



Pasta Power Summer - Autumn 25 Menu - Week 1 -

NURSERY

NUTRITION INFORMATION

(in g per standard portion)

Carbohydrate Information: The calculation of the carbohydrate content (in gram) is based on the nutritional information of all the RAW ingredients and therefore counting all carbohydrates in the products used in the preparation for this menu.

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NURSERY, WEEK 1, MONDAY – 21/04/25, 12/05/25, 09/06/25, 30/06/25, 21/07/25, 01/09/25, 22/09/25, 13/10/25

Menu Item	Energy (kcal)	Fat (g)	Carbohydrate (g)	Protein (g)	Salt (g)
Chicken Curry	79	3.8	3	7.8	0.2
Rice	88	0.5	19	1.9	0
Cheesy Pasta (v)	175	7.4	20	6.9	0.7
Tropical Crumble	123	4.6	20	1	0.1
Ice Cream (Half Portion)	92	4	11	2.5	0.1

NURSERY, WEEK 1, TUESDAY – 22/04/25, 13/05/25, 10/06/25, 01/07/25, 22/07/25, 02/09/25, 23/09/25, 14/10/25

Menu Item	Energy (kcal)	Fat (g)	Carbohydrate (g)	Protein (g)	Salt (g)
Cheese & Tomato Pizza (v)	145	8.5	10	7.3	0.6
Potato Wedges (Half Portion)	49	0.9	9	1	0.1
Beany Seashell Pasta (Ve)	183	3.1	30	6.6	0.6
Fresh Fruit Wedges (Ve)	20	0.1	5	0.4	0
Frube	34	1	4	1.4	0.1

NURSERY, WEEK 1, WEDNESDAY – 23/04/25, 14/05/25, 11/06/25, 02/07/25, 23/07/25, 03/09/25, 24/09/25, 15/10/25


Menu Item	Energy (kcal)	Fat (g)	Carbohydrate (g)	Protein (g)	Salt (g)
Roast Chicken	60	2.4	0	9.6	0.4
Sage & Onion Stuffing	44	0.5	10	1.2	0.5
Gravy	15	0.1	4	0.1	0.7
Roast Potatoes	87	3.9	12	1.3	0
Cheese & Broccoli Pasta Bake (v)	214	8	26	8.5	0.7
Fresh Fruit Jelly (Ve)	55	0.1	14	0.3	0


NURSERY, WEEK 1, THURSDAY – 24/04/25, 15/05/25, 12/06/25, 03/07/25, 24/07/25, 04/09/25, 25/09/25, 16/10/25

Menu Item	Energy (kcal)	Fat (g)	Carbohydrate (g)	Protein (g)	Salt (g)
Pork Sausages	133	9.5	4	7.2	0.8
Gravy	15	0.1	4	0.1	0.7
Rice	88	0.5	19	1.9	0
Tomato Bolognese (Ve)	84	2.3	9	5.1	0.5
Tricolour Pasta	89	0.4	18	2.9	0
Chocolate Pastry Whirls	92	4.6	11	1.4	0.1
Frube	34	1	4	1.4	0.1

NURSERY, WEEK 1, FRIDAY – 25/04/25, 16/05/25, 13/06/25, 04/07/25, 25/07/25, 05/09/25, 26/09/25, 17/10/25

Menu Item	Energy (kcal)	Fat (g)	Carbohydrate (g)	Protein (g)	Salt (g)
Battered Fish Fillet	119	6.4	10	5.3	0.5
Oven Chips	90	2.3	16	1.4	0.1
Veggie Balls (Ve)	43	1.3	2	5	0.4
Tomato Sauce	24	1.1	3	0.6	0.3
Pasta Spaghetti	90	0.4	18	2.9	0
Lemon Shortbread	163	9	18	2	0.2

 Pasta Power Summer 25 - Autumn 25 Menu - Week 2 - NURSERY NUTRITION INFORMATION (in g per standard portion)					
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NURSERY, WEEK 2, MONDAY – 28/04/25, 19/05/25, 16/06/25, 07/07/25, 08/09/25, 29/09/25, 20/10/25					
Menu Item	Energy (kcal)	Fat (g)	Carbohydrate (g)	Protein (g)	Salt (g)
Cheese & Tomato Pizza (v)	145	8.5	10	7.3	0.6
Potato Wedges (Half Portion)	49	0.9	9	1	0.1
Creamy Quorn & Sweetcorn Pasta Bake (v)	210	5.8	27	10.4	1.1
Apple Cornflake Crunch	114	4.8	17	0.9	0.2
NURSERY, WEEK 2, TUESDAY – 29/04/25, 20/05/25, 17/06/25, 08/07/25, 09/09/25, 30/09/25, 21/10/25					
Menu Item	Energy (kcal)	Fat (g)	Carbohydrate (g)	Protein (g)	Salt (g)
Mild Sweet Potato & Chickpea Curry (Ve)	64	1.6	10	1.6	0.3
Rice	88	0.5	19	1.9	0
Beef Lasagne	137	6.2	13	7	0.5
Fresh Fruit Wedges (Ve)	20	0.1	5	0.4	0
Frube	34	1	4	1.4	0.1
NURSERY, WEEK 2, WEDNESDAY – 30/04/25, 21/05/25, 18/06/25, 09/07/25, 10/09/25, 01/10/25, 22/10/25					
Menu Item	Energy (kcal)	Fat (g)	Carbohydrate (g)	Protein (g)	Salt (g)
Roast Beef	49	2	0	7.6	0.6
Gravy	15	0.1	4	0.1	0.7
Roast Potatoes	87	3.9	12	1.3	0
Macaroni Cheese	175	7.4	20	6.9	0.7
Fresh Fruit Jelly (Ve)	55	0.1	14	0.3	0
NURSERY, WEEK 2, THURSDAY – 01/05/25, 22/05/25, 19/06/25, 10/07/25, 11/09/25, 02/10/25, 23/10/25					
Menu Item	Energy (kcal)	Fat (g)	Carbohydrate (g)	Protein (g)	Salt (g)
Beef Burger	115	6.4	6	7.9	0.5
Burger Bun	123	0.9	23	4.8	0.5
Diced Potatoes (Half Portion)	30	0.1	7	0.4	0.1
Penne Arrabbiata (v)	183	6.7	23	7.3	0.6
Jammy Cookie	114	6.1	13	1.3	0.1
Frube	34	1	4	1.4	0.1
NURSERY, WEEK 2, FRIDAY – 02/05/25, 23/05/25, 20/06/25, 11/07/25, 12/09/25, 03/10/25, 24/10/25					
Menu Item	Energy (kcal)	Fat (g)	Carbohydrate (g)	Protein (g)	Salt (g)
Salmon & Sweet Potato Fishcake	121	4.8	14	4.2	0.4
Marinara Sauce	24	1.1	3	0.6	0.3
Pasta Spaghetti	90	0.4	18	2.9	0
Quorn Frankfurter	103	7.7	2	6.3	0.5
Hot Dog Roll	131	1.9	24	4.4	0.4
Oven Chips (Half Portion)	45	1.2	8	0.7	0.1
Chocolate Muffin	169	8	22	1.9	0.3

 Pasta Power Summer 25 - Autumn 25 Menu - Week 3 - NURSERY NUTRITION INFORMATION (in g per standard portion)					
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NURSERY, WEEK 3, MONDAY – 05/05/25, 02/06/25, 23/06/25, 14/07/25, 15/09/25, 06/10/25					
Menu Item	Energy (kcal)	Fat (g)	Carbohydrate (g)	Protein (g)	Salt (g)
Chicken & Sweetcorn Meatballs	72	4.6	3	6.2	0.4
Tomato Sauce	24	1.1	3	0.6	0.3
Pasta Spaghetti	90	0.4	18	2.9	0
Breaded Bean & Vegetable Grill (Ve)	137	6.5	16	2.8	0.4
Rice	88	0.5	19	1.9	0
Strawberry Mousse (v)	46	1.4	7	1.8	0.2
NURSERY, WEEK 3, TUESDAY – 06/05/25, 03/06/25, 24/06/25, 15/07/25, 16/09/25, 07/10/25					
Menu Item	Energy (kcal)	Fat (g)	Carbohydrate (g)	Protein (g)	Salt (g)
Quorn Burger	53	2.1	2	5.5	0.5
Burger Bun	123	0.9	23	4.8	0.5
Diced Potatoes (Half Portion)	30	0.1	7	0.4	0.1
Tuna Sweetcorn Pasta Bake	195	6.1	22	12	0.8
Fresh Fruit Wedges (Ve)	20	0.1	5	0.4	0
Frube	34	1	4	1.4	0.1
NURSERY, WEEK 3, WEDNESDAY – 07/05/25, 04/06/25, 25/06/25, 16/07/25, 17/09/25, 08/10/25					
Menu Item	Energy (kcal)	Fat (g)	Carbohydrate (g)	Protein (g)	Salt (g)
Chicken Pie	193	8.7	18	9.8	0.5
Gravy	15	0.1	4	0.1	0.7
Roast Potatoes (Half Portion)	43	2	6	0.7	0
Roasted Summer Veg Pasta (Ve)	198	4	30	7.4	0.5
Fresh Fruit Jelly (Ve)	55	0.1	14	0.3	0
NURSERY, WEEK 3, THURSDAY – 08/05/25, 05/06/25, 26/06/25, 17/07/25, 18/09/25, 09/10/25					
Menu Item	Energy (kcal)	Fat (g)	Carbohydrate (g)	Protein (g)	Salt (g)
Cheese & Tomato Pizza (v)	145	8.5	10	7.3	0.6
Potato Wedges (Half Portion)	49	0.9	9	1	0.1
Plant Sausage Bow Pasta (Ve)	154	3.3	23	6.6	0.4
Ice Cream with Chocolate Cookie Wafer	100	4.4	12	2.6	0.2
Frube	34	1	4	1.4	0.1
NURSERY, WEEK 3, FRIDAY – 09/05/25, 06/06/25, 27/06/25, 18/07/25, 19/09/25, 10/10/25					
Menu Item	Energy (kcal)	Fat (g)	Carbohydrate (g)	Protein (g)	Salt (g)
Fish Fillet Fingers	104	4.2	10	6	0.2
Oven Chips	90	2.3	16	1.4	0.1
Herby Tomato Pasta with Cheese (v)	206	8.8	22	9	0.7
Pineapple Pastry Squares	69	3.2	9	1	0.1



Pasta Power Summer - Autumn 25 Menu - Additional Items - NURSERY NUTRITION INFORMATION (in g per standard portion)

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Daily Offerings

Menu Item	Energy (kcal)	Fat (g)	Carbohydrate (g)	Protein (g)	Salt (g)
Bread	21	0.1	4	0.9	0.1

Jacket Options

Menu Item	Energy (kcal)	Fat (g)	Carbohydrate (g)	Protein (g)	Salt (g)
Jacket Potato Plain	94	0.3	22	2.6	0
Baked Bean Filling	41	0.2	6	2.4	0.3
Cheese Filling	104	8.6	0	6.3	0.5
Tuna Filling	33	0.3	0	7.5	0.3
Tuna Mayo Filling	60	3	1	7.5	0.4

Cold Options

Menu Item	Energy (kcal)	Fat (g)	Carbohydrate (g)	Protein (g)	Salt (g)
Bread Roll with Spread	159	4.9	23	4.8	0.6
Tuna Mayo Filling	57	2.6	1	7.5	0.4
Tuna Filling	33	0.3	0	7.5	0.3
Cheese Spread Filling	30	2.1	1	1.8	0.2
Ham Filling	37	2.2	1	3.6	0.4
Egg Filling	38	2.6	0	3.7	0.1
Egg Mayo Filling	73	6.1	1	3.7	0.3
Cheese Filling	104	8.6	0	6.3	0.5

Alternative Dessert Options

Menu Item	Energy (kcal)	Fat (g)	Carbohydrate (g)	Protein (g)	Salt (g)
Plain Cookie	64	3.2	8	0.6	0.1
Plain Sponge	88	2.3	16	17	0.3
Plain Jelly	54	0.1	13	0.1	0.0
Fresh Fruit Wedges (Ve)	20	0.1	5	0.4	0
Shortbread	162	9	18	2	0.2



Fruit & Starchy Vegetables - CARBOHYDRATE INFORMATION (in g per standard portion)

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Fresh Fruit	Carbohydrate (g)/ 50g portion (on average)
Apple	5g
Banana	12g
Blueberries	5g
Grapes	8g
Mango	7g
Orange	4g
Papaya	4g
Pear	5g
Pineapple	5g
Watermelon	4g
Starchy Side Vegetables	Carbohydrate (g)/ 50g portion (on average)
Sweetcorn	8g
Baked Beans	5g
Peas	4g
Parsnips	6g
Carrots	4g
Beetroot	5g

Please note that side vegetable offerings vary from school to school, and only "starchy" side vegetables have been listed.