



HAPPYWOODS NURSERY

Four Seasons Menu

Nourishing Little Bears Year-Round

Welcome to our beautifully crafted Four Seasons menu. At Happywoods Nursery, we adapt our meals to the changing seasons, ensuring our ingredients are always fresh, locally sourced, and perfectly suited to the time of year. From warming winter stews to vibrant summer dishes, every meal is designed to nourish and delight.

Our menus remain 100% free from refined sugars, packed with hidden organic vegetables, and carefully balanced to introduce children to a world of diverse, seasonal flavours.



Autumn & Winter



Autumn Harvest Menu			
DAY	MORNING SNACK	LUNCH (MAIN & DESSERT)	AFTERNOON SNACK
Mon	Organic apple slices with a pinch of cinnamon.	Roasted Pumpkin & Sweet Potato Risotto Creamy Arborio rice folded with autumn squash and parmesan. <i>Dessert: Fresh plum compote</i>	Toasted oatcakes with smooth hummus.
Tue	Soft pear wedges.	Hidden Veggie Beef Meatballs Served with wholewheat spaghetti and steamed broccoli. <i>Dessert: Baked cinnamon apples</i>	Crunchy carrot batons with natural tzatziki.
Wed	Greek yoghurt topped with agave nectar.	Butternut Squash & Lentil Curry Mild, warming coconut curry served with fluffy brown rice. <i>Dessert: Blackberry and apple puree</i>	Mild cheddar cubes and halved seedless grapes.
Thu	Fresh peach slices.	Traditional Roast Chicken Served with root vegetable mash, garden peas, and light gravy. <i>Dessert: Sugar-free banana & oat mini muffin</i>	Red bell pepper strips with cream cheese dip.
Fri	Mixed autumn fruit bowl.	Baked Line-caught Cod Goujons Served with homemade sweet potato wedges. <i>Dessert: Natural yoghurt with spiced pear</i>	Mini wholemeal pitas with mashed avocado.

Winter Warmers Menu			
DAY	MORNING SNACK	LUNCH (MAIN & DESSERT)	AFTERNOON SNACK
Mon	Sweet orange segments.	Hearty Veggie & Bean Stew Rustic tomato and mixed bean stew with a crusty wholemeal roll. <i>Dessert: Low-sugar creamy rice pudding</i>	Cheddar cheese stars.
Tue	Half a banana.	Classic Beef Shepherd's Pie Rich beef and vegetable base topped with golden potato mash. <i>Dessert: Fresh citrus fruit salad</i>	Wholemeal breadsticks with guacamole.

Spring & Summer



Spring Blossoms Menu

DAY	MORNING SNACK	LUNCH (MAIN & DESSERT)	AFTERNOON SNACK
Mon	Fresh strawberry halves.	Spring Green Pea & Spinach Risotto Vibrant, creamy rice packed with iron-rich greens. Dessert: Ripe mango slices	Rice cakes with mashed avocado and tomato.
Tue	Crisp apple wedges.	Lemon & Herb Chicken Roasted chicken breast with new potatoes and tender stem broccoli. Dessert: Natural strawberry yoghurt	Celery sticks with a light cream cheese filling.
Wed	Cantaloupe melon cubes.	Creamy Salmon & Pea Penne Flaked sustainably sourced salmon in a light cream cheese sauce. Dessert: Homemade blueberry oat bars	Cherry tomatoes and mozzarella pearls.
Thu	Fresh banana slices.	Mild Veggie Three-Bean Chilli Served with fluffy quinoa and a spoonful of natural yoghurt. Dessert: Fresh peach slices	Mini cream cheese sandwiches.
Fri	Golden kiwi slices.	Mediterranean Tomato & Basil Pasta Wholewheat penne in a rich roasted vegetable sauce. Dessert: Juicy watermelon cubes	Wholemeal breadsticks and hummus.

Summer Sunshine Menu

DAY	MORNING SNACK	LUNCH (MAIN & DESSERT)	AFTERNOON SNACK
Mon	Watermelon triangles.	Cold Pasta Salad with Chicken & Pesto Tricolour fusilli with fresh cherry tomatoes and sweetcorn. Dessert: Fresh mixed summer berries	Oatcakes topped with mild cream cheese.
Tue	Fresh peaches.	Homemade Summer Veggie Pizza Wholemeal base topped with hidden-veg sauce, mozzarella, and peppers. Dessert: Peaches & cream (yoghurt)	Cucumber and sweet carrot batons.