

# 2026 Meals Brochure

## Nurseries



*Making a real difference*



Jethro Lawrence, Head Chef



Rachel Sipaul, apetito Dietitian



Recipes lovingly developed by our expert team

# Nursery Meals 2026

We are delighted to present our nursery meal range to you. Within this document you can view our full range of meals which are designed for children aged 12 months and older, these 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



Rachel Sipaul  
apetito Dietitian

"Nursery mealtimes provide a vital opportunity for children to develop a healthy relationship with food and are occasions for everyone to enjoy. This guide 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."

Guidance from 'Early Years Foundation Stage Nutrition Guidance' (May 2025) recommends using traffic light labelling of food to identify foods that are higher in fat, saturated fat, sugars and salt (Green- Low, Amber- Medium, Red- High). To aid in menu planning, we have highlighted dishes that are high in fat, saturated fat, salt & sugar. Unless stated otherwise, all other dishes are compliant with guidance.

If you have any further questions please don't hesitate to reach out to your apetito Account Manager.

# 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, and soya-based foods.

## Desserts



Desserts made with milk, fruit or a lower amount of sugar can be included as part of a balanced diet. Limit food high in sugar such as biscuits, chocolate and confectionary.

# Best practice menu planning

|     | Main                                    | Main (Vegetarian)   | Carbohydrate Side                                 | Vegetable Side                       |
|-----|---|---|---|--------------------------------------|
| Mon | <b>Beef Bolognese</b><br>GF MWM         | <b>Lentil Bolognese</b><br>GF VV MWM                        | <b>Penne Pasta</b><br>VV MWM                      | <b>Sweetcorn</b><br>GF VV MWM        |
| Tue | <b>Chicken Curry</b><br>GF MWM          | <b>Cauliflower, Spinach &amp; Lentil Curry</b><br>GF VV MWM | <b>Wholemeal/ White Rice Blended</b><br>GF VV MWM | <b>Mixed Vegetables</b><br>GF VV MWM |
| Wed | <b>Roast Beef &amp; Gravy</b><br>GF MWM | <b>Tomato &amp; Chickpea Gratin</b><br>GF VV MWM            | <b>Golden Roast Potatoes</b><br>GF VV MWM         | <b>Carrots</b><br>GF VV MWM          |
| Thu | <b>Chicken &amp; Sweetcorn Bake</b>     | <b>Vegetable Gratin</b><br>VV MWM                           | <b>Boiled Potatoes</b><br>GF VV MWM               | <b>Broccoli</b><br>GF VV MWM         |
| Fri | <b>Fish Goujons</b><br>MWM              | <b>Vegan Sausage</b><br>VV MWM                              | <b>Oven Chips</b><br>GF VV MWM                    | <b>Peas</b><br>GF VV MWM             |


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

Here is a sample 1 week menu plan which follows Early Years Foundation Stage nutrition guidance (2025). Meals should include a variety of different food, tastes, textures and colours.



- 01**  Include a main course of a protein, carbohydrate and vegetables.
- 02**  Provide at least one portion of vegetables and/or fruit every day, providing a variety across the week.
- 03**  If required, offer vegetarian (and vegan) meals that use a variety of protein sources such as beans and pulses
- 04**  Add oily fish (e.g. salmon) to the menu at least once every three weeks.
- 05**  Include a variety of meat and fish across the week, limiting processed meat products (e.g. sausages, breaded products) to once a week.
- 06**  Provide at least three different varieties of carbohydrate per week, with at least once being wholemeal.
- 07**  Ensure milk and dairy products are included on a daily basis.
- 08**  Vary the desserts you offer, included those that are fruit based or dairy based.
- 09**  Provide access to water to drink throughout the day.

Lunch contributes around 30% of a child's daily nutritional requirements.

 We recommend that you introduce a new menu at least twice a year.

# 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 |
|----------------------------------|--------|----------------------|----|----|-----|
| Minestrone Soup                  | 324647 | 8                    |    | V  | •   |
|                                  | 328647 | 3                    |    | •• |     |
| Scotch Broth                     | 324648 | 8                    |    | V  | •   |
|                                  | 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                    |    |    |     |
| Red Lentil Broth                 | 324676 | 8                    | •  | •• | •   |
|                                  | 328676 | 3                    |    |    |     |
| Tomato, Pepper & Red Lentil Soup | 324677 | 8                    | •  | •• | •   |
|                                  | 328677 | 3                    |    |    |     |
| Vegetable Soup                   | 324679 | 12                   | •  | •  | ••  |
|                                  | 328679 | 4                    |    |    |     |

| Product                               | Code   | Recommended portions | GF | V | MWM |
|---------------------------------------|--------|----------------------|----|---|-----|
| Roast Beef in Gravy                   | 324100 | 13                   | •  |   | •   |
|                                       | 328100 | 3                    |    |   |     |
| Beef Casserole                        | 324103 | 14                   | •  |   | •   |
|                                       | 328103 | 4                    |    |   |     |
| Chilli Con Carne                      | 324105 | 11                   | •  |   | •   |
|                                       | 328105 | 3                    |    |   |     |
| Minced Beef Hotpot                    | 324112 | 12                   | •  |   | •   |
|                                       | 328112 | 4                    |    |   |     |
| Cottage Pie                           | 324114 | 13                   | •  |   |     |
|                                       | 328114 | 3                    |    |   |     |
| Beef Bolognese with Pasta             | 324115 | 7                    |    |   | •   |
|                                       | 328115 | 2                    |    |   |     |
| Corned Beef Hash                      | 324119 | 8                    | •  |   | •   |
|                                       | 328119 | 3                    |    |   |     |
| Beef Bolognese Sauce (Pasta Separate) | 324146 | 15                   | •  |   | •   |
|                                       | 328146 | 6                    |    |   |     |

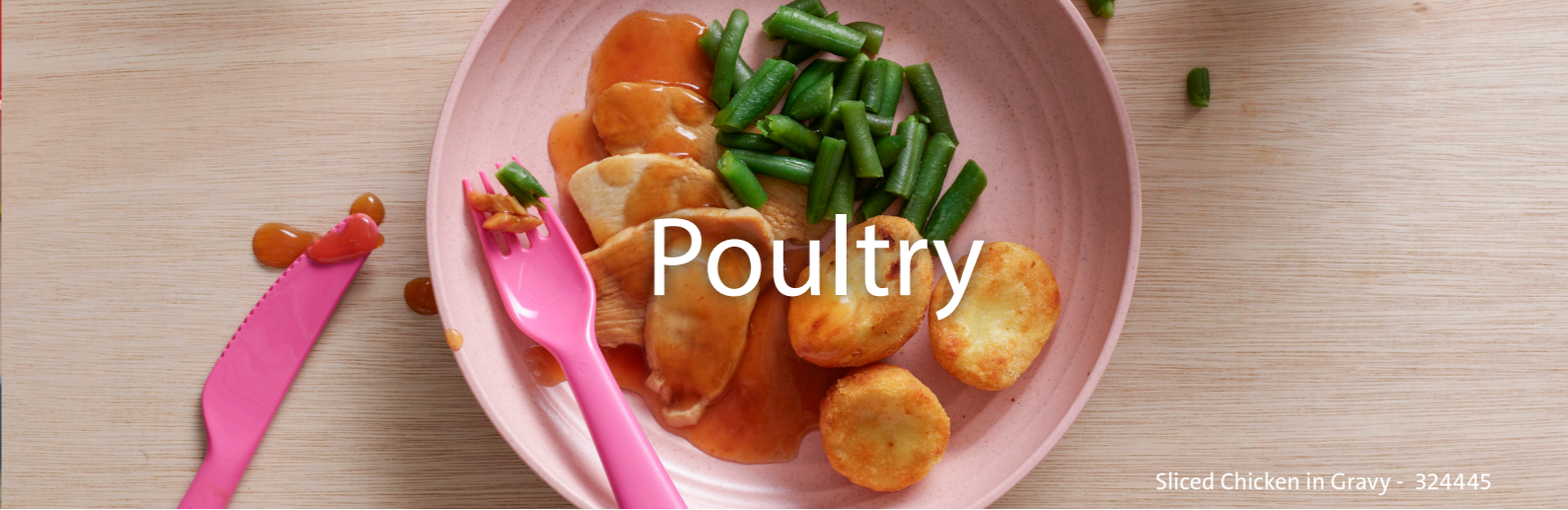
The products shown below have a red traffic light for fat/ saturated fat, and should therefore be used in moderation on your menus. For assistance in menu creation, please speak to your apetito Account Manager.

| Product                         | Code   | Recommended portions | GF | V | MWM |
|---------------------------------|--------|----------------------|----|---|-----|
| Beef Lasagne                    | 324101 | 12                   |    |   |     |
|                                 | 328101 | 3                    |    |   |     |
| Steak & Mushroom Pie            | 324130 | 12                   |    |   | •   |
|                                 | 328130 | 3                    |    |   |     |
| Steak Pie with Flaky Pastry Top | 324133 | 12                   |    |   | •   |
|                                 | 328133 | 3                    |    |   |     |
| Beef Stew & Dumplings           | 324144 | 16                   |    |   | •   |
|                                 | 328144 | 4                    |    |   |     |
| Baked Steak & Potato Pie        | 324147 | 12                   |    |   | •   |
|                                 | 328147 | 4                    |    |   |     |



# Poultry

Chicken Curry- 324423



# Poultry

Sliced Chicken in Gravy - 324445

| Product                                | Code   | Recommended portions | GF | V | MWM |
|--|--------|----------------------|----|---|-----|
| Sweet & Sour Chicken                   | 324410 | 12                   | .  |   | .   |
|  | 328410 | 3                    |    |   |     |
| Chicken Curry                          | 324423 | 12                   | .  |   | .   |
|  | 328423 | 3                    |    |   |     |
| Roast Chicken Breasts in Gravy         | 324426 | 14                   | .  |   | .   |
|  | 328426 | 5                    |    |   |     |
| Chicken & Vegetable Casserole          | 324429 | 12                   | .  |   | .   |
|  | 328429 | 3                    |    |   |     |
| Chicken Goujons                        | 324472 | 6                    |    |   | .   |
|  | 328472 | 1                    |    |   |     |
| Sliced Chicken in Gravy                | 324445 | 13                   | .  |   | .   |
|  | 328445 | 3                    |    |   |     |
| Chicken, Tomato & Herb Pasta           | 324452 | 10                   |    |   | .   |
|  | 328452 | 3                    |    |   |     |
| Chicken & Sweetcorn Bake               | 324453 | 8                    |    |   |     |
|  | 328453 | 3                    |    |   |     |
| Chicken Tikka Masala                   | 324456 | 11                   | .  |   |     |
|  | 328456 | 3                    |    |   |     |
| Breaded Chicken Fillets                | 324469 | 7                    |    |   | .   |
|  | 328469 | 2                    |    |   |     |
| Smoked Paprika & Tomato Chicken        | 324467 | 11                   | .  |   | .   |
|  | 328467 | 3                    |    |   |     |
| Chicken Breast in Tomato & Basil Sauce | 324457 | 13                   |    |   | .   |
|  | 328457 | 3                    |    |   |     |
| Orange & Ginger Chicken                | 324463 | 14                   | .  |   |     |
|  | 328463 | 4                    |    |   |     |
| Thai Green Chicken Curry               | 324468 | 10                   | .  |   | .   |
|  | 328468 | 2                    |    |   |     |
| Hunters Chicken                        | 324461 | 9                    |    |   |     |
|  | 328461 | 2                    |    |   |     |
| Fajita Chicken Mix                     | 324471 | 7                    | .  |   | .   |
|  | 328471 | 2                    |    |   |     |

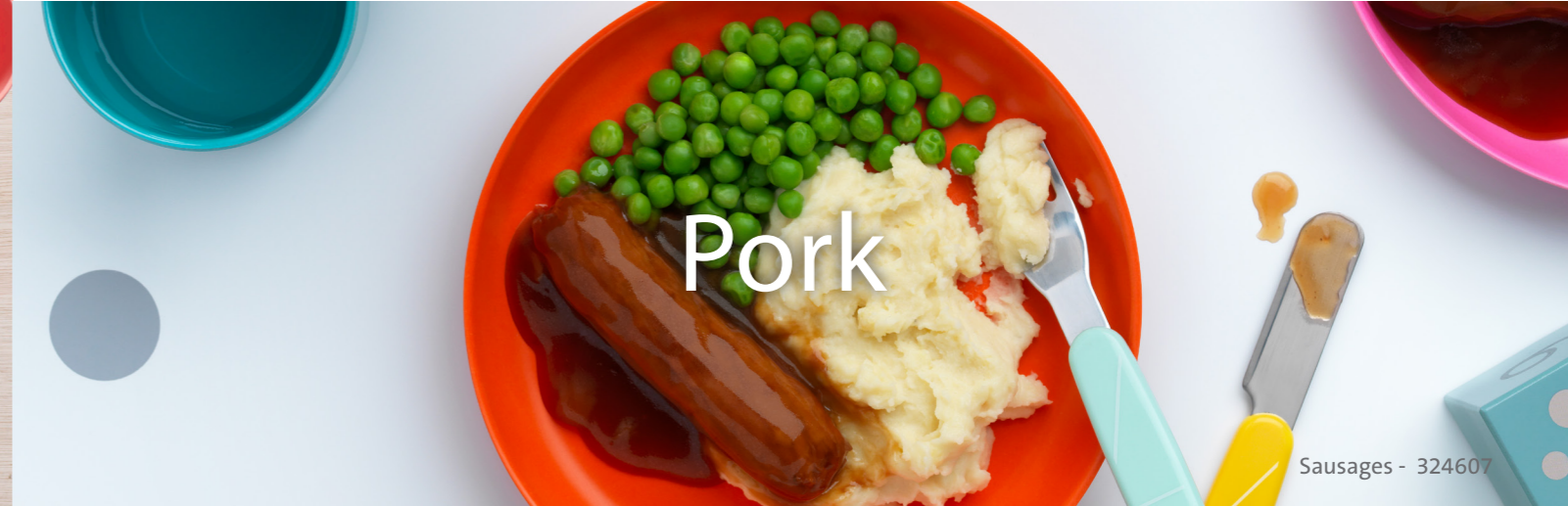
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| Product                       | Code   | Recommended portions | GF | V | MWM |
|-------------------------------|--------|----------------------|----|---|-----|
| Chicken Korma                 | 324449 | 12                   | .  |   |     |
|                               | 328449 | 3                    |    |   |     |
| Chicken & Ham Pie             | 324459 | 14                   |    |   | .   |
|                               | 328459 | 4                    |    |   |     |
| Baked Chicken & Vegetable Pie | 324450 | 14                   |    |   | .   |
|                               | 328450 | 4                    |    |   |     |
| Cheesy Garlic Chicken Bake    | 324465 | 14                   | .  |   |     |
|                               | 328465 | 4                    |    |   |     |
| Potato Topped Chicken Pie     | 324464 | 14                   | .  |   |     |
|                               | 328464 | 4                    |    |   |     |
| Chicken, Cheese & Bacon Bake  | 324470 | 14                   | .  |   |     |
|                               | 328870 | 4                    |    |   |     |



# Lamb

A variety of appetito dishes



# Pork

Sausages - 324607

| Lamb Products                | Code   | Recommended portions | GF | V | MWM |
|------------------------------|--------|----------------------|----|---|-----|
| Roast Lamb in Gravy          | 324300 | 12                   | •  |   | •   |
|                              | 328300 | 3                    |    |   |     |
| Lamb Burgers in Minted Gravy | 324305 | 13                   |    |   | •   |
|                              | 328305 | 3                    |    |   |     |

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| Product                       | Code   | Recommended portions | GF | V | MWM |
|-------------------------------|--------|----------------------|----|---|-----|
| Lancashire Hotpot             | 324303 | 12                   | •  |   | •   |
|                               | 328303 | 3                    |    |   |     |
| 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 |
|---------------------------------------|--------|----------------------|----|---|-----|
| Roast Pork in Gravy                   | 324200 | 14                   | •  |   | •   |
|                                       | 328200 | 3                    |    |   |     |
| Sliced Gammon & Pineapple             | 324234 | 14                   | •  |   | •   |
|                                       | 328234 | 3                    |    |   |     |
| Quiche Lorraine                       | 324217 | 12                   |    |   |     |
|                                       | 328217 | 3                    |    |   |     |
| Pork with Sage Stuffing in Gravy      | 324230 | 13                   | •  |   | •   |
|                                       | 328230 | 3                    |    |   |     |
| Sausages                              | 324607 | 12                   |    |   | •   |
| Pasta Carbonara                       | 324620 | 12                   |    |   |     |
|                                       | 328620 | 4                    |    |   |     |
| Pork Meatballs in Tomato & Herb Sauce | 324626 | 8                    |    |   | •   |
|                                       | 328626 | 3                    |    |   |     |

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| Product         | Code   | Recommended portions | GF | V | MWM |
|-----------------|--------|----------------------|----|---|-----|
| Quiche Lorraine | 324217 | 12                   |    |   |     |
|                 | 328217 | 3                    |    |   |     |
| Pasta Carbonara | 324620 | 12                   |    |   |     |
|                 | 328620 | 4                    |    |   |     |



| Product   | Code   | Recommended portions | GF | V | MWM |
|---|--------|----------------------|----|---|-----|
| Salmon & Broccoli Bake  | 324504 | 10                   |    |   |     |
|   | 328504 | 2                    |    |   |     |
| Breaded Cod   | 324505 | 7                    |    |   | .   |
|   | 328505 | 2                    |    |   |     |
| Fishcakes   | 324506 | 8                    |    |   | .   |
|   | 328506 | 2                    |    |   |     |
| Tuna Pasta Bake   | 324508 | 10                   |    |   |     |
|   | 328508 | 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                    |    |   |     |
| Premium Battered Haddock  | 324540 | 8                    |    |   | .   |
| Jumbo Salmon Fingers <span style="background-color: #8e44ad; color: white; padding: 2px 5px; border-radius: 3px;">New!</span> | 324541 | 12                   |    |   |     |
|   | 328541 | 4                    |    |   |     |

| Product                             | Code   | Recommended portions | GF | V  | MWM |
|-------------------------------------|--------|----------------------|----|----|-----|
| Vegetarian Cottage Pie              | 324708 | 12                   | .  | .  |     |
|                                     | 328708 | 3                    |    |    |     |
| Penne Pasta in Tomato & Basil Sauce | 324741 | 10                   |    | .. | .   |
|                                     | 328741 | 2                    |    |    |     |
| Vegetarian Tikka Masala             | 324743 | 14                   | .  | .  |     |
|                                     | 328743 | 4                    |    |    |     |
| Moroccan Bean Casserole             | 324906 | 14                   | .  | .. | .   |
|                                     | 328906 | 4                    |    |    |     |
| 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                    |    |    |     |
| Lentil & Vegetable Flaky Topped Pie | 324947 | 12                   |    | .. | .   |
|                                     | 328947 | 3                    |    |    |     |

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| Product        | Code   | Recommended portions | GF | V | MWM |
|----------------|--------|----------------------|----|---|-----|
| Salmon Crumble | 324513 | 12                   |    |   |     |
|                | 328513 | 3                    |    |   |     |

# Vegetarian & Vegan

Penne Pasta in Tomato & Basil Sauce - 324741

# Vegetarian & Vegan

Tomato, Lentil & Sweet Potato Crumble - 324945

| Product                                  | Code   | Recommended portions | GF | V  | MWM |
|--|--------|----------------------|----|----|-----|
| Lentil Bolognese Sauce (Pasta Separate)  | 324979 | 12                   | •  | •• | •   |
|  | 328979 | 4                    |    |    |     |
| Tomato & Chickpea Gratin                 | 324980 | 14                   | •  | •• | •   |
|  | 328980 | 4                    |    |    |     |
| Chickpea & Apricot Tagine                | 324981 | 14                   |    | •• | •   |
|  | 328981 | 4                    |    |    |     |
| 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                    |    |    |     |
| Vegan Sausages                           | 324967 | 12                   |    | •• | •   |
|  | 328967 | 4                    |    |    |     |
| Chickpea Curry                           | 324991 | 12                   | •  | •• | •   |
|  | 328991 | 4                    |    |    |     |

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| Product   | Code   | Recommended portions | GF | V  | MWM |
|---|--------|----------------------|----|----|-----|
| Cauliflower Cheese  | 324701 | 10                   | •  | •  |     |
|   | 328701 | 3                    |    |    |     |
| Vegetable Lasagne   | 324703 | 12                   |    | •  |     |
|   | 328703 | 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                    |    |    |     |
| Cheese & Onion Pie  | 324742 | 12                   |    | •  |     |
|   | 328742 | 3                    |    |    |     |
| Vegetable Quiche  | 324935 | 12                   |    | •  |     |
|   | 328935 | 3                    |    |    |     |
| Baked Meat Free Mushroom & Chicken Style Pie  | 324953 | 12                   |    | •• | •   |
|   | 328953 | 3                    |    |    |     |
| Baked Chestnut Mushroom Pie <span style="background-color: #9900cc; color: white; padding: 2px 5px; border-radius: 10px;">New!</span> | 324992 | 12                   |    | •• | •   |
|   | 328992 | 3                    |    |    |     |

•• Indicates meals suitable for a vegan diet.

•• Indicates meals suitable for a vegan diet.

# Vegetables



Vegetable Gratin- 324956

# Vegetables



Mixed Vegetables - 324762

| Product                     | Code   | Recommended portions | GF | V  | MWM |
|-----------------------------|--------|----------------------|----|----|-----|
| Broccoli                    | 324740 | 12                   | •  | •• | •   |
|                             | 328740 | 4                    |    |    |     |
| Peas                        | 324756 | 18                   | •  | •• | •   |
|                             | 328756 | 6                    |    |    |     |
| Cabbage                     | 324757 | 16                   | •  | •• | •   |
|                             | 328757 | 6                    |    |    |     |
| Cauliflower                 | 324758 | 11                   | •  | •• | •   |
|                             | 328758 | 6                    |    |    |     |
| Brussels Sprouts            | 324759 | 18                   | •  | •• | •   |
|                             | 328759 | 7                    |    |    |     |
| Carrot Tips                 | 324760 | 16                   | •  | •• | •   |
|                             | 328760 | 6                    |    |    |     |
| Cut Green Beans             | 324761 | 16                   | •  | •• | •   |
|                             | 328761 | 6                    |    |    |     |
| Mixed vegetables            | 324762 | 16                   | •  | •• | •   |
|                             | 328762 | 6                    |    |    |     |
| Mushy Peas <b>Improved!</b> | 324988 | 29                   | •  | •• | •   |
|                             | 328988 | 7                    |    |    |     |
| Minted Summer Vegetables    | 324768 | 17                   | •  | •• | •   |
|                             | 328768 | 6                    |    |    |     |
| Baked Beans                 | 324769 | 22                   | •  | •• | •   |
|                             | 328769 | 5                    |    |    |     |
| Vegetable Medley            | 324770 | 18                   | •  | •• | •   |
|                             | 328770 | 7                    |    |    |     |
| Mashed Swede                | 324771 | 20                   | •  | •• | •   |
|                             | 328771 | 8                    |    |    |     |

•• Indicates meals suitable for a vegan diet.

| Product                 | Code   | Recommended portions | GF | V  | MWM |
|-------------------------|--------|----------------------|----|----|-----|
| Sweetcorn               | 324775 | 18                   | •  | •• | •   |
|                         | 328775 | 7                    |    |    |     |
| Mashed Root Vegetables  | 324791 | 20                   | •  | •• | •   |
|                         | 328791 | 5                    |    |    |     |
| Spring Vegetable Medley | 324964 | 18                   | •  | •• | •   |
|                         | 328964 | 6                    |    |    |     |
| Root Vegetable Medley   | 324949 | 16                   | •  | •• | •   |
|                         | 328949 | 6                    |    |    |     |

•• Indicates meals suitable for a vegan diet.



Vegetable Rice - 324779



Penne Pasta- 324971

| Product                  | Code   | Recommended portions | GF | V  | MWM |
|--------------------------|--------|----------------------|----|----|-----|
| Saute Potatoes           | 324745 | 7                    | •  | •• | •   |
|                          | 328745 | 2                    |    |    |     |
| Boiled Potatoes          | 324752 | 10                   | •  | •• | •   |
|                          | 328752 | 2                    |    |    |     |
| Oven Chips               | 324972 | 8                    | •  | •• | •   |
|                          | 328972 | 2                    |    |    |     |
| White Rice               | 324765 | 9                    | •  | •• | •   |
|                          | 328765 | 3                    |    |    |     |
| Vegetable Rice           | 324779 | 9                    | •  | •• | •   |
|                          | 328779 | 3                    |    |    |     |
| Golden Roasting Potatoes | 324780 | 9                    | •  | •• | •   |
|                          | 328780 | 5                    |    |    |     |
| Mashed Potatoes          | 324787 | 11                   | •  | •  |     |
|                          | 328787 | 4                    |    |    |     |
| Potato Wedges            | 324789 | 10                   | •  | •• | •   |
|                          | 328789 | 2                    |    |    |     |
| Minted Boiled Potatoes   | 324796 | 10                   | •  | •• | •   |
|                          | 328796 | 2                    |    |    |     |
| Colcannon Mash           | 324909 | 10                   | •  | •• | •   |
|                          | 328909 | 3                    |    |    |     |
| Dauphinoise Potatoes     | 324913 | 8                    | •  | •  |     |
|                          | 328913 | 2                    |    |    |     |

•• Indicates meals suitable for a vegan diet.

| Product             | Code   | Recommended portions | GF | V  | MWM |
|---------------------|--------|----------------------|----|----|-----|
| Basmati Yellow Rice | 324916 | 9                    | •  | •• | •   |
|                     | 328916 | 3                    |    |    |     |
| Baby Potatoes       | 324970 | 8                    | •  | •• | •   |
|                     | 328970 | 3                    |    |    |     |
| Penne Pasta         | 324971 | 8                    |    | •• | •   |
|                     | 328971 | 3                    |    |    |     |
| Wholegrain Rice     | 324976 | 9                    | •  | •• | •   |
|                     | 328976 | 3                    |    |    |     |

•• Indicates meals suitable for a vegan diet.

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# Accompaniments

Please Note- All accompaniments and fillings are charged separately

Jacket Potatoes with a selection of fillings

| 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                   | •  | •  | ••  |
| Katsu Curry Sauce* <b>New!</b>     | 328987 | 30                   |    | •  | ••  |

## Jacket Potato Fillings

| Product           | Code   | Recommended portions | GF | V  | MWM |
|-------------------|--------|----------------------|----|----|-----|
| Chilli Con Carne* | 324105 | 11                   | •  |    | •   |
| Bean Chilli*      | 324943 | 16                   | •  | •• | •   |
| Chickpea Curry*   | 324991 | 12                   | •  | •• | •   |
| Baked Beans*      | 324769 | 22                   | •  | •• | •   |

\*These dishes are charged separately, and are not included in the fixed price menu.

•• Indicates meals suitable for a vegan diet.

# Puddings

A Variety of appetito Puddings

| Product                                | Code   | Recommended portions | GF | V  | MWM |
|--|--------|----------------------|----|----|-----|
| Apple Crumble                          | 324801 | 18                   |    | •• | •   |
|  | 328801 | 6                    |    |    |     |
| Rhubarb Crumble                        | 324813 | 18                   |    | •• | •   |
|  | 328813 | 6                    |    |    |     |
| Summer Fruit Crumble                   | 324827 | 18                   |    | •• | •   |
|  | 328847 | 6                    |    |    |     |
| Apricot Crumble <b>Improved!</b>       | 324852 | 18                   |    | •• | •   |
|  | 328852 | 6                    |    |    |     |
| Apple Sponge                           | 324805 | 16                   |    | •  | •   |
|  | 328805 | 6                    |    |    |     |
| Summer Fruit Sponge                    | 324836 | 16                   |    | •  | •   |
|  | 328836 | 6                    |    |    |     |
| Somerset Apple Cake <b>Improved!</b>   | 324842 | 16                   |    | •  | •   |
|  | 328842 | 6                    |    |    |     |
| Gluten Free Rhubarb & Ginger Pudding   | 324843 | 16                   | •  | •  |     |
|  | 328843 | 6                    |    |    |     |
| Gluten Free Vanilla Sponge <b>New!</b> | 324888 | 12                   | •  | •  | •   |
|  | 328888 | 4                    |    |    |     |
| Stewed Apple                           | 324863 | 22                   | •  | •• | •   |
|  | 328863 | 6                    |    |    |     |
| Cooked Summer Fruits                   | 324862 | 22                   | •  | •• | •   |
| Apricot Compote                        | 324861 | 22                   | •  | •• | •   |
| Chefs's Rice Pudding                   | 324824 | 16                   |    | •  |     |
|  | 328824 | 5                    |    |    |     |
| Coconut Rice Pudding <b>New!</b>       | 324868 | 16                   | •  | •• | •   |
|  | 328868 | 5                    |    |    |     |
| Custard <b>New!</b>                    | 324803 | 30                   | •  | •  |     |
|  | 328803 | 11                   |    |    |     |

•• Indicates meals suitable for a vegan diet.

# Puddings

Clotted Cream Rice Pudding- 324839

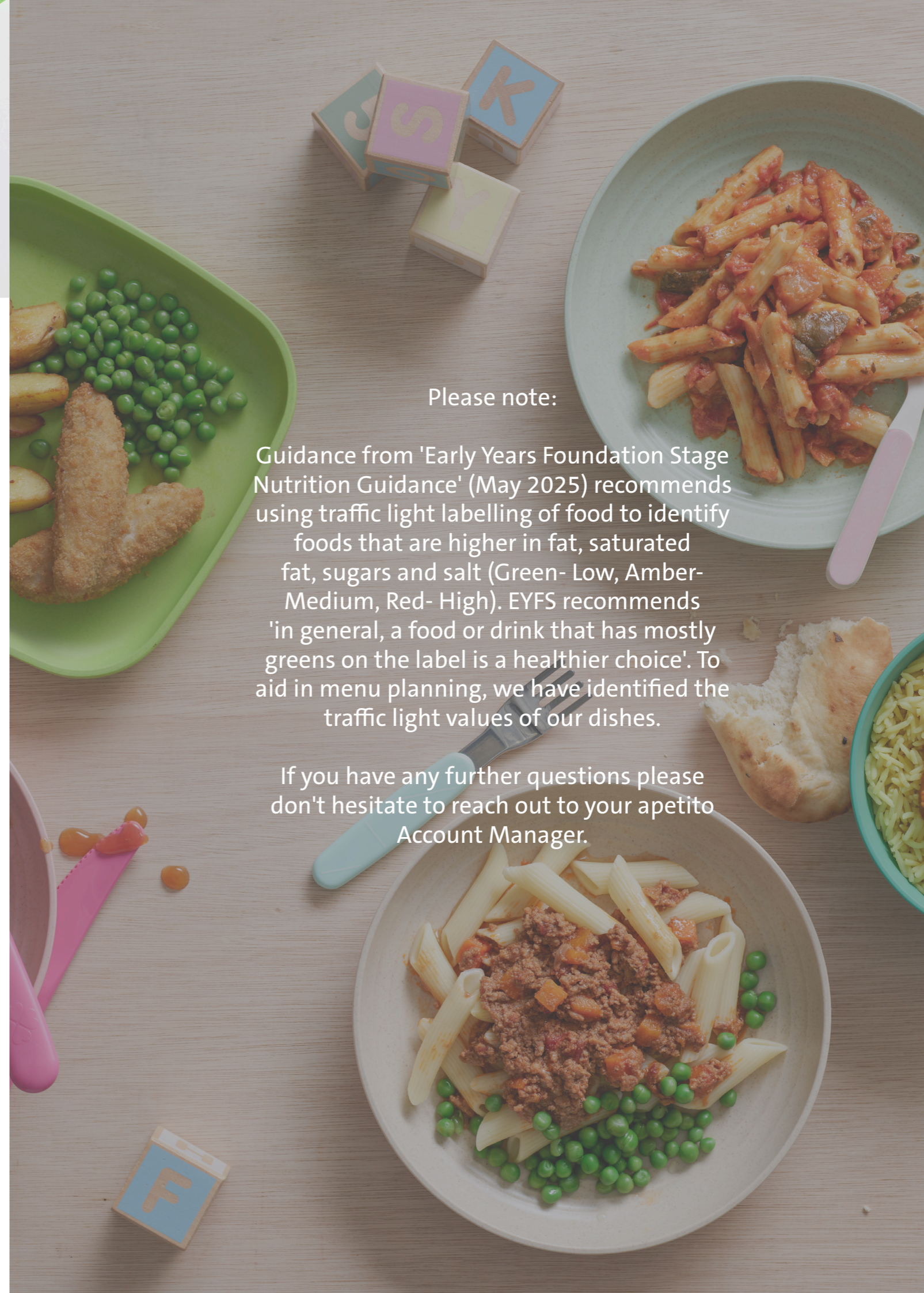
The products shown below have a red traffic light for fat/ saturated fat and should therefore be used in moderation on your menus. For assistance in menu creation, please speak to your apetito Account Manager.

| Product                      | Code   | Recommended portions | GF | V  | MWM |
|------------------------------|--------|----------------------|----|----|-----|
| Spotted Dick                 | 324816 | 16                   |    | .  |     |
|                              | 328816 | 6                    |    | .  |     |
| Apple Pie                    | 324859 | 18                   |    | .. | .   |
|                              | 328859 | 6                    |    | .. | .   |
| Mixed Fruit Pie              | 324808 | 18                   |    | .. | .   |
|                              | 328808 | 6                    |    | .. | .   |
| Gluten Free Chocolate Sponge | 324894 | 12                   | .  | .  | .   |
|                              | 328894 | 4                    | .  | .  | .   |
| Clotted Cream Rice Pudding   | 324839 | 16                   | .  | .  |     |
|                              | 328839 | 5                    | .  | .  |     |

The products shown below have a red traffic light for sugar, and should therefore be used in moderation on your menus. For assistance in menu creation, please speak to your apetito Account Manager.

| Product                           | Code   | Recommended portions | GF | V | MWM |
|-----------------------------------|--------|----------------------|----|---|-----|
| Gluten Free Lemon & Orange Sponge | 324807 | 18                   | .  | . |     |
|                                   | 328807 | 6                    | .  | . |     |
| Lemon Flavour Sponge              | 324867 | 18                   |    | . | .   |
|                                   | 328867 | 6                    |    | . | .   |
| Sticky Toffee Pudding             | 324840 | 18                   |    | . |     |
|                                   | 328840 | 6                    |    | . |     |
| Bread & Butter Pudding            | 324800 | 16                   |    | . |     |
|                                   | 328800 | 6                    |    | . |     |
| Pineapple Sponge                  | 324851 | 18                   |    | . | .   |
|                                   | 328851 | 6                    |    | . | .   |

.. Indicates meals suitable for a vegan diet.



Please note:

Guidance from 'Early Years Foundation Stage Nutrition Guidance' (May 2025) recommends using traffic light labelling of food to identify foods that are higher in fat, saturated fat, sugars and salt (Green- Low, Amber-Medium, Red- High). EYFS recommends 'in general, a food or drink that has mostly greens on the label is a healthier choice'. To aid in menu planning, we have identified the traffic light values of our dishes.

If you have any further questions please don't hesitate to reach out to your apetito Account Manager.



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

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