



# Early Start Nutrition

## Example Autumn/ Winter Menu

### Additional Notes:

- Water is freely available throughout the day and is offered with all meals and snacks
- Drinks are offered in open top cups to support children to sip
- Allergy information can be found on each menu, using the allergy coding
- Children are offered appropriate alternatives, based on their special dietary requirements, as agreed in their care plans

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast (8-8:30am)	Wheat bisks with milk and sliced banana (2, 7)	Eggy wholemeal bread* with avocado fingers (4, 2)	Overnight oats* made with grated apple, dried cranberries and milk (2, 7, 14)	Homemade pancakes with pear and natural yoghurt (2, 7)	Shredded wheat with raisins and milk (2, 7)
Morning Snack (10.15am)	Hard-boiled egg fingers and mashed avocado (4)	Mashed banana and yoghurt (7)	White tortilla stars with hummus (2,12)	Sliced apple and milk (7)	Rice cakes and sliced apricots (2)
Lunch (12:15pm)	Goulash (pork, pepper potato, tomatoes, cannellini beans)	Jerk chicken with white rice and beans and peas*	(V) African sweet potato, butternut squash, chickpea and coconut stew	Beef and tomato wholemeal pasta with green beans (2)	Creamy chicken and leek hotpot (carrot, celery, soft cheese and potato) (7)
	(V) Goulash (pepper, potato, tomatoes, cannellini beans)	(V) Jerk kidney beans with white rice and peas		(V) Soya mince and tomato wholemeal pasta with green beans (2)	(V) Creamy chickpea and leek hotpot (carrot, celery, soft cheese and potato) (7)
	Apple crumble with custard (2,7)	Blackberries and sliced plums with Greek yoghurt (2,7)		Rice pudding with dried cranberries (7)	Mini carrot and sultana sponge cakes (2,7,14)
Afternoon Snack (2:15pm)	Homemade mini wholemeal pitta pizzas* with cheese, peppers and sweetcorn (2,7)	Crackers with sliced cheese and tomatoes (2, 7)	Carrot and cucumber sticks with cream cheese (7)	Beetroot, breadsticks and cream cheese (2,7)	Green beans and sliced mozzarella (7)
Tea (4:15pm)	(V) Black bean and cheese white tortilla, carrot and green pepper sticks (2,7)	Tuna and sweetcorn brown pasta, red pepper and celery (2,5)	(V) Boiled egg, cheese cubes, wholemeal toast fingers and broccoli spears (2,4)	Jacket potato with chicken stir fry (carrot, courgette, pepper)	(V) Egg and watercress white sandwiches, with carrot and cucumber (2,4)
		(V) Tofu and sweetcorn brown pasta, red pepper and celery (2,13)		(V) Jacket potato with chickpea stir fry (carrot, courgette, pepper)	
	Satsuma segments and Greek yoghurt (7)	Natural yoghurt with date and apple puree (7,14)	Cottage cheese with sliced grapes and plums (7)	Natural yoghurt with grated apple (2)	Baked pear and Greek yoghurt (7)

	=Starchy foods
	=Fruits and vegetables
	=Protein foods
	=Milk and dairy alternatives

Allergens		
1- Celery	2- Cereals that contain gluten	3- Crustaceans
4- Eggs	5- Fish	6- Lupin
7- Milk	8- Molluscs	9- Mustard
10- Tree nuts	11- Peanuts	12- Sesame seeds
13- Soybeans	14- Sulphur dioxide and sulphites	

* Recipes
• <a href="#">Eggy Bread with avocado fingers</a>
• <a href="#">Carrot Overnight Oats</a>
• <a href="#">Jerk Chicken with Rice and Beans</a>
• <a href="#">Apricot Egg Custard</a>
• <a href="#">Vegetable Pizza</a>

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast (8-8:30am)	Overnight oats* made with blueberries, raisins and milk (2, 7, 14)	Shredded wheat with mashed banana and milk (2, 7)	Wheat bisks with milk and cranberries (2, 7)	Roasted tomatoes on wholemeal toast (2) Quartered grapes and milk (7)	Cheesy courgette and sweetcorn pancakes* (made with egg) (2,4,7)
Morning Snack (10.15am)	Oatcakes with spiced lentil pate and satsumas (2,10)	Baked cheesy broccoli (7)	Mini avocado, tomato and watercress white bread sandwiches (2)	Roasted butternut squash fingers with soft cheese (2,7)	Sliced pear and cottage cheese (2)
Lunch (12:15pm)	White spaghetti bolognese (beef, chopped tomatoes, onion, carrot) (2)	(V) Spiced carrot and red lentil soup with wholemeal flatbread* (2,7)	Chicken and vegetable biriyani (white rice, onion, carrot, peas, cauliflower) with okra and raita (7)	(V) Egg fried rice* (white) with spring onion, pepper and baby sweetcorn (4)	Sheppard's pie (lamb, potato, onion, carrot, celery) with peas* (1)
	(V) White spaghetti bolognese (soya mince, chopped tomatoes, onion, carrot) (2)		(V) Vegetable and chickpea biriyani (white rice, onion, carrot, peas, cauliflower) with okra and raita (7)		(V) Sheppard's pie (black bean, potato, onion, carrot, celery) with peas (1)
	Apricot egg custard* (4,7)		Homemade gingerbread biscuits* with yoghurt (cooking activity) (2,7)		Rice pudding with grated apple (7)
Afternoon Snack (2:15pm)	Sliced pear and cottage cheese (2)	Homemade potato wedges with tomato salsa	Beetroot, breadsticks and cream cheese (2,7)	Sardines on wholemeal toast with celery (1,2,5) (V) Hummus on wholemeal toast with celery (1,2,12)	Breadsticks with hummus (2,12)
Tea (4:15pm)	Salmon vegetable white rice salad (pepper, spring onion, sweetcorn, peas) (5)	(V) Mixed bean couscous with courgette and pepper (2)	(V) Pea and broccoli frittata with wholemeal flatbread (2,4)	(V) Dahl with chapatti and carrot fingers (2)	Tuna English muffin melt with sweetcorn and green beans (2,5,7)
	(V) Chickpea vegetable white rice salad (pepper, spring onion, sweetcorn, peas)				(V) Hummus English muffin with sweetcorn and green beans (2,12)
	Sliced banana				Natural yoghurt and blackberry compote (7)

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#### Allergens

- |               |                                   |                  |
|---------------|-----------------------------------|------------------|
| 1- Celery     | 2- Cereals that contain gluten    | 3- Crustaceans   |
| 4- Eggs       | 5- Fish                           | 6- Lupin         |
| 7- Milk       | 8- Molluscs                       | 9- Mustard       |
| 10- Tree nuts | 11- Peanuts                       | 12- Sesame seeds |
| 13- Soybeans  | 14- Sulphur dioxide and sulphites |                  |

#### \* Recipes

- [Berry overnight oats](#)
- [Cheesy courgette pancakes](#)
- [Spiced Carrot and Lentil Soup](#)
- [Egg fried rice](#)
- [Homemade Gingerbread Biscuits](#)
- [Pumpkin Cake](#)
- [Sheppard's pie](#)

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast (8-8:30am)</b>	Toasted <b>fruit bread</b> with <b>pear slices</b> and <b>milk</b> (2, 7, 14)	<b>French toast</b> (made with <b>wholemeal bread</b> and <b>egg</b> ) and <b>cinnamon apple slices</b> * (2, 4)	Breakfast <b>couscous</b> * (made with <b>milk</b> , <b>orange</b> and <b>raisins</b> ) (2, 7, 14)	<b>Overnight oats</b> * made with <b>apple</b> , <b>raisins</b> and <b>milk</b> (2, 7, 14)	<b>Wheat bisks</b> with <b>milk</b> and <b>dried apricots</b> (2, 7, 14)
<b>Morning Snack (10.15am)</b>	<b>Aubergine dip</b> with <b>hummus</b> and <b>sliced wholemeal pitta</b> (2,12)	<b>Roasted butternut squash</b> fingers with <b>cream cheese</b> (7)	<b>Crackers</b> with <b>sliced cheese</b> and <b>tomatoes</b> (2, 7)	<b>Rice cakes</b> and <b>sliced pears</b> (2)	<b>Sliced wholemeal pitta bread</b> and <b>scrambled egg</b> (2, 4)
<b>Lunch (12:15pm)</b>	<b>Butternut squash</b> and <b>green lentil</b> Moroccan stew with <b>wholemeal rice</b>	<b>Chicken</b> and <b>mushroom potato topped pie</b> * with <b>leaks</b> and <b>turnips</b> (7)	<b>Beef chilli</b> with <b>jacket sweet potato</b> and <b>crème fraiche</b> (aubergine, courgette, pepper, sweetcorn) (7)	<b>Homemade salmon fishcakes</b> * with <b>bulgur wheat</b> and <b>peas</b> (5)	<b>Roast chicken</b> , <b>mashed potato</b> , <b>roasted carrots</b> and <b>Brussels sprouts</b> with homemade gravy (low salt)
		(V) <b>Mixed lentils</b> and <b>mushroom potato topped pie</b> with <b>leaks</b> and <b>turnips</b> (7)	(V) <b>Mixed bean chilli</b> with <b>jacket sweet potato</b> * and <b>crème fraiche</b> (aubergine, courgette, pepper, sweetcorn) (7)	(V) <b>Homemade green lentil cakes</b> with <b>bulgur wheat</b> and <b>peas</b>	(V) <b>Quorn chicken</b> , <b>mashed potato</b> , <b>roasted carrots</b> and <b>Brussels sprouts</b> with homemade gravy (low salt) (13)
	<b>Banana bread</b> with <b>yoghurt</b> * (2,7,11) (cooking activity)	Baked <b>rice pudding</b> with <b>plums</b> (7)	<b>Apple</b> and <b>pear stew</b>	<b>Cranberry</b> and <b>raisin oat</b> slices with <b>yoghurt</b> (2,7,14)	<b>Pear</b> and <b>apple crumble</b> with <b>custard</b> (2,7)
<b>Afternoon Snack (2:15pm)</b>	<b>Carrot</b> and <b>cucumber sticks</b> with <b>cream cheese</b> (7)	Low sugar and salt <b>baked beans</b> with <b>white toast fingers</b> (2)	<b>Homemade falafel</b> with <b>hummus</b> and <b>cooked pumpkin sticks</b> (2,12)	<b>Beetroot</b> , <b>breadsticks</b> and <b>cream cheese</b> (2,7)	<b>Crackers</b> with <b>sliced cheese</b> and <b>tomatoes</b> (2, 7)
<b>Tea (4:15pm)</b>	<b>Dahl</b> with <b>chapatti strips</b> , <b>raita</b> and <b>cucumber</b> (2)	<b>Chicken</b> and <b>sweetcorn</b> soup with <b>wholemeal pitta bread</b> (2)	<b>White egg roll</b> with sliced <b>cucumber</b> and <b>tomato</b> (2,4)	<b>Turkey kebabs</b> with <b>courgette</b> and <b>red pepper</b> Homemade <b>potato wedges</b> and <b>cottage cheese dip</b> (7)	<b>Roast vegetable</b> (tomato, courgette, pepper) and <b>chickpea couscous</b> (2)
		<b>Chickpea</b> and <b>sweetcorn</b> soup with <b>wholemeal pitta bread</b> (2)		<b>Tofu kebabs</b> with <b>courgette</b> and <b>red pepper</b> Homemade <b>potato wedges</b> and <b>cottage cheese dip</b> (7)	
	<b>Baked pear</b> and <b>Greek yoghurt</b> (7)	<b>Plum</b> and <b>satsuma</b> slices	<b>Blackberries</b> and <b>natural yoghurt</b> (7)	<b>Greek yoghurt</b> with <b>date</b> and <b>apple puree</b> (7,14)	Spiced baked <b>banana</b>

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* Recipes
• <a href="#">French toast</a>
• <a href="#">Breakfast couscous</a>
• <a href="#">Overnight oats with apple</a>
• <a href="#">Chicken and mushroom pie</a>
• <a href="#">Bean chilli and jacket potato</a>
• <a href="#">Banana bread</a>