

# 2023 Meals Brochure Nurseries



*Making a real difference*



Phil Rimmer, Head Chef



Recipes lovingly  
developed by our  
expert team

Emily Stuart, apetito Dietitian



# Nursery Meals 2023

We are delighted to present our nursery meal range to you. Within this document you can view our full range of meals which are available to add to your menus.

## Dietary information

The dietary coding information for our meals are highlighted below. This document shows the correct dietary information at the time of publishing and is displayed to help you plan menus. Please check my apetito for up to date information when adding dishes to your menus.

### GF - Gluten Free

Meals marked with a dot in the GF column are gluten free. We have a variety of gluten free meals prepared following strict criteria to contain no more than 20 parts per million of gluten. At every step, care is taken to ensure these products do not come into contact with other dishes and ingredients containing gluten and our gluten free meals have been tested by our laboratory to ensure they meet the Coeliac UK legal standards.

### V - Vegetarian

Our products listed with a single dot in the V column are vegetarian. Vegetarian meals are produced without meat, fish or their derivatives. They may contain dairy produce such as milk, cheese or eggs. We only use vegetarian cheese, which does not contain animal rennet.

### V - Vegan (••)

Vegan meals are identified with two dots within the V column. Our vegan meals are made without any animal products, including meat, fish and their derivatives, milk and milk derivatives, eggs and animal fats. We do not use honey as an ingredient in any of our vegan dishes.

### MWM - Made without Milk

Meals marked with a dot in the MWM column indicate meals where milk & milk derivatives are deliberately not used in a recipe. We take care to avoid any accidental inclusion, but very small amounts could be present, meaning they may not be suitable for someone living with a food allergy.



Plan your  
**perfect menu**



Emily Stuart apetito Dietitian

I believe Nursery mealtimes provide a vital opportunity for little ones to develop a healthy relationship with food, and are occasions for everyone to enjoy.

Within this four step guide I will show you how to plan, create, order and serve balanced menus that contain all the key food groups to give your children the best start in life.

“Planning meals and snacks to include a variety of food from each of the food groups each day will provide children with the balance of nutrients they need to grow and develop good dietary habits to take with them into later childhood and beyond.”\*

\*Foundation Early Years, Eat Better Start Better – page 7

# For the best start in life

Creating a menu is quick and easy with our online portal, my apetito, giving you control of what your children are tucking into.

There is something for everyone, including ‘picky eaters’ and those with dietary requirements, as you can choose from multiple options all year round.

For each meal, simply choose a protein, carbohydrate, vegetable and dessert based on your children’s preferences and dietary needs.



## Carbohydrates



Starchy foods give your kids the energy they need to stay alert and active throughout the day, enabling them to learn and play. They can also provide fibre and B vitamins. Children should be offered a variety of white and wholegrain carbohydrates throughout the week.

## Vegetables



A portion of fruit or vegetables with lunch helps to give children all the necessary vitamins, minerals, antioxidants and fibre they need as part of a healthy balanced diet.

## Proteins



The building blocks of muscle, bone, skin and organ development, making it vital for your children’s growth. Foods high in protein also often provide iron, zinc, and other key vitamins. Oily fish contain vital omega 3 fatty acids. There are vegetarian sources of omega-3 fats in flaxseed and rapeseed oil, eggs, walnuts and soya-based foods.

## Desserts



We recommend a dessert as part of your lunch and tea each day as they can provide energy and essential nutrients, such as calcium and iron. Desserts, puddings, and sponges made with milk, fruit, and lower amounts of added sugar can be included as part of a healthy, balanced diet for young children.

# Best practice menu planning

	Main	Sides	Dessert
Mon	<b>Katsu Curry</b> VV DF	<b>White Rice</b> GF VV DF <b>Mixed Vegetables</b> GF VV DF	<b>Apple Compote</b> GF VV DF
Tue	<b>Chicken &amp; Sweetcorn Bake</b>	<b>Potato Wedges</b> GF VV DF <b>Peas</b> GF VV DF	<b>Apple Pie</b> VV DF
Wed	<b>Roast Beef &amp; Gravy</b> GF DF	<b>Golden Roast Potatoes</b> GF VV DF <b>Green Beans</b> GF VV DF	<b>Apricot Compote</b> GF VV DF
Thu	<b>Penne Pasta with Tomato &amp; Basil Sauce</b> VV DF	<b>Sweetcorn</b> GF VV DF	<b>Chocolate Sponge</b> GF VV DF
Fri	<b>Salmon &amp; Broccoli Bake</b>	<b>Boiled Potatoes</b> GF VV DF <b>Vegetable Medley</b> GF VV DF	<b>Chef's Rice Pudding</b> GF V

GF—Gluten Free, V—Vegetarian, VV—Vegan, DF—Made without milk or milk derivatives

Here's a one-week menu that you could follow. It's been designed by our Dietitian Emily, alongside food and drink guidelines for early years settings.



01



Include a main course of a protein, carbohydrate and vegetables, plus a dessert.

02



Provide at least one portion of vegetables and/or fruit every day, providing a variety across the week.

03



Offer one lunch each week that has pulses or meat alternatives as the protein source such as our yummy Katsu Curry.

04



Add oily fish to the menu at least once every three weeks, such as the Salmon Crumble.

05



Include a variety of fish and meat across the week, limiting processed meat products (e.g sausages, corned beef) to no more than once a week.

06



Introduce a new menu cycle at least twice a year.

07



Vary the desserts you offer each week, including fruit and dairy-based desserts such as rice pudding, fruits and yoghurts and limit provision of cakes and biscuits.

08



Provide at least three different varieties of starchy foods each week, limiting starchy fried foods and pastry based products to once per week.

09



Ensure dairy is included on a daily basis. For children with allergies to dairy, ensure any plant-based alternatives are fortified with calcium.

\* Foundation Early Years, Eat Better Start Better – page 66

Lunch contributes to around 30% of children's daily nutritional requirements.



We recommend a 2-week menu cycle to provide your children with a good variety of meals while at your setting.

# Easy menu planning platform

Fishcakes (324506), Potato Wedges (324789) and Peas (324756)

Different sizes of meals are available to help reduce food waste. You can see our suggested number of portions per meal on our Nursery meals list.



Log in to my apetito to create menus, view nutritional information, order your meals, and find dishes to suit different dietary needs.

## Create a menu

Using our easy search function and drop-down boxes, you can filter meal options and build your Nursery menu.



## Find meals to suit everyone's dietary needs

Catering for children with dietary needs is simple and stress-free. Our smart search function allows you to filter and exclude any allergens and ingredients.



Press the play buttons to watch quick and easy my apetito tutorials.



my apetito

## View nutritional information

Through the product section on my apetito, you can view the nutritional breakdown and ingredients that go into each meal, as well as cooking instructions and dietary information.



## Placing an order

Once your menu is ready, simply select what and how much you need to order and the delivery day required. You can even schedule deliveries weeks in advance.



# Best practice during service

Mealtimes provide opportunities for children to learn about and try new foods, and to develop their social skills. Here are some tips to maximise your children's mealtime experience.

## Preparation



Make sure everyone washes their hands before mealtimes, the eating area is clean and distraction free, and drinking water is available on the table. It's also a great idea to involve your children in the set up and clear up of meals.

## Servings



Children should have small servings at first, with the offer of second helpings if they finish the first serving, as they may find larger portions off-putting.

## Interaction



Sit with children during mealtimes to act as a role model and encourage conversation about the food and what's being eaten. This will also help determine which meals are most popular, and allow you to provide feedback to parents and carers about their child's eating habits.

## Inclusivity



For children with different dietary needs, it is best to choose meals that look similar to the main option being eaten to avoid plate envy and discourage fussy eaters. Also, sit fussy eaters with good eaters, as they will be more likely to adopt the good behaviours of their peers if they eat together regularly.



# Self-serve

We recommend offering mealtimes as a self-serve option whenever possible as this gives your children the greatest learning and development opportunity during mealtimes.

Giving children the opportunity to make their own food choices with guidance will help them develop a healthy relationship with food and encourage them to try new foods. Using self-serve in your Nursery can also help develop their dexterity skills and teach them good table manners. These all contribute towards the early years foundation stage guidelines for food and drink.



For more information on planning & creating your perfect menu, please contact your dedicated account manager.

Education@apetito.co.uk [www.apetito.co.uk](http://www.apetito.co.uk)



Product	Code	Recommended portions	GF	V	MWM
Chicken & Vegetable Soup	324645	8	•		
	328645	3			
Butternut Squash Soup	324646	8	•		
	328646	3			
Minestrone Soup	324647	8		••	•
	328647	3			
Scotch Broth <span>New!</span>	324648	8		••	•
	328648	3			
Pea & Ham Soup	324649	8	•		•
	328649	3			
Carrot & Coriander Soup	324652	8	•	•	
	328652	3			
Mushroom Soup	324655	8	•	•	
	328655	3			
Tomato Soup	324656	8	•	•	
	328656	3			
Leek & Potato Soup	324657	8		•	
	328657	3			
Cream of Chicken Soup	324662	8	•		
	328662	3			
Vegetable Soup <span>New!</span>	324673	8	•	••	•
	328673	3			
Red Lentil Broth	324676	8	•	••	•
	328676	3			
Tomato, Pepper & Red Lentil Soup	324677	8	•	••	•
	328677	3			

Product	Code	Recommended portions	GF	V	MWM
Roast Beef in Gravy	324100	16	•		•
	328100	4			
Beef Lasagne	324101	12			
	328101	3			
Beef Casserole	324103	14	•		•
	328103	3			
Chilli Con Carne	324105	14	•		•
	328105	3			
Minced Beef Hotpot	324112	12	•		•
	328112	4			
Cottage Pie	324114	12	•		
	328114	3			
Beef Bolognaise with Pasta	324115	10			
	328115	4			
Corned Beef Hash	324119	14	•		•
	328119	4			
Steak & Mushroom Pie	324130	12			•
	328130	3			
Steak Pie with Flaky Pastry Top	324133	12			•
	328133	3			
Cumberland Pie	324136	12			
	328136	3			
Savoury Minced Beef	324138	12	•		•
	328138	3			
Beef Stew & Dumplings	324144	16			•
	328144	4			
Suet Topped Steak & Potato Pie	324145	12			•
	328145	3			
Beef Bolognaise Sauce (Pasta Separate)	324146	10	•		•
	328146	4			



# Poultry

Chicken & Pasta with Tomatoes & Herbs - 324452



# Poultry & Lamb

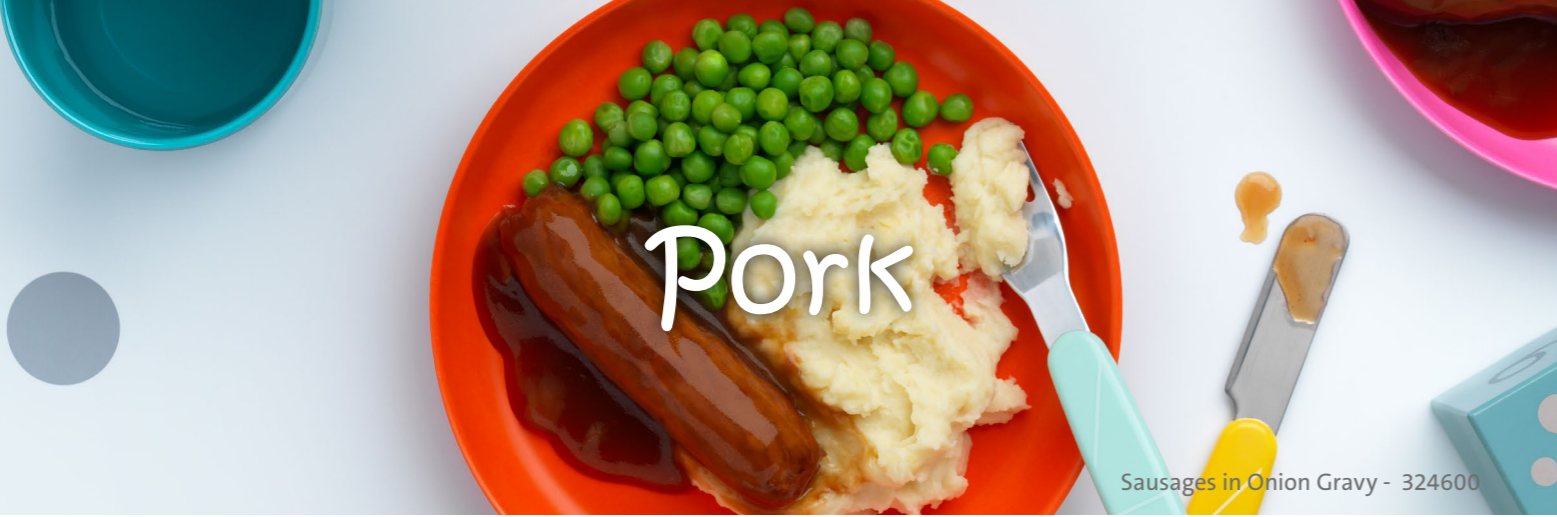
Chicken & Sweetcorn Bake - 324453

Product	Code	Recommended portions	GF	V	MWM
Sliced Turkey in Gravy <div>Improved</div> <div><small>*Please note our Sliced Turkey in Gravy contains Honey, therefore is not a suitable product for children under 1 years old.</small></div>	324460	16	.		.
	328460	4			
Sweet & Sour Chicken	324410	12	.		.
	328410	3			
Chicken Curry	324423	14	.		.
	328423	3			
Roast Chicken Breasts in Gravy	324426	12	.		.
	328426	4			
Chicken & Vegetable Casserole	324429	12	.		.
	328429	3			
Chicken, Cheese & Bacon Bake	324433	12	.		
	328433	3			
Chicken Goujons	324440	14			.
	328440	6			
Sliced Chicken in Gravy	324445	14	.		.
	328445	4			
Chicken Kiev's	324448	12			
	328448	4			
Chicken Korma	324449	12	.		
	328449	3			
Baked Chicken & Vegetable Pie	324450	12			.
	328450	3			
Chicken, Tomato & Herb Pasta	324452	10			.
	328452	2			
Chicken & Sweetcorn Bake	324453	12			
	328453	3			

Product	Code	Recommended portions	GF	V	MWM
Coronation Chicken	324454	14	.		.
	328454	3			
Chicken Tikka Masala	324456	14	.		
	328456	3			
Chicken Breast in Tomato & Basil Sauce <div>New!</div>	324457	12	.		
	328457	4			
Chicken & Butter Bean Stew with Dumplings	324458	16			
	328458	4			

## Lamb

Product	Code	Recommended portions	GF	V	MWM
Roast Lamb in Gravy	324300	16	.		.
	328300	4			
Lancashire Hotpot	324303	12	.		.
	328303	3			
Lamb Grill Steaks in Minted Gravy	324305	16			.
	328305	4			
Shepherds Pie	324312	12	.		
	328312	3			
Curried Lamb, Potato & Tomato	324313	14	.		.
	328313	3			
Lamb Casserole	324314	14	.		.
	328314	3			
Lamb & Mint Pie	324320	12			.
	328320	3			



Product	Code	Recommended portions	GF	V	MWM
Vienna Steak in Sauce	324113	16			•
	328113	4			
Roast Pork in Gravy	324200	16	•		•
	328200	4			
Sliced Gammon & Pineapple	324201	16	•		•
	328201	4			
Quiche Lorraine	324217	12			
	328217	3			
Pork with Sage Stuffing in Gravy	324230	16	•		•
	328230	4			
Sausages in Onion Gravy	324600	12			•
	328600	4			
Pasta Carbonara	324620	12			
	328620	4			
Pork Meatballs in Tomato & Herb Sauce	324626	12			
	328626	4			
Barbeque Beans with Bacon	324627	14	•		•
	328627	4			

Nutrition

We freeze our meals within 1 hour to preserve their nutritional value. Freezing allows this nutritional value to be maintained over time.

Safety

Freezing enables us to carry out safety checks on our meals at our three onsite laboratories, providing reassurance to you and parents.

Product	Code	Recommended portions	GF	V	MWM
Salmon & Broccoli Bake	324504	14			
	328504	3			
Breaded Cod	324505	12			•
	328505	4			
Fishcakes	324506	16			•
	328506	4			
Tuna Pasta Bake	324508	10			
	328508	3			
Salmon Crumble	324513	12			
	328513	3			
Fish in Cheese Sauce	324523	16	•		
	328523	4			
Cod in Parsley Sauce	324527	12	•		
	328527	4			
Fish Goujons	324528	14			•
	328528	6			
Fish Pie	324529	14	•		
	328529	4			
Breaded Haddock	324530	8			•
Battered Haddock	324533	8			•
Smoked Haddock & Spinach Crumble	324532	14			
	328532	4			
Salmon Tagine <div>New!</div> <div><small>*Please note our Salmon Tagine contains Honey, therefore is not a suitable product for children under 1 years old.</small></div>	324538	14	•		•
	328538	3			

Our Fish

- All of the fish used in our Wiltshire kitchen is sustainable, as specified by the Marine Consevation Society
- 100% of the wild fish we source is certified by the Marine Stewardship Council (MSC)





Product	Code	Recommended portions	GF	V	MWM
Cauliflower Cheese	324701	10	.	.	
	328701	3			
Vegetable Lasagne	324703	12		.	
	328703	3			
Vegetarian Cottage Pie	324708	12	.	.	
	328708	3			
Macaroni Cheese	324711	10		.	
	328711	2			
Potato, Cheese & Leek Bake	324713	12	.	.	
	328713	3			
Cauliflower & Broccoli Pasta	324715	10		.	
	328715	2			
Baked Vegetable Pie	324735	12		.	
	328735	3			
Penne Pasta in Tomato & Basil Sauce	324741	10		..	.
	328741	2			
Cheese & Onion Pie	324742	12		.	
	328742	3			
Vegetarian Tikka Masala	324743	14	.	.	
	328743	4			
Moroccan Bean Casserole	324906	14	.	..	.
	328906	4			

Product	Code	Recommended portions	GF	V	MWM
Leeks in Cheese Sauce <span>New!</span>	324912	10	.	.	
	328912	3			
Chickpea Curry	324921	14	.	..	.
	328921	4			
Vegetarian Hotpot	324927	12	.	.	.
	328927	3			
Cheese & Onion Quiche	324934	12		.	
	328934	3			
Vegetable Quiche	324935	12		.	
	328935	3			
Cheese & Tomato Omelettes	324936	8	.	.	
	328936	2			
Plain Omelettes	324937	8	.	.	
	328937	2			
Cheese & Mushroom Omelettes	324938	10	.	.	
	328938	4			
Bean Chilli	324943	14	.	..	.
	328943	4			
Cauliflower, Spinach & Lentil Curry	324944	12	.	..	.
	328944	4			
Tomato, Lentil & Sweet Potato Crumble	324945	12		..	.
	328945	3			
Lentil & Vegetable Flaky Topped Pie	324947	12		..	.
	328947	3			
Lentil Bolognese Sauce (Pasta Separate)	324948	14	.	..	.
	328948	4			

.. Indicates meals suitable for a vegan diet.

.. Indicates meals suitable for a vegan diet.



Tomato, Lentil & Sweet Potato Crumble - 324945



Vegetable Gratin- 324956

Product	Code	Recommended portions	GF	V	MWM
Katsu Curry	324951	14		••	•
	328951	4			
BBQ Mexican Bean & Jackfruit	324952	14	•	••	•
	328952	4			
Meat Free Mushroom and Chicken Style Pie	324953	12		••	•
	328953	3			
Thai Red Curry	324955	14		••	•
	328955	4			
Vegetable Gratin	324956	12		••	•
	328956	3			
Vegan Root Vegetable Pie <div>New!</div>	324958	12		••	•
	328958	4			
Tortelloni in Tomato & Basil Sauce	324963	12		•	
	328963	4			
Plant-Based Shepherd's Pie	324929	12		••	•
	328929	3			

•• Indicates meals suitable for a vegan diet.

Product	Code	Recommended portions	GF	V	MWM
Broccoli	324740	12	•	••	•
	328740	4			
Peas	324756	18	•	••	•
	328756	6			
Cabbage	324757	18	•	••	•
	328757	6			
Cauliflower	324758	12	•	••	•
	328758	4			
Brussels Sprouts	324759	18	•	••	•
	328759	6			
Cut Green Beans	324761	16	•	••	•
	328761	6			
Mixed vegetables	324762	16	•	••	•
	328762	6			
Mushy Peas	324763	18	•	••	•
	328763	6			
Minted Summer Vegetables	324768	18	•	••	•
	328768	6			
Baked Beans	324769	30	•	••	•
	328769	6			
Vegetable Medley	324770	18	•	••	•
	328770	6			
Mashed Swede	324771	20	•	••	•
	328771	6			
Sweetcorn	324775	18	•	••	•
	328775	6			

•• Indicates meals suitable for a vegan diet.



Product	Code	Recommended portions	GF	V	MWM
Mashed Root Vegetables	324791	20	•	••	•
	328791	5			
Large Broccoli Florets	324920	12	•	••	•
Spring Vegetable Medley	324964	18	•	••	•
	328964	6			
Root Vegetable Medley <span>New!</span>	324949	16	•	••	•
	328949	6			

Product	Code	Recommended portions	GF	V	MWM
Saute Potatoes	324745	12	•	••	•
	328745	2			
West Country Cheddar Mash	324746	14	•	•	
	328746	4			
Boiled Potatoes	324752	10	•	••	•
	328752	2			
Oven Chips	324972	8	•	••	•
	328972	2			
White Rice	324765	8	•	••	•
	328765	3			
Vegetable Rice	324779	10	•	••	•
	328779	2			
Golden Roasting Potatoes	324780	10	•	••	•
	328780	3			
Mashed Potatoes	324787	14	•	•	
	328787	4			
Potato Wedges	324789	10	•	••	•
	328789	2			
Minted Boiled Potatoes	324796	10	•	••	•
	328796	2			
Colcannon Mash	324909	14	•	••	•
	328909	4			



•• Indicates meals suitable for a vegan diet.

•• Indicates meals suitable for a vegan diet.



# Carbohydrates

Penne Pasta- 324971



Chocolate Sponge with Custard- 324894

Product	Code	Recommended portions	GF	V	MWM
Dauphinoise Potatoes	324913	12	•	•	
	328913	3			
Basmati Yellow Rice	324916	8	•	••	•
	328916	2			
Baby Potatoes	324970	8	•	••	•
	328970	2			
Penne Pasta	324971	8		••	•
	328971	3			

# Accompaniments

Please Note- All accompaniments are charged separately.

Product	Code	Recommended portions	GF	V	MWM
Gravy	324777	20	•	••	•
	328777	6			
Sage & Onion Stuffing	328792	16		•	•
Yorkshire Puddings	255100	25		•	
Ready Baked Jacket Potatoes (bag)	255122	90	•	•	••

# Jacket Potato Fillings

Product	Code	Recommended portions	GF	V	MWM
Chilli Con Carne	324105	12	•		•
Coronation Chicken	324454	12	•		•
Barbeque Beans with Bacon	324627	27	•		•
Chickpea Curry	324921	12	•	••	•
Baked Beans	324769	30	•	••	•

•• Indicates meals suitable for a vegan diet.

Product	Code	Recommended portions	GF	V	MWM
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# Pies

Mixed Fruit Pie	324808	18		••	•
	328808	6			
Apple Pie	324859	18		••	•
	328859	6			

# Crumbles

Apple Crumble	324801	18		••	•
	328801	6			
Rhubarb Crumble	324813	18		••	•
	328813	6			
Summer Fruit Crumble	324827	18		••	•
	328827	6			
Apricot Crumble	324831	18		••	•
	328831	6			

# Sponges

Lemon & Orange Sponge Pudding <div>New!</div> <div><small>*Please note this product is high in sugar. Therefore we recommend only using it once in a menu cycle and putting on with lower sugar main meals.</small></div>	324893	18	•	•	
	328893	6			
Chocolate Sponge	324894	12	•	•	•
	328894	4			

# Fruit Puddings

Stewed Apple	324863	26	•	••	•
	328863	6			
Summer Fruits Compote	324862	22	•	••	•
Apricot Compote	324861	22	•	••	•

•• Indicates meals suitable for a vegan diet.

# Puddings

Chocolate Sponge- 324894

# Cold Desserts

Product	Code	Recommended portions	GF	V	MWM
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## Puddings

Bread & Butter Pudding	324800	16		•	
	328800	6			
Spotted Dick	324816	16		•	
	328816	6			
Somerset Apple Cake	324842	16		•	•
	328842	8			

## Milk Puddings

Chef's Rice Pudding	324824	16	•	•	
	328824	5			
Rice Pudding with Nutmeg	324825	16	•	•	
	328825	5			
Tapioca	324826	16	•	•	
	328826	5			
Semolina Pudding	324833	16		•	
	328833	4			
Clotted Cream Rice Pudding	324839	16	•	•	
	328839	5			

## Custard

Custard	324870	30	•	•	
	328870	11			

Product	Code	Recommended portions	Units per case	GF	V	MWM
Vanilla Flavoured Ice Cream	292172	60	60	•	•	
Chocolate Ice Cream	292170	60	60	•	•	
Strawberry Flavoured Ice Cream	292171	60	60	•	•	
Chocolate Eclairs	292399	135	45		•	

### Please note:

Advice from 'Eat Better Start Better' says that Desserts, puddings and cakes made with cereals (such as rice or oats), milk and fruit can be included as part of a healthy, balanced diet for young children. Desserts and cakes provide energy (calories) and essential nutrients such as calcium and iron. apetito dessert choices include milk-based desserts such as rice pudding, cooked fruits, cakes and crumbles. Some are higher in added sugar than others and should be used in conjunction with others that are lower in added sugar, as well as fresh fruit and yoghurt. Please contact our team if you have any further questions about planning desserts into your menus in the best way.

## Variety



We can offer a wider menu selection of seasonal ingredients, harvested when they are at their best by our carefully selected suppliers. This gives you flexibility to create varied menus throughout the year.

## Taste



Freezing is a natural form of preservation that retains the freshness and flavour of ingredients. This ensures our frozen meals retain their quality, and taste just as our Chefs intended.



**For more information please contact your dedicated  
Account Manager, or [Education@apetito.co.uk](mailto:Education@apetito.co.uk)**

**apetito Ltd.** Canal Road, Trowbridge, Wiltshire, BA14 8RJ  
T. 07977803009 [www.apetito.co.uk](http://www.apetito.co.uk)

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