



# Early Start Nutrition

## Example

# Spring/ Summer 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)	<b>Wheat bisks</b> with <b>milk</b> and <b>sliced banana</b> (2, 7)	<b>Eggy wholemeal bread</b> * with <b>avocado fingers</b> (4, 2)	<b>Overnight oats</b> * made with <b>carrot</b> , <b>cinnamon</b> , <b>raisins</b> and <b>milk</b> (2, 7, 14)	<b>Homemade pancakes</b> with <b>blueberries</b> , <b>raspberries</b> and <b>natural yoghurt</b> (2, 7)	<b>Shredded wheat</b> with <b>strawberries</b> and <b>blackberries</b> and <b>milk</b> (2, 7)
	<b>Crumpets</b> with <b>spread</b> (2, 7)	<b>Orange segments</b> and <b>milk</b> (7)	<b>Sliced pear</b>		
Morning Snack (10.15am)	<b>Rice cakes</b> with <b>spiced lentil dip</b> and <b>pepper sticks</b> (2)	<b>Cucumber</b> and <b>beetroot</b> with <b>cream cheese dip</b> (7)	<b>White pitta bread</b> and <b>tuna/ hummus</b> and <b>mozzarella</b> (2, 5, 7,12)	<b>Sliced banana</b>  <b>Milk</b> (7)	<b>Crackers</b> with <b>sliced cheese</b> and <b>tomatoes</b> (2, 7)
Lunch (12:15pm)	<b>Haddock</b> and <b>salmon potato pie</b> with <b>red cabbage</b> and <b>runner beans</b> (5, 7)	<b>Chicken</b> and <b>vegetable</b> curry ( <b>pepper</b> , <b>onion</b> , <b>tomatoes</b> , <b>broccoli</b> ) with <b>white rice</b>	(V) <b>Mushroom</b> and <b>tofu wholemeal tagliatelle</b> with a <b>cream cheese sauce</b> (2, 7, 13)	<b>Lamb</b> moussaka ( <b>onion</b> , <b>tomatoes</b> , <b>cheese</b> ) with homemade <b>garlic bread</b> and <b>mixed salad</b> (2, 7)	<b>Pork ragu</b> with <b>new potatoes</b> , <b>broad beans</b> and <b>courgettes</b>
	(V) <b>Butterbean</b> and <b>potato pie</b> with <b>red cabbage</b> and <b>runner beans</b> (7)	(V) <b>Red lentil</b> and <b>vegetables</b> curry ( <b>pepper</b> , <b>onion</b> , <b>tomatoes</b> , <b>broccoli</b> ) with <b>white rice</b>		(V) <b>Green lentil</b> moussaka ( <b>onion</b> , <b>tomatoes</b> , <b>cheese</b> ) with homemade <b>garlic bread</b> and <b>mixed salad</b> (2, 7)	(V) <b>Soya mince</b> ragu with <b>new potatoes</b> , <b>broad beans</b> and <b>courgettes</b> (13)
	pudding: <b>Fruity rainbow flapjack</b> * (cooking activity) with <b>yoghurt</b> ( <b>dates</b> , <b>blueberries</b> , <b>strawberries</b> , <b>kiwi</b> ) (2, 7)	pudding: <b>Homemade strawberry frozen yoghurt</b> (7)	pudding: <b>Seasonal fruit salad</b> ( <b>pineapple</b> , <b>raspberry</b> , <b>blueberries</b> , <b>kiwi</b> )	pudding: <b>Rhubarb fool</b> ( <b>rhubarb</b> and <b>yoghurt</b> ) (7)	pudding: <b>Homemade raisin scones</b> * (cooking activity) with <b>mashed raspberries</b> and <b>cream cheese</b> (2, 7, 13)
Afternoon Snack (2:15pm)	<b>Carrot</b> and <b>cucumber</b> sticks with <b>cream cheese</b> (7)	<b>Oatcakes</b> with <b>sliced melon</b> and <b>blueberries</b>	<b>Sliced avocado</b> and <b>tomato</b> fingers	<b>Crumpets</b> with <b>pepper sticks</b> and <b>cream cheese</b> (2, 7)	<b>Wholemeal toast fingers</b> with <b>egg fingers</b> and <b>satsumas</b> (2,4)
Tea (4:15pm)	(V) <b>Cous cous</b> and <b>chickpea salad</b> ( <b>carrot</b> , <b>onion</b> , <b>cucumber</b> , <b>tomato</b> ) with <b>feta cheese</b> (2, 7)	Homemade <b>vegetable pizza</b> * ( <b>wholemeal pitta bread</b> , <b>cheese</b> , <b>sweetcorn</b> and <b>peppers</b> ) with <b>tuna</b> (2, 5, 7)	(V) <b>Wholemeal sesame seed roll</b> with <b>egg</b> and <b>watercress</b> with <b>carrot sticks</b> and <b>cucumber sticks</b> (2, 4, 12)	<b>Turkey</b> , <b>pepper</b> and <b>tomato</b> kebabs with <b>new potatoes</b>	<b>Beef</b> and <b>vegetable white enchiladas</b> ( <b>peppers</b> , <b>onion</b> , <b>baby sweetcorn</b> ) (2)
		(V) <b>Homemade vegetable pizza</b> * ( <b>wholemeal pitta bread</b> , <b>cheese</b> , <b>sweetcorn</b> and <b>peppers</b> ) with <b>hummus</b> (2, 5, 7)		(V) <b>Tempeh</b> , <b>pepper</b> and <b>tomato</b> kebabs with <b>new potatoes</b> (13)	(V) <b>Black bean</b> and <b>vegetable white enchiladas</b> ( <b>peppers</b> , <b>onion</b> , <b>baby sweetcorn</b> ) (2)
	pudding: <b>Greek yoghurt</b> with <b>sliced peaches</b> (7)	pudding: <b>Banana</b> and <b>sliced grapes</b>	pudding: <b>Sliced mango</b>	pudding: <b>Seasonal fruit salad</b> ( <b>pineapple</b> , <b>raspberry</b> , <b>blueberries</b> )	pudding: <b>Plain Greek yoghurt</b> with <b>pineapple</b> (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
<ul style="list-style-type: none"> <li>• <a href="#">Eggy Bread with avocado fingers</a></li> <li>• <a href="#">Carrot Overnight Oats</a></li> <li>• <a href="#">Fruity Rainbow Flapjack</a></li> <li>• <a href="#">Raisin Scones</a></li> <li>• <a href="#">Vegetable Pizza</a></li> </ul>

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast (8-8:30am)	Berry overnight oats * made with raspberries, blueberries, milk and natural yoghurt (2, 7)	Shredded wheat with strawberries and blackberries and milk (2, 7)	Cheesy courgette and sweetcorn pancakes * (made with egg) (2,4, 7) Plum slices and milk (7)	Wheat bisks with milk and sliced banana (2, 7)	Roasted tomatoes on wholemeal toast (2) Quartered grapes and milk (7)
Morning Snack (10.15am)	Sliced melon pieces	Cream cheese with pepper and cooked carrot sticks (7)	Mini avocado and tomato salsa sandwiches (wholemeal) (2)	Chapatti with lentil pate (2)	Scotch pancakes with banana and strawberries (2)
Lunch (12:15pm)	Homemade salmon fishcakes * with new potatoes and salad (lettuce, cucumber, radish and spring onion) (2, 4, 5)	(V) Chickpea and spinach stew * (chopped tomatoes, sweetcorn, feta) with white roll (2, 7)	Turkey and vegetable pilaf (white rice, tomato, mushroom, pepper)	Steamed cod in tomato and pepper sauce with couscous and green beans (2, 5)	Sweet and sour chicken * with wholemeal rice (pineapple, carrot, pepper, tomato)
	(V) Homemade mixed lentil cakes with new potatoes and salad (lettuce, cucumber, radish and spring onion) (2, 4)		(V) Kidney bean and vegetable pilaf (white rice, tomato, mushroom, pepper)	Tofu in tomato and pepper sauce with couscous and green beans (2, 13)	(V) Sweet and sour Quorn chicken pieces with wholemeal rice (pineapple, carrot, pepper, tomato) (13)
	Apple and raspberry stew		Homemade blueberry sponge cakes * with yoghurt (cooking activity) (2, 4, 7)	Fruity frozen yoghurt pops (strawberries, raspberries) (7)	Rice pudding with raisins and apricots (2, 7, 14)
Afternoon Snack (2:15pm)	Breadsticks with cannellini bean hummus dip and tomato and avocado wedges (2)	Wholemeal crackers with tuna/chickpea pâté and cucumber sticks (2,5)	Yoghurt with chopped banana and blueberries (7)	Rice cakes, mozzarella slices and orange segments (7)	Sweet potato wedges and yoghurt dip (7)
Tea (4:15pm)	Beef chilli with jacket potato and crème fraiche (aubergine, courgette, pepper, sweetcorn) (7)	Mexican bean (black and pinto) and cheese wholemeal wrap, with pepper, onion and mushroom (2, 7)	Tuna and white pasta salad (cream cheese, cucumber, tomato, sweetcorn) (2, 5, 7)	Wholemeal pitta bread with hummus and celery, with carrot and raisin salad (2)	Falafel with tzatziki and white pitta fingers and cucumber * (2, 7)
	Kidney bean chilli with jacket potato and crème fraiche (aubergine, courgette, pepper, sweetcorn) (7)		(V) Tofu and white pasta salad (cream cheese, cucumber, tomato, sweetcorn) (2, 7,13)		
	Pineapple with Greek yoghurt (7)	Pear slices with dates (14)	Berry (blueberries, strawberries and blackberries) compote (7)	Sliced apricots with plain yoghurt (7)	

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10- Tree nuts	11- Peanuts	12- Sesame seeds
13- Soybeans	14- Sulphur dioxide and sulphites	

* Recipes
• <a href="#">Berry overnight oats</a>
• <a href="#">Cheesy courgette pancakes</a>
• <a href="#">Salmon fishcakes</a>
• <a href="#">Chickpea and spinach stew</a>
• <a href="#">Sweet and sour chicken</a>
• <a href="#">Blueberry sponge cakes</a>
• <a href="#">Falafel, tzatziki and pitta</a>

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast (8-8:30am)	Breakfast <b>couscous</b> * (made with <b>milk</b> , <b>orange</b> and <b>raisins</b> ) (2, 7, 14)	<b>French toast</b> (made with <b>wholemeal bread</b> and <b>egg</b> ) and <b>strawberries</b> * (2, 4)	Toasted <b>fruit bread</b> with <b>kiwi slices</b> and <b>milk</b> (2, 7, 14)	<b>Strawberry</b> and <b>banana overnight oats</b> with <b>natural yoghurt</b> (2, 7)	<b>Wheat biscuits</b> with <b>milk</b> and <b>dried apricots</b> (2, 7, 14)
Morning Snack (10.15am)	<b>Oatcakes</b> with <b>cottage cheese</b> and <b>blueberries</b> (2,7)	<b>Crackers</b> with <b>cream cheese</b> and <b>sliced grapes</b> (2, 7)	<b>Fruity owl rice cakes</b> * (peach, banana, blueberries) (cooking activity)	<b>Breadsticks</b> with <b>cannellini bean hummus dip</b> and <b>tomato</b> and <b>avocado wedges</b> (2)	<b>Orange slices</b> , <b>cottage cheese</b> and <b>breadsticks</b> (2, 7)
Lunch (12:15pm)	<b>Haddock pie</b> with <b>peas</b> , <b>carrots</b> and <b>sweetcorn</b> (2, 5, 7)	<b>Egg fried rice</b> with <b>pepper</b> and <b>broccoli</b> (2, 4)	<b>Salmon</b> , <b>pea</b> and <b>asparagus risotto</b> (5, 7)	<b>Jerk chicken</b> * with <b>wholemeal rice</b> and <b>runner beans</b>	<b>Beef stir fry</b> ( <b>pak choi</b> and <b>baby sweetcorn</b> ) with <b>egg noodles</b> (2, 4)
	<b>Green lentil pie</b> with <b>peas</b> , <b>carrots</b> and <b>sweetcorn</b> (7)		<b>Butter bean</b> , <b>pea</b> and <b>asparagus risotto</b> (7)	<b>Jerk tofu</b> with <b>wholemeal rice</b> and <b>runner beans</b> (13)	<b>Kidney bean stir fry</b> ( <b>pak choi</b> and <b>baby sweetcorn</b> ) with <b>egg noodles</b> (2, 4)
	<b>Banana custard</b> (7)	<b>Apple</b> , <b>banana</b> and <b>beetroot cake</b> with <b>yoghurt</b> (2, 4, 7)	<b>Homemade fruity flapjack slices</b> ( <b>dried apricots</b> and <b>raisins</b> ) (2, 7, 14)	<b>Lemon</b> , <b>raspberry</b> and <b>chia yoghurt pudding</b> (7)	<b>Fruit platter</b> with <b>yoghurt</b> (7) *Check board at reception to see which seasonal fruit we offered
Afternoon Snack (2:15pm)	<b>Crumpets</b> with spread and <b>pepper slices</b> (2, 7)	<b>Sardines/ hummus</b> on <b>white pitta bread</b> and <b>celery</b> (1, 2, 5,12)	<b>Mashed avocado</b> and <b>wholemeal toast fingers</b> (2)	<b>Homemade tortilla chips</b> with <b>tomato salsa</b> (2)	<b>Frittata</b> slices with <b>onion</b> and <b>pepper</b> * (4, 7)
Tea (4:15pm)	<b>Wholemeal toast</b> with <b>scrambled egg</b> and <b>grilled mushrooms</b> (2,4)	<b>Chicken</b> , <b>white tortilla wraps</b> , <b>cucumber</b> , <b>avocado</b> and <b>pepper sticks</b> (2)	<b>Jacket potato</b> with <b>baked beans</b> (reduced salt and sugar), <b>grated cheese</b> , <b>spinach</b> and <b>cooked carrot sticks</b> (7)	<b>Tuna</b> and <b>sweetcorn sandwiches</b> ( <b>white bread</b> ) with salad ( <b>lettuce</b> , <b>pepper</b> and <b>tomato</b> ) (2, 5)	<b>Moroccan couscous</b> with <b>chickpeas</b> and <b>roasted vegetables</b> ( <b>carrot</b> , <b>onion</b> , <b>aubergine</b> ) (2)
		<b>Tofu</b> , <b>white tortilla warps</b> , <b>cucumber</b> , <b>avocado</b> and <b>pepper sticks</b> (2,13)		<b>Egg</b> and <b>criss sandwiches</b> ( <b>white bread</b> ) with salad ( <b>lettuce</b> , <b>pepper</b> and <b>tomato</b> ) (2, 4)	
	<b>Baked apple</b> and <b>natural yoghurt</b> (7)	<b>Satsuma segments</b> and <b>Greek yoghurt</b> (7)	<b>Cottage cheese</b> with <b>peach</b> and <b>melon slices</b> (7)	<b>Mango slices</b>	

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* Recipes
• <a href="#">Breakfast couscous</a>
• <a href="#">French toast with strawberries</a>
• <a href="#">Fruity owl rice cakes</a>
• <a href="#">Jerk chicken, rice and beans</a> (page 54)
• <a href="#">Frittata</a>