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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

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| --- | --- | --- | --- | --- | --- |
| 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)**  | **Apricot egg custard\* (4,7)** | **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)** |

**\* Recipes**

* [**Eggy Bread with avocado fingers**](https://www.youtube.com/watch?v=hBTx3GoTyPY)
* [**Carrot Overnight Oats**](https://www.earlystartgroup.com/general/overnight-oats-5-ways/)
* [**Jerk Chicken with Rice and Beans**](https://static1.squarespace.com/static/59f75004f09ca48694070f3b/t/5a5a322fc83025fbb01f413a/1515860551067/Eating_well_recipe_book_july_2014.pdf)
* [**Apricot Egg Custard**](https://static1.squarespace.com/static/59f75004f09ca48694070f3b/t/5efa3797c8ae1024ed8d6596/1593456555402/Eating_well_the_first_year_June_20_for_web.pdf)
* [**Vegetable Pizza**](https://www.earlystartgroup.com/wp-content/uploads/2020/06/Veggie-Pitta-Pizzas.pdf)

**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**

**=Starchy foods**

**=Fruits and vegetables**

**=Protein foods**

**=Milk and dairy alternatives**

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| 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)** | **Pumpkin cake\* with raisins and cream cheese (2,7,14)** | **Apple and pear stew** |
| 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)** | **Sliced pears and plums** | **Soya yoghurt with quartered grapes (13)** | **Natural yoghurt and mixed dried fruit (apricots and raisins) (7,14)** |

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**10- Tree nuts 11- Peanuts 12- Sesame seeds**

**13- Soybeans 14- Sulphur dioxide and sulphites**

**\* Recipes**

* [**Berry overnight oats**](https://www.earlystartgroup.com/general/overnight-oats-5-ways/)
* [**Cheesy courgette pancakes**](https://www.youtube.com/watch?v=q5a7B6IBtM4)
* [**Spiced Carrot and Lentil Soup**](https://www.youtube.com/watch?v=bMU5Ahvwb70)
* [**Egg fried rice**](https://static1.squarespace.com/static/59f75004f09ca48694070f3b/t/5a5a322fc83025fbb01f413a/1515860551067/Eating_well_recipe_book_july_2014.pdf)
* [**Homemade Gingerbread Biscuits**](https://www.youtube.com/watch?v=JsD0PxlM6_8)
* [**Pumpkin Cake**](https://www.youtube.com/watch?v=_XzZHA_Huao)
* [**Sheppard’s pie**](https://static1.squarespace.com/static/59f75004f09ca48694070f3b/t/5a5a322fc83025fbb01f413a/1515860551067/Eating_well_recipe_book_july_2014.pdf)

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

**\* Recipes**

* [**French toast**](https://www.youtube.com/watch?v=LtgoYkABIzQ)
* [**Breakfast couscous**](https://www.earlystartgroup.com/wp-content/uploads/2020/04/Breakfast-Couscous.pdf)
* [**Overnight oats with apple**](https://www.earlystartgroup.com/general/overnight-oats-5-ways/)
* [**Chicken and mushroom pie**](https://static1.squarespace.com/static/59f75004f09ca48694070f3b/t/5a5a322fc83025fbb01f413a/1515860551067/Eating_well_recipe_book_july_2014.pdf)
* [**Bean chilli and jacket potato**](https://www.youtube.com/watch?v=9XALCQVAfeQ)
* [**Banana bread**](https://www.earlystartgroup.com/wp-content/uploads/2020/03/Banana-Bread.pdf)

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