

		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) Sliced banana with raspberry & blueberry rice cakes Main ingredients: Banana, apple, blueberry & raspberry juice concentrate, whole grain brown and white rice . (G)	(O) Sliced pear & apple rice cakes Main ingredients: Pear, apple juice concentrate, whole grain brown and white rice (G)	(O) Pear & raspberry puree with natural yoghurt Main ingredients: pear, raspberry, cow’s milk . (G, DA)	(O) Rusk biscuits, apple & pear puree Main ingredients: apple, pear, sugar, wheat flour . (G)	(O) Sliced mango & finger biscuits Main ingredients: mango, wheat flour , sugar, barley . (G)
		Sliced orange, breadsticks and hummus dip Main ingredients: Banana, wheat flour , wheatgerm , bran , cow’s milk , chick peas , tahini , sesame seeds , lemon, garlic. (G, DA, SE, LU, SY)	Triple melon platter, rice cakes and asparagus and broad bean dip Main ingredients: Melon, whole grain brown rice , chickpeas , broad beans , asparagus, tahini , sesame seeds , lemon, mint, garlic (G, LU, SE, SY)	Sliced Apple, cheese biscuits with cheese cubes Main ingredients: apple, wheat , cow’s milk , Barley , cheese powder , cheddar cheese . (G, DA, LU)	Sliced apple and rich tea biscuits Main ingredients: apple, barley , sugar, wheat flour . (G)	Bananas and whole wheat crackers with cheddar cheese cubes Main ingredients: Banana, wheat flour , wheatgerm , bran , cow’s milk , cheddar cheese . (G, DA)
	Drink	Milk or water	Milk or water	Milk or water	Milk or water	Milk or water
LUNCH	Food	Chicken or Quorn vegetable pot pie with broccoli Main ingredients: chicken breast, Quorn pieces (vegetarian option), leeks, carrots, potatoes , wheat , cow’s milk , broccoli. (G, E, DA) Fruit yogurts and fresh fruit platter Main ingredients: apricot, strawberry, raspberry puree, cow’s milk , sugar. Fresh fruit: melon, banana, orange (DA)	Chipolata or Quorn sausages with roasted sweet potato and vegetables Main ingredients: pork or Quorn (sausages), sweet potato , peppers, courgettes, peas . (G, E, LU) Vanilla semolina with strawberry coulis Main ingredients: strawberries, cow’s milk , semolina (durum wheat) , vanilla extract. (G, DA)	Creamy vegetable Korma with basmati rice Main ingredients: courgettes, carrots, peppers, cauliflower, onions, garlic, coconut milk, curry powder, basmati rice , cornflour . (G) Fresh fruit salad Main ingredients: apple, pear, banana, melon.	Lentil and butternut squash dhal with naan bread. Main ingredients: red lentils , butternut squash , tomatoes, curry powder, onion, garlic, wholemeal flour , coriander, cumin, vegetable stock, plain flour , natural yogurt , cow’s milk , egg . (G, E, N, SY, DA, LU) Rice pudding with blueberries or fresh fruit Main ingredients: cow’s milk , rice , blueberries, sugar. Fresh fruit: apple, pear (G, DA)	Cod or Quorn and sweetcorn pie with broccoli Main ingredients: cod or Quorn pieces (vegetarian option), potato , carrots, sweetcorn, broccoli, turmeric, cow’s milk (G, E, F, DA) Bananas and custard or fresh fruit Main ingredients: bananas, egg , cow’s milk , sugar, pears, apples, oranges. (G, E, DA)
	Drink	Water	Water	Water	Water	Water
	SNACK	Food	Kiwi slices and rich tea biscuits Main ingredients: barley , sugar, wheat flour , kiwis. (G)	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)
	Drink	Milk or water	Milk or water	Milk or water	Milk or water	Milk or water
HIGH TEA	Food	Pancakes with cream cheese, celery sticks and sliced melon Main ingredients: plain flour , egg , cow’s milk , butter , soft cheese , celery , melon. (G, DA, CE)	Rea Pepper hummus and muffins, cucumber sticks and fruit puree pots Main ingredients: wheat flour , cow’s milk , wholemeal flour , egg , apple, pear, raspberry. (G, DA, E)	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, SY)	Baked beans with buttered wholemeal bread and fresh fruit platter Main ingredients: haricot beans, tomato, wholemeal flour , butter , melon, banana, pear. (G, DA)	Crostini’s with a selection dips; hummus and beetroot 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)
	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					