

# 2025 Meals Brochure

## Nurseries



*Making a real difference*

Phil Rimmer, Head Chef



Recipes lovingly  
developed by our  
expert team

Sophia Cornelius, apetito Dietitian





# Nursery Meals 2025

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**



Sophia Cornelius  
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



These are the building blocks of muscle, bone, skin and organ development, making it vital for your children’s growth. Foods high in protein often provide iron, zinc, and other key vitamins. Oily fish contains 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><br>VV DF                               | <b>White Rice</b><br>GF VV DF<br><b>Mixed Vegetables</b><br>GF VV DF       | <b>Apple Compote</b><br>GF VV DF    |
| Tue | <b>Chicken &amp; Sweetcorn Bake</b>                       | <b>Potato Wedges</b><br>GF VV DF<br><b>Peas</b><br>GF VV DF                | <b>Apple Pie</b><br>VV DF           |
| Wed | <b>Roast Beef &amp; Gravy</b><br>GF DF                    | <b>Golden Roast Potatoes</b><br>GF VV DF<br><b>Green Beans</b><br>GF VV DF | <b>Apricot Compote</b><br>GF VV DF  |
| Thu | <b>Penne Pasta with Tomato &amp; Basil Sauce</b><br>VV DF | <b>Sweetcorn</b><br>GF VV DF   | <b>Chocolate Sponge</b><br>GF VV DF |
| Fri | <b>Salmon &amp; Broccoli Bake</b>                         | <b>Boiled Potatoes</b><br>GF VV DF<br><b>Vegetable Medley</b><br>GF VV DF  | <b>Chef's Rice Pudding</b><br>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.

## 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.

## 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.

## 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.

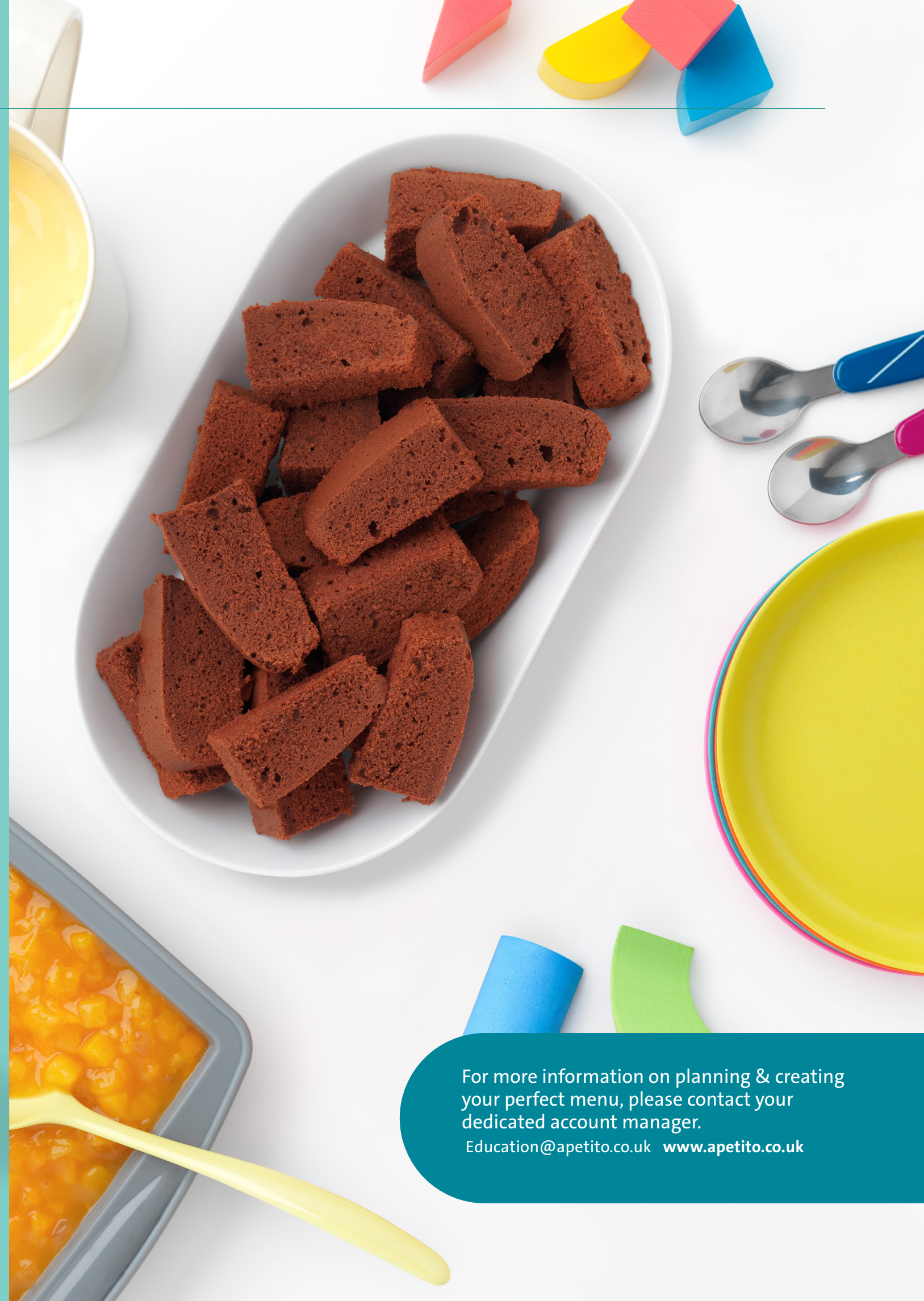




# Self-serve

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 |
|----------------------------------|--------|----------------------|----|----|-----|
| Minestrone Soup                  | 324647 | 8                    |    | .. | •   |
|                                  | 328647 | 3                    |    |    |     |
| Scotch Broth                     | 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                   | 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                    |    |   |     |
| 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                    |    |   |     |





Chicken Curry- 324423



Sliced Chicken in Gravy - 324445

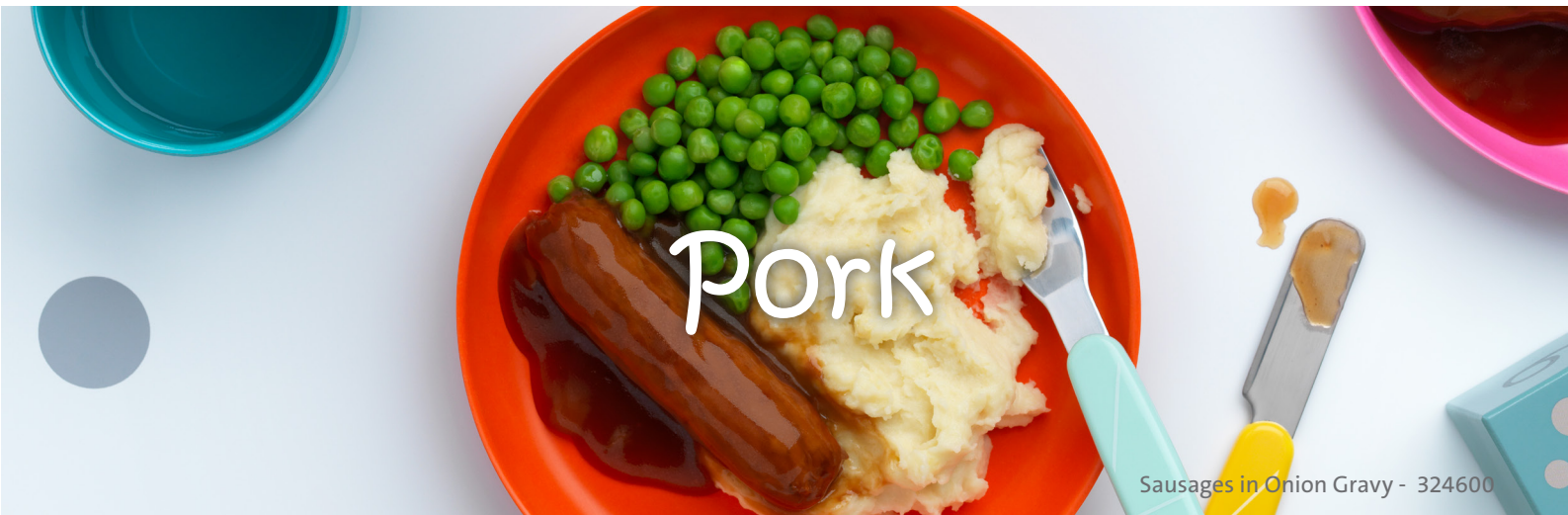
| Product                           | Code   | Recommended portions | GF | V | MWM |
|-----------------------------------|--------|----------------------|----|---|-----|
| Sweet & Sour Chicken              | 324410 | 12                   | .  |   | .   |
|                                   | 328410 | 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 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                    |    |   |     |
| Chicken Tikka Masala              | 324456 | 14                   | .  |   |     |
|                                   | 328456 | 3                    |    |   |     |
| Breaded Chicken <span>New!</span> | 324468 | 6                    |    |   | .   |
|                                   | 328468 | 2                    |    |   |     |

| Product                                | Code   | Recommended portions | GF | V | MWM |
|--|--------|----------------------|----|---|-----|
| Chicken Breast in Tomato & Basil Sauce | 324457 | 12                   | .  |   |     |
|  | 328457 | 4                    |    |   |     |
| Orange & Ginger Chicken                | 324463 | 16                   | .  |   | .   |
|  | 328463 | 4                    |    |   |     |
| Potato Topped Chicken Pie              | 324464 | 16                   | .  |   |     |
|  | 328464 | 4                    |    |   |     |
| Cheesy Garlic Chicken Bake             | 324465 | 14                   | .  |   |     |
|  | 328465 | 4                    |    |   |     |

## Lamb

| Product                       | Code   | Recommended portions | GF | V | MWM |
|-------------------------------|--------|----------------------|----|---|-----|
| Roast Lamb in Gravy           | 324300 | 16                   | .  |   | .   |
|                               | 328300 | 4                    |    |   |     |
| Lancashire Hotpot             | 324303 | 12                   | .  |   | .   |
|                               | 328303 | 3                    |    |   |     |
| Lamb Burgers 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                    |    |   |     |





| Product                               | Code   | Recommended portions | GF | V | MWM |
|---------------------------------------|--------|----------------------|----|---|-----|
| Pork Burgers in a Tomato Sauce        | 324113 | 16                   |    |   | •   |
|                                       | 328113 | 4                    |    |   |     |
| Roast Pork in Gravy                   | 324200 | 16                   | •  |   | •   |
|                                       | 328200 | 4                    |    |   |     |
| Sliced Gammon & Pineapple             | 324234 | 16                   | •  |   | •   |
|                                       | 328234 | 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                    |    |   |     |
| Sausages                              | 324607 | 12                   |    |   | •   |
| Pasta Carbonara                       | 324620 | 12                   |    |   |     |
|                                       | 328620 | 4                    |    |   |     |
| Pork Meatballs in Tomato & Herb Sauce | 324626 | 12                   |    |   |     |
|                                       | 328626 | 4                    |    |   |     |

| Product                          | Code   | Recommended portions | GF | V | MWM |
|----------------------------------|--------|----------------------|----|---|-----|
| Salmon & Broccoli Bake           | 324504 | 14                   |    |   |     |
| 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                    |    |   |     |

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.

Our Fish

- All of the fish used in our Wiltshire kitchen is sustainable, as specified by the Marine Conservation 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                     | 324977 | 12                   |    | .  |     |
|                                     | 328977 | 4                    |    |    |     |
| 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 <b>Improved!</b> | 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 |
|---|--------|----------------------|----|----|-----|
| 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) | 324979 | 12                   | .  | .. | .   |
|   | 328979 | 4                    |    |    |     |
| Tomato & Chickpea Gratin                | 324980 | 14                   | .  | .. | .   |
|   | 328980 | 4                    |    |    |     |
| Chickpea & Apricot Tagine <b>New!</b>   | 324981 | 14                   |    | .. | .   |
|   | 328981 | 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                    |    |    |     |
| Meat Free Mushroom and Chicken Style Pie | 324953 | 12                   |    | •• | •   |
|  | 328953 | 3                    |    |    |     |
| Thai Red Curry with Chicken Style Pieces | 324955 | 14                   |    | •• | •   |
|  | 328955 | 4                    |    |    |     |
| Vegetable Gratin                         | 324956 | 12                   |    | •• | •   |
|  | 328956 | 3                    |    |    |     |
| Tortelloni in Tomato & Basil Sauce       | 324963 | 12                   |    | •  |     |
|  | 328963 | 4                    |    |    |     |
| Plant-Based Shepherd's Pie               | 324929 | 12                   |    | •• | •   |
|  | 328929 | 3                    |    |    |     |
| Tempeh, Spinach & Sweet Potato Hotpot    | 324966 | 12                   | •  | •• | •   |
|  | 328966 | 4                    |    |    |     |
| Vegan Sausages                           | 324967 | 12                   |    | •• | •   |
|  | 328967 | 4                    |    |    |     |

•• 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 Improved!        | 324757 | 18                   | •  | •• | •   |
|                          | 328757 | 6                    |    |    |     |
| Cauliflower Improved!    | 324758 | 12                   | •  | •• | •   |
|                          | 328758 | 4                    |    |    |     |
| Brussels Sprouts         | 324759 | 18                   | •  | •• | •   |
|                          | 328759 | 6                    |    |    |     |
| Carrot Tips              | 324760 | 16                   | •  | •• | •   |
|                          | 328760 | 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                    |    |    |     |

•• Indicates meals suitable for a vegan diet.





| Product                 | Code   | Recommended portions | GF | V  | MWM |
|-------------------------|--------|----------------------|----|----|-----|
| Sweetcorn               | 324775 | 18                   | •  | •• | •   |
|                         | 328775 | 6                    |    |    |     |
| Mashed Root Vegetables  | 324791 | 20                   | •  | •• | •   |
|                         | 328791 | 5                    |    |    |     |
| Large Broccoli Florets  | 324920 | 12                   | •  | •• | •   |
| Spring Vegetable Medley | 324964 | 18                   | •  | •• | •   |
|                         | 328964 | 6                    |    |    |     |
| Root Vegetable Medley   | 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                    |    |    |     |
| Dauphinoise Potatoes      | 324913 | 12                   | •  | •  |     |
|                           | 328913 | 3                    |    |    |     |

•• Indicates meals suitable for a vegan diet.

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# Carbohydrates

Penne Pasta- 324971



A Variety of apeto Puddings

| Product             | Code   | Recommended portions | GF | V  | MWM |
|---------------------|--------|----------------------|----|----|-----|
| Basmati Yellow Rice | 324916 | 8                    | •  | •• | •   |
|                     | 328916 | 2                    |    |    |     |
| Baby Potatoes       | 324970 | 8                    | •  | •• | •   |
|                     | 328970 | 2                    |    |    |     |
| Penne Pasta         | 324971 | 8                    |    | •• | •   |
|                     | 328971 | 3                    |    |    |     |
| Wholegrain Rice     | 324976 | 16                   | •  | •• | •   |
|                     | 328976 | 4                    |    |    |     |

# 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                   | •  | •• | •   |

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| Product | Code | Recommended portions | GF | V | MWM |
|---------|------|----------------------|----|---|-----|
|---------|------|----------------------|----|---|-----|

# 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  |  |    |   |
| Apricot Crumble | 324831 | 18 |  | •• | • |
|                 | 328831 | 6  |  |    |   |

# Sponges

|   |        |    |   |   |   |
|---|--------|----|---|---|---|
| Lemon & Orange Sponge Pudding<br><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> | 324807 | 18 | • | • |   |
|   | 328807 | 6  |   |   |   |
| Summer Fruit Sponge   | 324836 | 16 |   |   | • |
|   | 328836 | 6  |   |   |   |
| Chocolate Sponge  | 324894 | 12 | • | • | • |
|   | 328894 | 4  |   |   |   |

# Fruit Puddings

|                 |        |    |   |    |   |
|-----------------|--------|----|---|----|---|
| Stewed Apple    | 324863 | 26 | • | •• | • |
|                 | 328863 | 6  |   |    |   |
| Apricot Compote | 324861 | 22 | • | •• | • |

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| Product | Code | Recommended portions | GF | V | MWM |
|---------|------|----------------------|----|---|-----|
|---------|------|----------------------|----|---|-----|

### Puddings

|                                   |        |    |  |   |   |
|-----------------------------------|--------|----|--|---|---|
| Bread & Butter Pudding            | 324800 | 16 |  | • |   |
|                                   | 328800 | 6  |  |   |   |
| Spotted Dick                      | 324816 | 16 |  | • |   |
|                                   | 328816 | 6  |  |   |   |
| Somerset Apple Cake               | 324842 | 16 |  | • | • |
|                                   | 328842 | 8  |  |   |   |
| Hot Chocolate Brownie <b>New!</b> | 324898 | 12 |  |   |   |

### Milk Puddings

|                            |        |    |   |   |  |
|----------------------------|--------|----|---|---|--|
| Chef's Rice Pudding        | 324824 | 16 | • | • |  |
|                            | 328824 | 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.

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For more information please contact your dedicated  
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