

Healthy Eating at Bumble Bells

At Bumble Bells, we believe that healthy eating in the early years lays the foundation for lifelong well-being. We take our responsibility seriously—not just in providing nutritious food, but in educating children to make confident and informed choices about what they eat.

For us, healthy eating goes beyond what's on the plate. It's about fostering a love for good food, teaching independence, and making mealtimes a joyful learning experience. We are passionate about cooking, and we want every child to discover that food is something to be enjoyed, explored, and shared.

Our menus are thoughtfully designed with children's weekly nutritional needs in mind. Every meal is fresh, locally sourced, and carefully balanced to ensure high quality and great taste.

Children take part in growing herbs, which we use in our recipes, encouraging them to explore new flavours and textures. We also take them on farm visits to pick fresh fruit—transforming ingredients into delicious meals while learning about where food comes from.

If your child has any special dietary requirements, we are more than happy to create a personalised menu that meets their needs. We are committed to providing meals that are not only safe and healthy, but also exciting and enjoyable for every child.

Week 1 - Monday

Breakfast: Whole grain toast with butter or sugar-free jam, A variety of cereals with milk (Cornflakes, Weetabix, Cheerios, and Rice Krispies)

Morning Snack: Fresh seasonal fruits and crackers, Greek yogurt, fruits, biscuits, and vegetable sticks

Afternoon Snack: Fresh seasonal fruits and crackers, Greek yogurt, fruits, biscuits, and vegetable sticks

Lunch: Roasted salmon served with new potatoes and green beans

Vegetarian Lunch: Homemade vegetarian balls in tomato sauce, basmati rice, steamed carrots

Dinner: Basmati rice with lentils and grilled chicken, steamed broccoli

Vegetarian Dinner: Basmati rice with lentils and grilled steamed broccoli

Week 1 - Tuesday

Breakfast: Whole grain toast with butter or sugar-free jam, A variety of cereals with milk (Cornflakes, Weetabix, Cheerios, and Rice Krispies)

Morning Snack: Fresh seasonal fruits and crackers, Greek yogurt, fruits, biscuits, and vegetable sticks

Afternoon Snack: Fresh seasonal fruits and crackers, Greek yogurt, fruits, biscuits, and vegetable sticks

Lunch: Grilled chicken breast with tomato sauce, mashed potatoes, steamed green beans

Vegetarian Lunch: Grilled grilled with tomato sauce, mashed potatoes, steamed green beans

Dinner: Beef lasagna

Vegetarian Dinner: Spaghetti with tomato and beetroot sauce, cucumber sticks

Week 1 - Wednesday

Breakfast: Whole grain toast with butter or sugar-free jam, A variety of cereals with milk (Cornflakes, Weetabix, Cheerios, and Rice Krispies)

Morning Snack: Fresh seasonal fruits and crackers, Greek yogurt, fruits, biscuits, and vegetable sticks

Afternoon Snack: Fresh seasonal fruits and crackers, Greek yogurt, fruits, biscuits, and vegetable sticks

Lunch: Spaghetti Bolognese with lean minced meat and wholegrain spaghetti

Vegetarian Lunch: Spaghetti bolognese with lean lentils and wholegrain spaghetti

Dinner: Basmati rice with lentils and grilled chicken, steamed broccoli

Vegetarian Dinner: Basmati rice with lentils and grilled steamed broccoli

Week 1 - Thursday

Breakfast: Whole grain toast with butter or sugar-free jam, A variety of cereals with milk (Cornflakes, Weetabix, Cheerios, and Rice Krispies)

Morning Snack: Fresh seasonal fruits and crackers, Greek yogurt, fruits, biscuits, and vegetable sticks

Afternoon Snack: Fresh seasonal fruits and crackers, Greek yogurt, fruits, biscuits, and vegetable sticks

Lunch: Roast baby potatoes with grilled fish and broccoli

Vegetarian Lunch: Roast baby potatoes with grilled halloumi and broccoli

Dinner: Wholegrain pasta salad with cubed ham, sweetcorn, peas

Vegetarian Dinner: Wholegrain pasta salad with chickpeas, sweetcorn, peas

Week 1 - Friday

Breakfast: Whole grain toast with butter or sugar-free jam, A variety of cereals with milk (Cornflakes, Weetabix, Cheerios, and Rice Krispies)

Morning Snack: Fresh seasonal fruits and crackers, Greek yogurt, fruits, biscuits, and vegetable sticks

Afternoon Snack: Fresh seasonal fruits and crackers, Greek yogurt, fruits, biscuits, and vegetable sticks

Lunch: Vegetarian paella with mixed vegetables

Vegetarian Lunch: Vegetarian paella with mixed vegetables

Dinner: Basmati rice with lentils and grilled chicken, steamed broccoli

Vegetarian Dinner: Vegetarian lasagna

Week 2 - Monday

Breakfast: Whole grain toast with butter or sugar-free jam, A variety of cereals with milk (Cornflakes, Weetabix, Cheerios, and Rice Krispies)

Morning Snack: Fresh seasonal fruits and crackers, Greek yogurt, fruits, biscuits, and vegetable sticks

Afternoon Snack: Fresh seasonal fruits and crackers, Greek yogurt, fruits, biscuits, and vegetable sticks

Lunch: Stir-fried vegetables with lentils, cheese cubes

Vegetarian Lunch: Stir-fried vegetables with lentils, cheese cubes

Dinner: Rice with beef casserole and carrots

Vegetarian Dinner: Mashed potatoes with cheese and cauliflower

Week 2 - Tuesday

Breakfast: Whole grain toast with butter or sugar-free jam, A variety of cereals with milk (Cornflakes, Weetabix, Cheerios, and Rice Krispies)

Morning Snack: Fresh seasonal fruits and crackers, Greek yogurt, fruits, biscuits, and vegetable sticks

Afternoon Snack: Fresh seasonal fruits and crackers, Greek yogurt, fruits, biscuits, and vegetable sticks

Lunch: Homemade meatballs in tomato sauce, basmati rice, steamed carrots

Vegetarian Lunch: Stir-fried vegetables with lentils, cheese cubes

Dinner: Spaghetti with tomato and beetroot sauce, cucumber sticks

Vegetarian Dinner: Spaghetti with tomato and beetroot sauce, cucumber sticks

Week 2 - Wednesday

Breakfast: Whole grain toast with butter or sugar-free jam, A variety of cereals with milk (Cornflakes, Weetabix, Cheerios, and Rice Krispies)

Morning Snack: Fresh seasonal fruits and crackers, Greek yogurt, fruits, biscuits, and vegetable sticks

Afternoon Snack: Fresh seasonal fruits and crackers, Greek yogurt, fruits, biscuits, and vegetable sticks

Lunch: Vegetarian paella with mixed vegetables

Vegetarian Lunch: Vegetarian paella with mixed vegetables

Dinner: Basmati rice with lentils and grilled chicken, steamed broccoli

Vegetarian Dinner: Basmati rice with lentils and grilled steamed broccoli

Week 2 - Thursday

Breakfast: Whole grain toast with butter or sugar-free jam, A variety of cereals with milk (Cornflakes, Weetabix, Cheerios, and Rice Krispies)

Morning Snack: Fresh seasonal fruits and crackers, Greek yogurt, fruits, biscuits, and vegetable sticks

Afternoon Snack: Fresh seasonal fruits and crackers, Greek yogurt, fruits, biscuits, and vegetable sticks

Lunch: Roast baby potatoes with grilled fish and broccoli

Vegetarian Lunch: Roast baby potatoes with grilled halloumi and broccoli

Dinner: Spaghetti with tomato and beetroot sauce, cucumber sticks

Vegetarian Dinner: Spaghetti with tomato and beetroot sauce, cucumber sticks

Week 2 - Friday

Breakfast: Whole grain toast with butter or sugar-free jam, A variety of cereals with milk (Cornflakes, Weetabix, Cheerios, and Rice Krispies)

Morning Snack: Fresh seasonal fruits and crackers, Greek yogurt, fruits, biscuits, and vegetable sticks

Afternoon Snack: Fresh seasonal fruits and crackers, Greek yogurt, fruits, biscuits, and vegetable sticks

Lunch: Homemade meatballs in tomato sauce, basmati rice, steamed carrots

Vegetarian Lunch: Homemade vegetarian balls in tomato sauce, basmati rice, steamed carrots

Dinner: Mini veggie pizzas with tomato puree and cheese, grapes

Vegetarian Dinner: Mini veggie pizzas with tomato puree and cheese, grapes

Week 3 - Monday

Breakfast: Whole grain toast with butter or sugar-free jam, A variety of cereals with milk (Cornflakes, Weetabix, Cheerios, and Rice Krispies)

Morning Snack: Fresh seasonal fruits and crackers, Greek yogurt, fruits, biscuits, and vegetable sticks

Afternoon Snack: Fresh seasonal fruits and crackers, Greek yogurt, fruits, biscuits, and vegetable sticks

Lunch: Grilled chicken breast with tomato sauce, mashed potatoes, steamed green beans

Vegetarian Lunch: Grilled grilled with tomato sauce, mashed potatoes, steamed green beans

Dinner: Spaghetti with tomato and beetroot sauce, cucumber sticks

Vegetarian Dinner: Spaghetti with tomato and beetroot sauce, cucumber sticks

Week 3 - Tuesday

Breakfast: Whole grain toast with butter or sugar-free jam, A variety of cereals with milk (Cornflakes, Weetabix, Cheerios, and Rice Krispies)

Morning Snack: Fresh seasonal fruits and crackers, Greek yogurt, fruits, biscuits, and vegetable sticks

Afternoon Snack: Fresh seasonal fruits and crackers, Greek yogurt, fruits, biscuits, and vegetable sticks

Lunch: Spaghetti Bolognese with lean minced meat and wholegrain spaghetti

Vegetarian Lunch: Spaghetti bolognese with lean lentils and wholegrain spaghetti

Dinner: Basmati rice with lentils and grilled chicken, steamed broccoli

Vegetarian Dinner: Veggie pie with broccoli and spinach sauce

Week 3 - Wednesday

Breakfast: Whole grain toast with butter or sugar-free jam, A variety of cereals with milk (Cornflakes, Weetabix, Cheerios, and Rice Krispies)

Morning Snack: Fresh seasonal fruits and crackers, Greek yogurt, fruits, biscuits, and vegetable sticks

Afternoon Snack: Fresh seasonal fruits and crackers, Greek yogurt, fruits, biscuits, and vegetable sticks

Lunch: Homemade meatballs in tomato sauce, basmati rice, steamed carrots

Vegetarian Lunch: Homemade vegetarian balls in tomato sauce, basmati rice, steamed carrots

Dinner: Mashed potatoes with hidden cauliflower and meatballs, green beans

Vegetarian Dinner: Mashed potatoes with hidden cauliflower and vegetarian balls, green beans

Week 3 - Thursday

Breakfast: Whole grain toast with butter or sugar-free jam, A variety of cereals with milk (Cornflakes, Weetabix, Cheerios, and Rice Krispies)

Morning Snack: Fresh seasonal fruits and crackers, Greek yogurt, fruits, biscuits, and vegetable sticks

Afternoon Snack: Fresh seasonal fruits and crackers, Greek yogurt, fruits, biscuits, and vegetable sticks

Lunch: Chicken pie with homemade gravy sauce

Vegetarian Lunch: Vegetable pie with homemade gravy sauce

Dinner: Spaghetti with tomato and beetroot sauce, cucumber sticks

Vegetarian Dinner: Mashed potatoes with hidden cauliflower and vegetarian balls, green beans

Week 3 - Friday

Breakfast: Whole grain toast with butter or sugar-free jam, A variety of cereals with milk (Cornflakes, Weetabix, Cheerios, and Rice Krispies)

Morning Snack: Fresh seasonal fruits and crackers, Greek yogurt, fruits, biscuits, and vegetable sticks

Afternoon Snack: Fresh seasonal fruits and crackers, Greek yogurt, fruits, biscuits, and vegetable sticks

Lunch: Vegetarian paella with mixed vegetables

Vegetarian Lunch: Vegetable pie with homemade gravy sauce

Dinner: Mini veggie pizzas with tomato puree and cheese, grapes

Vegetarian Dinner: Mini veggie pizzas with tomato puree and cheese, grapes

Week 4 - Monday

Breakfast: Whole grain toast with butter or sugar-free jam, A variety of cereals with milk (Cornflakes, Weetabix, Cheerios, and Rice Krispies)

Morning Snack: Fresh seasonal fruits and crackers, Greek yogurt, fruits, biscuits, and vegetable sticks

Afternoon Snack: Fresh seasonal fruits and crackers, Greek yogurt, fruits, biscuits, and vegetable sticks

Lunch: Broccoli and spinach pasta bake

Vegetarian Lunch: Tuna and avocado whole-grain sandwiches with lettuce

Dinner: Basmati rice with lentils and grilled chicken, steamed broccoli

Vegetarian Dinner: Basmati rice with lentils and grilled steamed broccoli

Week 4 - Tuesday

Breakfast: Whole grain toast with butter or sugar-free jam, A variety of cereals with milk (Cornflakes, Weetabix, Cheerios, and Rice Krispies)

Morning Snack: Fresh seasonal fruits and crackers, Greek yogurt, fruits, biscuits, and vegetable sticks

Afternoon Snack: Fresh seasonal fruits and crackers, Greek yogurt, fruits, biscuits, and vegetable sticks

Lunch: Lentil and vegetable stew with brown rice

Vegetarian Lunch: Lentil and vegetable stew with brown rice

Dinner: Spaghetti with tomato and beetroot sauce, cucumber sticks

Vegetarian Dinner: Spaghetti with tomato and beetroot sauce, cucumber sticks

Week 4 - Wednesday

Breakfast: Whole grain toast with butter or sugar-free jam, A variety of cereals with milk (Cornflakes, Weetabix, Cheerios, and Rice Krispies)

Morning Snack: Fresh seasonal fruits and crackers, Greek yogurt, fruits, biscuits, and vegetable sticks

Afternoon Snack: Fresh seasonal fruits and crackers, Greek yogurt, fruits, biscuits, and vegetable sticks

Lunch: Roast baby potatoes with grilled fish and broccoli

Vegetarian Lunch: Roast baby potatoes with grilled halloumi and broccoli

Dinner: Basmati rice with lentils and grilled chicken, steamed broccoli

Vegetarian Dinner: Basmati rice with lentils and grilled steamed broccoli

Week 4 - Thursday

Breakfast: Whole grain toast with butter or sugar-free jam, A variety of cereals with milk (Cornflakes, Weetabix, Cheerios, and Rice Krispies)

Morning Snack: Fresh seasonal fruits and crackers, Greek yogurt, fruits, biscuits, and vegetable sticks

Afternoon Snack: Fresh seasonal fruits and crackers, Greek yogurt, fruits, biscuits, and vegetable sticks

Lunch: Lentil and vegetable stew with brown rice

Vegetarian Lunch: Lentil and vegetable stew with brown rice

Dinner: Wholegrain pasta salad with cubed ham, sweetcorn, peas

Vegetarian Dinner: Wholegrain pasta salad with chickpeas, sweetcorn, peas

Week 4 - Friday

Breakfast: Whole grain toast with butter or sugar-free jam, A variety of cereals with milk (Cornflakes, Weetabix, Cheerios, and Rice Krispies)

Morning Snack: Fresh seasonal fruits and crackers, Greek yogurt, fruits, biscuits, and vegetable sticks

Afternoon Snack: Fresh seasonal fruits and crackers, Greek yogurt, fruits, biscuits, and vegetable sticks

Lunch: Grilled chicken breast with tomato sauce, mashed potatoes, steamed green beans

Vegetarian Lunch: Grilled grilled with tomato sauce, mashed potatoes, steamed green beans

Dinner: Mashed potatoes with cheese and cauliflower

Vegetarian Dinner: Mashed potatoes with cheese and cauliflower