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Early Start Nutrition

Example Spring/ Summer Vegetarian 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)**  **Crumpets with spread (2, 7)** | **Eggy wholemeal bread \* with avocado fingers (4, 2)**  **Orange segments and milk (7)** | **Overnight oats\* made with carrot, cinnamon, raisins and milk (2, 7, 14)**  **Sliced pear** | **Homemade pancakes with blueberries, raspberries and natural yoghurt (2, 7)** | **Shredded wheat with strawberries and blackberries and milk (2, 7)** |
| Morning Snack  (10.15am) | **Rice cakes with spiced lentil dip and pepper sticks (2)** | **Cucumber and beetroot with cream cheese dip (7)** | **White pitta bread and hummus and mozzarella (2,, 7,12)** | **Sliced banana**  **Milk (7)** | **Crackers with sliced cheese and tomatoes (2, 7)** |
| Lunch  (12:15pm) | **(V) Butterbean and potato pie with red cabbage and runner beans (7)** | **(V) Red lentil and vegetables curry (pepper, onion, tomatoes, broccoli) with white rice** | **(V) Mushroom and tofu wholemeal tagliatelle with a cream cheese sauce (2, 7, 13)** | **(V) Green lentil moussaka (onion, tomatoes, cheese) with homemade garlic bread and mixed salad (2, 7)** | **(V) Soya mince ragu with new**  **potatoes, broad beans and**  **courgettes (13)** |
| **Pudding:**  **Fruity rainbow flapjack \* (cooking activity) with yoghurt (dates, blueberries, strawberries, kiwi) (2, 7)** | **Pudding:**  **Homemade strawberry frozen yoghurt ( 7)** | **Pudding:**  **Seasonal fruit salad (pineapple, raspberry, blueberries, kiwi)** | **Pudding:**  **Rhubarb fool (rhubarb and yoghurt) (7)** | **Pudding:**  **Homemade raisin scones \* (cooking activity) with mashed raspberries and cream cheese (2, 7, 13)** |
| Afternoon Snack  (2:15pm) | **Carrot and cucumber sticks with cream cheese( 7)** | **Oatcakes with sliced melon and blueberries** | **Sliced avocado and tomato fingers** | **Crumpets with pepper sticks and cream cheese (2, 7)** | **Wholemeal toast fingers with egg fingers and satsumas (2,4)** |
| Tea  (4:15pm) | **(V) Cous cous and chickpea salad (carrot, onion, cucumber, tomato) with feta cheese (2, 7)** | **(V) Homemade vegetable pizza \* (wholemeal pitta bread, cheese, sweetcorn and peppers) with hummus (2, 5, 7)** | **(V) Wholemeal sesame seed roll with egg and watercress with carrot sticks and cucumber sticks (2, 4, 12)** | **(V) Tempeh, pepper and tomato kebabs with new potatoes (13)** | **(V) Black bean and vegetable white enchiladas (peppers, onion, baby sweetcorn) (2)** |
| **Pudding:**  **Greek yoghurt with sliced peaches ( 7)** | **Pudding:**  **Banana and sliced grapes** | **Pudding:**  **Sliced mango** | **Pudding:**  **Seasonal fruit salad (pineapple, raspberry, blueberries)** | **Pudding:**  **Plain Greek yoghurt**  **with pineapple (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/)
* [**Fruity Rainbow Flapjack**](https://www.earlystartgroup.com/wp-content/uploads/2020/03/Rainbow-Flapjack.pdf)
* [**Raisin Scones**](https://www.youtube.com/watch?v=dcD1nd1_B2k)
* [**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) | **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) | **(V) Homemade mixed lentil cakes with new potatoes and salad (lettuce, cucumber, radish and spring onion) (2, 4)** | **(V) Chickpea and spinach stew \* (chopped tomatoes, sweetcorn, feta) with white roll (2, 7)** | **(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)** | **Sliced watermelon with yoghurt and kiwi (7)** |
| Afternoon Snack  (2:15pm) | **Breadsticks with cannellini bean hummus dip and tomato and avocado wedges (2)** | **Wholemeal crackers with 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) | **Kidney bean 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)** | **(V) Tofu and white pasta salad (cream cheese, cucumber, tomato, sweetcorn) (2, 7,13)** | **Wholemeal pitta bread with hummus and celery, with carrot and raisin salad (2)** | **Falafel with tzatziki and white pitta fingers and cucumber \* (2, 7)** |
| **Pineapple with Greek yoghurt (7)** | **Pear slices with dates (14)** | **Berry (blueberries, strawberries and blackberries) compote (7)** | **Sliced apricots with plain yoghurt (7)** | **Fruity kebabs (cooking activity) *\* Check board at reception to see which seasonal fruit we used*** |

**\* Recipes**

* [**Berry overnight oats**](https://www.earlystartgroup.com/general/overnight-oats-5-ways/)
* [**Cheesy courgette pancakes**](https://www.youtube.com/watch?v=q5a7B6IBtM4)
* [**Chickpea and spinach stew**](https://www.srnutrition.co.uk/2019/03/chickpea-spinach-one-pot-recipe)
* [**Blueberry sponge cakes**](https://www.youtube.com/watch?v=PDJa1m6LZWA)
* [**Falafel, tzatziki and pitta**](https://www.youtube.com/watch?v=mrrnqNuHK9o)

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

**\* Recipes**

* [**Breakfast couscous**](https://www.earlystartgroup.com/wp-content/uploads/2020/04/Breakfast-Couscous.pdf)
* [**French toast with strawberries**](https://www.youtube.com/watch?v=LtgoYkABIzQ)
* [**Fruity owl rice cakes**](https://www.earlystartgroup.com/wp-content/uploads/2020/03/Parents-Fruity-Hooty-Owls.pdf)
* [**Frittata**](https://www.earlystartgroup.com/wp-content/uploads/2020/04/Pepper-Omelette.pdf)

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