

Bensham Nursery

2025/26



Menu Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course	Tomato, Quorn & Vegetable Pasta Bake with HM Garlic Bread, broccoli, cauli, carrot mix	Gammon slice, Yorkshire pudding, mash potato, diced carrots & green beans & gravy	Vegetable, lentil and chickpea curry with naan bread finger and brown rice with peas & sweetcorn	Mince & dumplings, mash potato, vegetable trio & gravy	Fish fingers with potato waffles and baked beans wholemeal bread
Nonmeat option		Quorn fillet in gravy, Yorkshire pudding, mash potato & diced carrot & green beans		Veggie mince & dumplings, mash potato, vegetable trio & gravy	Veggie fingers with Chips and mushy peas, wholemeal bread
Sweet Treat	Chocolate & pear sponge and Custard	Fresh fruit fingers & yoghurt	Ice cream & peaches	Rice pudding with berry compote	Apple Crumble and Custard
Light Tea	Boiled egg with wholemeal bread fingers & cherry tomatoes quarters Shortbread finger & apple slices	Ham & soft cream cheese wholemeal bread fingers With vegetable sticks Melon slices	Wholemeal pitta fingers, with homemade tuna pate or Egg mayo with cucumber sticks Fruit selection	Crustless ham or cheese quiche fingers with broccoli florets Mini orange muffin with orange segments	Wholemeal sandwich fingers with chicken or cheese with vegetable sticks Fruit selection

Menu Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course	Veggie pattie, mini waffles & baked beans, wholemeal bread	Chicken fillet in gravy, baby boiled potatoes, Yorkshire pudding Carrot & sweet mash	Wholewheat pasta bolognaise with HM garlic bread & vegetable fingers	Mild Mixed bean and vegetable chilli with brown rice & Carrot & sweetcorn mix	Salmon bites with diced potatoes and crushed peas wholemeal bread
Nonmeat option		Quorn fillet in gravy, roast potatoes, Yorkshire pudding & carrot & swede mash	Veggie wholewheat pasta bolognaise with garlic bread & vegetable fingers		Veggie bites with potato wedges and crushed peas, wholemeal bread
Sweet Treat	Apple & berry stew & custard	Rice pudding & fruit compote	Peach ripple	Fruit jelly, yoghurt pot	Chocolate & beetroot brownie with custard
Light Tea	Wholemeal bread roll with chicken or cheese, vegetable sticks Mini chocolate muffin with pear slices	Ham & cheese homemade muffin pizza or cheese & tomato muffin pizza with cherry tomato quarters Fruit selection	Tuna and sweetcorn or cheese & tomato crustless quiche With broccoli florets Homemade cookie & Banana	Egg & tuna mayo or cheese Wholemeal bread fingers with vegetable sticks Melon slices	Boiled eggs, ham strips or cheese fingers wholemeal bread fingers & cherry tomato quarters Fruit selection

Menu Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course	Ham and cheese macaroni bake with garlic bread & broccoli, cauli & carrot mix	Savoury mince & Yorkshire pudding, mash potato, diced carrot & sweetcorn mix & gravy	Chicken, bean & sweet potato casserole with brown rice, French bread slice	Bean, lentil & vegetable cottage pie with carrots & green beans & gravy	Fish cake with Waffles and baked beans, wholemeal bread
Nonmeat option	Cheese macaroni bake with garlic bread & broccoli, cauli & carrot mix	Veggie mince & Yorkshire pudding, mash potato, diced carrot & sweetcorn mix & gravy	Vegetable & bean casserole with brown rice & French bread slice		Veggie fingers with Waffles and baked beans, wholemeal bread
Sweet Treat	Pineapple upside down cake and Custard	Fresh fruit fingers & yogurt	Banana Custard	Fruit jelly	Fruit oat crumble sundae
Light Tea	Ham and soft cheese or oft cheese pinwheel wraps with vegetable sticks Homemade cookie & apple slices	Ham & sweet potato frittata Or cheese and sweet potato frittata with cherry tomato quarters Fruit selection	Tuna, sweetcorn & pepper pasta or cheese & pepper pasta with broccoli florets Mini Carrot muffin	Homemade tuna & cheese muffin pizza or cheese & tomato with cucumber sticks Fruit selection	Wholemeal bread sandwich with chicken or egg mayo and vegetable sticks Melon slices