

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST		A selection of wholegrain and low sugar cereals (wheat biscuits, dried fruit and flake mix, porridge and rice crispies) wholemeal toast with low sugar jams, margarine or marmite				
Milk Provision offered by age:		10-11 months – Formula milk (or mother’s own expressed milk), 12mth-2 years whole cow’s milk, 2yrs +plus semi skimmed milk (alternative milks offered goat’s milk or soya milk)				
MORNING SNACK	Food	(O) Pear & raspberry puree with natural yoghurt Main ingredients: pear, raspberry, cow’s milk. (G, DA)	(O) Rusk biscuits, apple & pear puree Main ingredients: cow’s milk , apple, pear, sugar, wheat flour. (G)	(O) Sliced banana with raspberry & blueberry rice cakes Main ingredients: Banana, apple, blueberry & raspberry juice concentrate, whole grain brown and white rice. (G)	(O) Sliced mango & finger biscuits Main ingredients: mango, wheat flour , sugar, barley. (G)	(O) Sliced pear & apple rice cakes Main ingredients: Pear, apple juice concentrate, whole grain brown and white rice. (G)
		Sliced Apple, cheese biscuits with cheese cubes Main ingredients: apple, wheat, cow’s milk. Barley, cheese powder, cheddar cheese. (G, DA)	Sliced apple and rich tea biscuits Main ingredients: apple, barley , sugar, wheat flour. (G)	Triple melon platter, rice cakes and asparagus and broad bean dip Main ingredients: Melon, whole grain brown rice, chickpeas, broad beans, asparagus, tahini, sesame seed paste, lemon, mint, garlic. (G, SY, SE, LU)	Bananas and whole wheat crackers with cream cheese Main ingredients: Banana, wheat flour, wheatgerm, bran, cow’s milk, soft cheese. (G, DA)	Sliced orange, breadsticks and hummus dip Main ingredients: Banana, wheat flour, wheatgerm, bran, cow’s milk, chick peas, tahini, sesame seeds, lemon, garlic. (G, SY, DA, SE, LU)
	Drink	Milk or water	Milk or water	Milk or water	Milk or water	Milk or water
LUNCH	Food	Spinach and Sweet Potato curry with naan bread Main ingredients: spinach, sweet potato, potato, onions, garlic, coconut milk, curry powder, flour, natural yogurt, cow’s milk. (G, SY, DA) Fruit yogurts and fresh fruit platter Main ingredients: apricot, strawberry, raspberry puree, cow’s milk, sugar. Fresh fruit: melon, banana, orange (DA)	Beef or vegetable lasagne with broccoli Main ingredients: lean minced beef (5%), tomato, red pepper, courgettes, garlic, cheddar cheese, cow’s milk, butter, plain flour, wheat, broccoli. (G, DA) Strawberry or raspberry fruit yogurt with shortbread crumble Main ingredients: strawberry, butter, raspberry, cow’s milk, plain flour, sugar. (G, DA)	Tuna or vegetable pasta bake with roasted vegetables Main ingredients: Tuna, tomatoes, courgettes, onion, peppers, garlic, dried herbs, whole-wheat pasta. (G, F) Fruit Crumble and Custard or fresh fruit Main ingredients: apple, cloves, butter, plain flour, oats, cow’s milk, sugar. Fresh fruit: apple, pear, banana. (G, DA)	Roasted red pepper and mushroom risotto with flat bread Main ingredients: red pepper, mushrooms, onion, rice, wheat, cow’s milk. (G, DA) Fruit Jelly Terrine or Fresh fruit platter Main ingredients: syrup, pork gelatine, strawberries, raspberries, apple, pear (G)	Chicken or Quorn plum tagine with savoury couscous Main ingredients: chicken breast, Quorn pieces (vegetarian option), onion, garlic, tomato, chicken stock, apricots, prunes, lemon, coriander, cinnamon, cloves, couscous. (G, E) Fresh berry fruit platter Main ingredients: strawberries, blueberries and raspberries.
	Drink	Water	Water	Water	Water	Water
SNACK	Food	Orange slices and breadsticks Main ingredients: Orange, wheat flour, wheatgerm, bran, cow’s milk. (G, DA)	Carrot batons and whole-wheat crackers Main ingredients: bananas, wheat flour, wheat germ, bran, cow’s milk, bananas. G, DA)	Sliced apple and rice cakes Main ingredients: apple, whole grain brown and white rice. (G)	Cucumber and cheddar cheese cubes Main ingredients: cucumber, cow’s milk, cheddar cheese. (DA)	Kiwi slices and rich tea biscuits Main ingredients: barley, sugar, wheat flour, kiwis. (G)
	Drink	Milk or water	Milk or water	Milk or water	Milk or water	Milk or water
HIGH TEA	Food	Cheese and Tomato pizza bites with cucumber sticks and slice pear Main ingredients: cheddar cheese, tomato, wholemeal flour, cow’s milk, cucumber and pear. (G, DA)	wholemeal pitta bread with Red Pepper hummus, cucumber sticks and fruit puree pots Main ingredients: sesame seeds, chick peas, red pepper, tahini, wheat flour, cow’s milk, wholemeal flour, apple, pear, raspberry. (G, DA, SE, SY, LU)	Crostini’s with a selection dips; hummus, beetroot and red pepper and sliced banana Main ingredients: wheat flour, olive oil, chick peas, tahini, sesame seeds, lemon, garlic, beetroot, crème fraiche, red pepper, onion. (G, SY, DA, SE, LU)	Baguettes with cream cheese, tuna mayonnaise and tomato slices Main ingredients: wheat, broad bean flour, soft cheese, tuna, egg, cow’s milk, tomato. (G, SY, LU, E, F, DA)	Sandwich platter with ham, gouda and edam cheeses and hummus with carrot batons and sliced apple Main ingredients: pork, cow’s milk, chick peas, tahini, sesame seeds, lemon, garlic, carrots, apples (G, DA, SE, SY, LU)
	Drink	Milk or water	Milk or water	Milk or water	Milk or water	Milk or water
WATER		Water is freely available throughout the day				
(O) ORANGE GROUP		The weekly menu is adapted to meet the needs of our youngest children. Food will be mashed, chopped, cut into bite size pieces or sliced and consumption carefully supervised				
ALLERGIES		Children with allergies and/ or food intolerances are provided with a tailored version of the regular menu to suit their individual needs. Please follow our allergen coding key which identifies the 14 known allergens. KEY: GLUTEN - G ALL SHELL FISH – SF EGG – E FISH -F TREE NUTS – N PEANUTS – PN SOYA – SY DAIRY – DA CELERY – CE MUSTARD – MU SESAME – SE SULPHITES – SU LUPIN – LU				
DIETARY REQUEST		Where a child has a dietary request such as ‘no pork’ or other meat, they will be offered vegetarian options at every meal				