

	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 pear & apple rice cakes Main ingredients: Pear, apple juice concentrate, whole grain brown and white rice. (G)	(O) Sliced mango & finger biscuits Main ingredients: mango, wheat flour , sugar, barley. (G)	(O) Rusk biscuits, apple & pear puree Main ingredients: apple, pear, sugar, wheat flour. (G)	(O) Pear & raspberry puree with natural yoghurt Main ingredients: pear, raspberry, cow’s milk. (DA)	(O) Sliced banana with raspberry & blueberry rice cakes Main ingredients: Banana, apple, blueberry & raspberry juice concentrate, whole grain brown and white rice. (G)
		Triple melon platter, rice cakes and asparagus and broad bean dip Main ingredients: Melon, whole grain brown rice, chickpeas, broadbeans, asparagus, tahini, sesame seeds, lemon, mint, garlic (G, LU, SE, SY)	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)	Sliced Apple, cheese biscuits with cheese cubes Main ingredients: apple, wheat, cow’s milk. Barley, cheese powder, cheddar cheese. (G, DA, LU)	Bananas and whole wheat crackers with cream cheese Main ingredients: Banana, wheat flour, wheatgerm, bran, cow’s milk, soft cheese. (G, DA)	Sliced apple and rich tea biscuits Main ingredients: apple, barley, sugar, wheat flour. (G)
	Drink	Milk or water	Milk or water	Milk or water	Milk or water	Milk or water
LUNCH	Food	Roast pepper, baby tomato and tuna pasta bake with steamed vegetables Main ingredients: Tuna, tomato, onion, peppers, peas, carrot, sweetcorn, garlic. dried herbs, whole-wheat pasta. (F, G, LU) Fresh berry fruit platter Main ingredients: strawberries, blueberries and raspberries.	Baked potato with vegetable chilli and mint yogurt dressing Main ingredients: potatoes, tomatoes, butternut squash, peppers, carrots, garlic, cheddar cheese, chillies, mint, cow’s milk, natural yogurt. (G, DA) Strawberries and rice pudding Main ingredients: strawberries, cow’s milk, rice, sugar. (G, DA)	Beef or Quorn spaghetti bolognaise with broccoli and green beans Main ingredients: lean minced beef (5%), onion, tomato, carrot, garlic, dried basil, beef stock. Quorn mince (vegetarian option), vegetable stock, broccoli, green beans. (E) Strawberry or raspberry fruit yogurt with shortbread crumble Main ingredients: strawberry, butter, raspberry, cow’s milk, flour (G, DA)	Chicken or vegetable curry with savoury rice Main ingredients: chicken breast, tomatoes, carrot, onion, cauliflower, peas. sweetcorn, garlic, curry powder, basmati rice. (G, LU) Apple Crumble and Custard or fresh fruit Main ingredients: apple, cloves, butter, plain flour, oats, milk, sugar. (G, DA) Fresh fruit: apple, pear, banana.	Beef or Quorn cottage pie with peas Main ingredients: lean minced beef (5%), potatoes, onion, garlic, dried herbs, beef stock. Quorn pieces (vegetarian option), vegetable stock, peas, carrots, cow’s milk. (G, E, DA, LU) Fruit yogurts and fresh fruit platter Main ingredients: apricot, strawberry, raspberry puree, cow’s milk, sugar. Fresh fruit: pineapple, melon, banana, orange. (DA)
	Drink	Water	Water	Water	Water	Water
SNACK	Food	Cucumber and cheddar cheese cubes Main ingredients: cucumber, cow’s milk, cheddar cheese. (DA)	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)	Kiwi slices and rich tea biscuits Main ingredients: barley, sugar, wheat flour, kiwi. (G)	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	Fruit bread and butter with vegetable crudité Main ingredients: wheat, sultanas, cow’s milk, vegetable oil, carrots, cucumber, pepper. (G, 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, SY, DA, SE, LU)	Brioche with cream cheese and sliced watermelon Main ingredients: wheat, cow’s milk, egg, watermelon. (G, DA, E)	Wholemeal wraps with tuna & sweetcorn or asparagus & broad bean hummus and sliced pear Main ingredients: wholemeal flour, egg tuna, sweetcorn, tahini, chickpeas, sesame seeds, lemon juice, broad beans, asparagus, pears. (F, G, E, SY, LU, SE)	Red Pepper hummus and wholemeal pitta bread, cucumber sticks and fruit puree pots Main ingredients: sesame seeds, chickpeas, red pepper, lemon juice, wheat flour, cow’s milk, wholemeal flour, apple, pear, raspberry. (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 A LL 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					