

Tamba Day Nursery: Spring/Summer menu 2025

Wk. 1	Breakfast 8 – 8.30	Snack 10am	Lunch 11.30am	Dessert After lunch	Tea 3.15pm	Dessert Served after Tea	Evening Snack 5pm
Monday	Weetabix or Cornflakes both served with Apple slices	Fresh Fruit/ Veg selection & addition of <u>Rice cakes</u>	Tofu Thai Green Curry <i>Served with Brown Rice & Grated carrot (V)</i>	Natural Greek yoghurt with Mangos	Cheese & Tomato 'thins' pizza <i>With a side of chickpeas & Sweetcorn salad (V)</i>	Banana Slices	Cucumber with homemade hummus (V)
Tuesday	Overnight oats or Crumpets both served with Banana	Fresh Fruit/ Veg selection & addition of Carrot stick	Quorn Chicken Pasta Salad <i>made with peppers and cucumber (V)</i>	Apple slices with cinnamon	Cheese & baked beans Loaded Homemade fries (V) & Grated courgette	Sliced peaches	Crackers & butter (V)
Wednesday	A choice of Wholemeal toast or crumpets both served with chopped Tomatoes	Fresh Fruit/ Veg selection & addition of Kiwi	Mixed bean & Butternut Squash Bolognaise with Spaghetti <i>Served a side of Garlic bread (V)</i>	Semolina with sliced pineapples	Fish finger or Egg wrap (V) <i>With lettuce & vegan Mayonnaise</i>	Seasonal Fruit Salad (Apples, Melon, Kiwi & Plums)	Breadsticks with warm milk (V)
Thursday	Overnight oats or Wholemeal toast both served with Raisins	Fresh Fruit/ Veg selection & addition of <u>Crackers</u>	White Fish in Creamy Sauce <i>Served with mash & green beans</i> Cauliflower & Butter beans in creamy sauce <i>Served with mash & green beans (V)</i>	Homemade Orange ice lollies	Vegetable couscous Carrot, courgette & kidney bean couscous <i>Topped with Feta (V)</i>	Fromage Frais	Apple slices & Milk (V)
Friday	Rice krispies or Multi-grain hoops both served with sliced plums	Fresh Fruit/ Veg selection & addition of Pineapple	Chicken stir fry wholemeal noodles <i>with Peppers & bean sprouts (V)</i> Tofu stir fry wholemeal noodles <i>with Peppers & bean sprouts (V)</i>	Frozen peach yoghurt	Tuna and sweetcorn sandwich OR Hummus and cucumber sandwich (V)	Melon Slices	Warm crumpets & butter (V)

Please note:

Under 1's only served breakfast, lunch & tea

Drinking water is available at all times

Variety of white & wholemeal breads offered

All children who are weaning will have a personalised menu

Fresh Water served throughout the day & fresh Milk offered at Breakfast and snack.

Tamba Day Nursery Olympic Park's 2025 spring- summer menu meets the Eat Better Start Better food and drink guidelines and has received approval from the Early Start Nutrition team. Our menu is nutritionally balanced and reflects dietary and cultural requirements.

**Please note, menus for individual children with medical requirements (e.g. allergies) are not included in this review.*



Tamba Day Nursery: Spring/Summer menu 2025

Wk. 2	Breakfast 8 – 8.30	Snack 10am	Lunch 11.30am	Dessert After lunch	Tea 3.15pm	Dessert Served after Tea	Evening Snack 5pm
Monday	Rice krispies <u>or</u> Weetabix both served with satsumas	Fresh Fruit/ Veg selection & addition of <u>Breadsticks</u>	Grilled Salmon in tomato & herb sauce served with brown rice & Garden peas Kidney & cannelloni tomato & herb stew served with brown rice & Garden peas (V)	Natural yoghurt with Peach Slices	Homemade dhal made with tomatoes/ Cucumber served with white pita (V)	Watermelon fingers	Sliced cucumber with cream cheese topping (V)
Tuesday	Overnight oats <u>or</u> multi-grain hoops both served with berries	Fresh Fruit/ Veg selection & addition of Mango	Macaroni, butterbean and cheesy pasta bake <i>with Cauliflower and broccoli</i> (V)	Fromage Frais	Tuna and sweetcorn sandwich <u>OR</u> Hummus and cucumber sandwich (V)	Sliced peaches	Rice cakes & grated carrot (V)
Wednesday	A choice of wholemeal toast <u>or</u> crumpets both served with banana	Fresh Fruit/ Veg selection & addition of Plums	Herby Chicken breast pieces served with potato salad & carrots Herby Tofu breast pieces <i>served with potato salad & carrots</i> (V)	Banana pancakes	Mushroom fried rice <i>served with mixed bean medley</i> (Cannellini, Flageolet, Adzuki) (V)	Natural Greek yoghurt with sultanas	Breadsticks with Hummus and warm milk (V)
Thursday	Overnight oats <u>or</u> Weetabix both served with apple slices	Fresh Fruit/ Veg selection & addition of <u>Crackers</u>	Chickpeas & pepper couscous <i>with tzakai</i> (V)	Seasonal fruit salad (Apples, Melon, Kiwi & Plums)	Brown Pasta salad <i>made with vegan mayo sweetcorn, carrots and Edamame beans</i> (V)	Fromage Frais	Melon & Milk (V)
Friday	choice of wholemeal toast <u>or</u> crackers served with chopped tomato's	Fresh Fruit/ Veg selection & addition of Melons	Soya mince & Mushroom pasta (V) <i>(Grated carrot & cabbage & vegan mayonnaise)</i> (V)	Homemade Orange ice lollies	Baked Bean and cheese quesadilla <i>Wholemeal Tortilla</i> <i>Served with guacamole</i> (V)	Apple slices	Crackers with sliced melon (V)

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Wk. 3	Breakfast 8 – 8.30	Snack 10am	Lunch 11.30am	Dessert After lunch	Tea 3.15pm	Dessert Served after Tea	Evening Snack 5pm
Monday	Overnight oats or multi-grain hoops both served with sultanas	Fresh Fruit/ Veg selection & addition of Carrot sticks	Cheese, Vegetable & Chickpea pasta bake <i>Served grated courgette</i> (V)	Natural Greek yoghurt with Sultanas	Wholemeal pita cheese & sweetcorn pizzas <i>served with bean medley</i> (Cannellini, Flageolet, Adzuki) (V)	Sliced Peaches & plums	Bread thins with butter (V)
Tuesday	A choice of wholemeal toast or crumpets & cherry tomatoes	Fresh Fruit/ Veg selection & addition of Breadsticks	Chicken tray bake Served with couscous, green beans & Tzaiki Falafel <i>Served with couscous, green beans & Tzaiki</i> (V)	Homemade Orange Ice lollies	Tofu stir fry noodles <i>with vegetables</i> (Peppers & bean sprouts) (V)	Fromage Frais	Sliced Carrot with homemade hummus (V)
Wednesday	Weetabix or rice crispies both served with peaches & Yoghurt	Fresh Fruit/ Veg selection & addition of Melons	Red lentil Dhal & Cauliflower served with wholemeal basmati rice (V)	Pear Slices with Semolina	Oven baked Crumpet fingers topped with cheesy baked beans & carrot & cucumber fingers (V)	Natural Greek yoghurt	Breadsticks with warm milk (V)
Thursday	Overnight oats or wholemeal toast served berries	Fresh Fruit/ Veg selection & addition of Plums	Soya mince chilli con carne with jacket potato & salad (grated carrot & lettuce) (V)	Homemade Frozen Berry yoghurt (Blended fruits with natural yoghurt)	Caribbean rice & peas (kidney beans) served with homemade vegan slaw (Grated carrot & cabbage & vegan mayonnaise) (V)	Seasonal Fruit Salad (Apples, Melon, Kiwi & Plums)	Apple slices (V)
Friday	A choice of White bread toast or crumpets & serving of sliced plums	Fresh Fruit/ Veg selection & addition of Peppers	Baked Mediterranean white fish in tomato sauce, <i>Served with sweet potatoes and peas</i>) Cannellini beans & Broccoli in a tomato sauce with sweet potato and peas (V)	Fromage Frais	Tuna and sweetcorn sandwich OR Hummus and cucumber sandwich (V)	Sliced mango	Rice cakes with grated cheese (V)

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