



Food @ Pebble Beach Nursery and Pre-School

Food is an integral part of daily life. It enables growth, provides us with important nutrients, and gives us fuel to move.

At Pebble Beach Nursery and Pre-School, we provide your child with a healthy balanced diet, whilst introducing new tastes and textures. Wherever possible our produce is locally sourced and is delivered fresh to our door each morning.

Meal times are important for everybody, no matter how old. We encourage the children to become independent in their eating and to use a knife and fork whilst sitting at a table. This will allow the children and adults a chance to sit down, rest and enjoy each other's company whilst chatting about their day.

We provide breakfast and will offer a mid-morning snack, lunch, afternoon snack and tea.

If your child has any dietary requirements, then we will always adjust recipes or prepare meals to cater for your child's needs.

Our menu rotates every 3 weeks. Below is an example of a 3-weekly menu. We aim to change our menu 3 times a year.



Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	<p>Mushroom Risotto (rice, onions mushrooms, vegetable stock, mixed peppers, butter)</p> <p>Contains gluten and dairy</p>	<p>Roast chicken, roasted potatoes, & Mixed vegetables (vegetable oil, carrots, peas, sweetcorn, broad beans, cornflour, chicken stock, chicken breast, new potatoes)</p>	<p>Italian style baked pasta with Garlic bread (pasta, bread, garlic puree, onions, celery, mixed herbs, tomato puree, chopped tomatoes)</p> <p>Contains wheat and gluten</p>	<p>Cottage Pie with sliced green beans (Beef mince, potato, gravy, green beans, onions, celery, butter)</p> <p>Contains celery and dairy</p>	<p>Jacket potato, coleslaw and ham (Potato, Ham, cabbage, onions, Carrots, mayonnaise, butter)</p> <p>Contains egg and dairy</p>
Vegetarian option	<p>Mushroom Risotto (rice, onions mushrooms, vegetable stock, mixed peppers, butter)</p> <p>Contains gluten and dairy</p>	<p>Quorn chicken, roasted potatoes & mixed vegetables. (vegetable oil, carrots, peas, sweetcorn, broad beans, cornflour, chicken stock, chicken breast, new potatoes)</p>	<p>Italian style baked pasta with Garlic bread (pasta, bread, garlic puree, onions, celery, mixed herbs, tomato puree, chopped tomatoes)</p> <p>Contains wheat, gluten and celery</p>	<p>Quorn Pie with sliced green beans (Quorn mince, potato, gravy, green beans, onions, celery, butter)</p> <p>Contains celery and dairy</p>	<p>Jacket Potato with cheese and coleslaw (potato, cheese, cabbage, carrots, onions, mayonnaise, butter)</p> <p>Contains egg and dairy</p>
Dessert	<p>Fruit Salad</p>	<p>Natural Yoghurt with Strawberry coulis</p> <p>Contains Dairy</p>	<p>Vanilla Ice Cream</p> <p>Contains Dairy</p>	<p>Fruit Jelly</p>	<p>Bananas & Custard</p> <p>Contains milk</p>



Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	Mixed Sandwiches with potato fries (Bread, butter, ham, cheese, potato) Contains wheat, dairy and fish	Macaroni Cheese with Broccoli (Pasta, Cheese, milk, flour, tomato, butter onion, broccoli) Contains gluten, wheat, and dairy	Sausage, mash & Beans (Sausages, potato, butter, baked beans) Contains dairy	Tuna pasta bake With cauliflower (tuna, pasta, tomato purée, chopped tomatoes, mushrooms, celery, mixed herbs, garlic, cauliflower) Contains gluten, wheat and celery	Quorn Goulash with rice (Quorn, cream, onions, mixed peppers, rice, mushrooms, celery) Contains celery
Vegetarian option	Mixed Sandwiches with potato fries (Bread, Margarine, tuna, cheese, potato) Contains wheat, dairy and fish	Macaroni Cheese with Broccoli (Pasta, Cheese, milk, flour, tomatoes, butter, onion, broccoli) Contains gluten, wheat and dairy	Quorn Sausage, mash & Beans (Quorn Sausages, potato, butter, baked beans) Contains dairy	Tuna pasta bake With cauliflower (tuna, pasta, tomato purée, chopped tomatoes, mushrooms, celery, mixed herbs, garlic, cauliflower) Contains fish, celery, gluten and wheat	Quorn Goulash with rice (Quorn, cream, onions, mixed peppers, rice, mushrooms, celery) Contains dairy and celery
Dessert	Chocolate brownie with beetroot	Stewed mixed fruits	Satsumas	Oat flapjack	Mandarin & Melon cocktail



Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	Chicken salad with hot new potatoes (Chicken, new potatoes, lettuce, tomatoes, cucumber, cress, oil)	Quorn Bolognese with spaghetti (Oil, onions, Quorn, tomato puree, chopped tomatoes, mixed herbs, garlic, mushrooms, spaghetti) Contains gluten and wheat	Sweet & Sour chicken with rice noodles (rice noodles, chicken, pineapple, onions, Chinese spices, chopped tomatoes, bean shoots, celery, garlic, spring onions, soy sauce, tomato puree) Contains celery	Quorn curry with rice and naan bread (Quorn, naan bread, onions, mixed peppers, celery, curry powder, tomato puree, chopped tomatoes) Contains gluten and wheat	Fish Pie with peas (peas, cod, tuna, salmon, flour, butter, milk, onions, cheese, potato) Contains fish and dairy
Vegetarian option	Quorn Chicken salad with hot new potatoes (Quorn Chicken, new potatoes, lettuce, tomatoes, cucumber, cress, oil)	Quorn Bolognese with spaghetti (Oil, onions, Quorn, tomato puree, chopped tomatoes, mixed herbs, garlic, mushrooms, spaghetti) Contains gluten and wheat	Sweet & Sour Quorn chicken with rice noodle. (Rice noodles, Quorn chicken, pineapple, onions, Chinese spices, chopped tomatoes, bean shoots, celery, garlic, spring onions, soy sauce, tomato puree) Contains celery	Quorn curry with rice and naan bread (Quorn, naan bread, onions, mixed peppers, celery, curry powder, tomato puree, chopped tomatoes) Contains gluten and wheat	Fish Pie with peas (peas, cod, tuna, salmon, flour, butter, milk, onions, cheese, potato) Contains fish and dairy
Dessert	Pear crumble with custard Contains dairy	Rice pudding with sultanas Contains dairy	Tinned peaches with cream Contains dairy	Semolina Pudding Contains wheat and milk	Mixed berries