</b> <b>served at 17:15</b> <b>Milk offered</b>	Oatcakes and cheese cubes with tomatoes	Water biscuits, tangerine and grapes	Ryvita crackerbread, pears and cucumber	Breadsticks with melon and sliced apple	Rice cakes with sliced red and yellow peppers

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### Week 16

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b> <b>Served up to 08:30</b>	Weetabix or toasted wholemeal bread with butter and tangerine	Shredded Wheat or toasted wholemeal bread with raisins & sliced pear	Malt loaf with butter and banana	Bran Flakes or toasted wholemeal bread with butter and banana	Cornflakes or toasted wholemeal bread with butter & chopped grapes
<b>Mid-morning snack</b> <b>served at 09:15</b> <b>Milk offered</b>	Breadsticks with grated carrot and cheese	Rice cakes with chopped grapes and grated carrot	Oatcakes with cucumber and pear	Water biscuits with sugar snap peas and hummus	Ryvita crackerbread with banana and sliced apple
<b>Lunch</b> <b>Served at 12:00</b> <b>Water only</b>	Baked salmon (Tofu) and aubergine lasagna	Pork (Quorn) sausage and bean casserole with seasonal vegetables	Chicken ((Quorn) pasta	Homemade cheese and tomato pizza	Kids vegetable curry with naan bread and poppadum's
	Banana and custard	Tapioca pudding	Gingerbread and orange sauce	Organic yogurt	Fresh fruit and homemade ice cream
<b>High Tea</b> <b>Served at 16:00</b> <b>Water only</b>	Cheese soda bread	Mozzarella and roasted vegetable sandwich	Cottage cheese on toasted bread	Mackerel and tomatoes on homemade tomato bread	Wholemeal mini rolls with grated cheese
	Beetroot blast smoothie	Carrot kick smoothie	Strawberry and banana smoothie	Green smoothie	Four berry smoothie
<b>Late afternoon snack</b> <b>served at 17:15</b> <b>Milk offered</b>	Rice cakes with sliced red and yellow peppers	Oatcakes and cheese cubes with tomatoes	Water biscuits, tangerine and grapes	Ryvita crackerbread, pears and cucumber	Breadsticks with melon and sliced apple

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