



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

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)	<u>Main:</u> Goulash (pork , pepper potato , tomatoes , cannellini beans) <u>(V) Main:</u> Goulash (pepper , potato , tomatoes , cannellini beans) <u>Dessert:</u> Baked cinnamon apples with Greek yoghurt (7)	<u>Starter:</u> Plantain fingers <u>Main</u> Jerk chicken with white rice and beans and peas * <u>(V) Main:</u> Jerk kidney beans with white rice and peas	<u>(V) Main:</u> African sweet potato , butternut squash , chickpea and coconut stew <u>Side:</u> Orka fingers	<u>Main:</u> Beef and tomato wholemeal pasta with green beans (2) <u>(V) Main:</u> Soya mince and tomato wholemeal pasta with green beans (2) <u>Dessert:</u> Sliced pineapple fingers	<u>Main:</u> Chicken & leek hotpot (carrot , celery , cheese & potato) (7) <u>(V) Main:</u> Chickpea & leek hotpot (carrot , celery , cheese & potato) (7) <u>Dessert:</u> Apricot egg custard * (4,7)
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)	<u>(V) Main:</u> Black bean and cheese white tortilla , carrot and green pepper sticks (2,7) <u>Side:</u> Smashed avocado	<u>Main:</u> Tuna & sweetcorn brown pasta , red pepper and celery (2,5) <u>(V) Main:</u> Tofu & sweetcorn brown pasta , red pepper and celery (2,13) <u>Dessert:</u> Natural yoghurt with quartered grapes and plums (7,14)	<u>Starter:</u> Cottage cheese with cucumber sticks (7) <u>(V) Main:</u> Boiled egg , wholemeal toast fingers and broccoli spears (2,4)	<u>Main:</u> Jacket potato with chicken stir fry (carrot , courgette , pepper) <u>(V) Main:</u> Jacket potato with chickpea stir fry (carrot , courgette , pepper) <u>Dessert:</u> Baked pear & yoghurt (7)	<u>(V) Main:</u> Egg and watercress white sandwiches , with carrot & cucumber (2,4) <u>Side:</u> Cottage cheese with carrot & cucumber sticks (7)

	=Starchy carbohydrates
	=Fruits and vegetables
	=Proteins
	=Dairy and dairy alternatives

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	

* Recipes

- [Eggy Bread with avocado fingers](#)
- [Carrot Overnight Oats](#)
- [Jerk Chicken with Rice and Beans](#)
- [Apricot Egg Custard](#)
- [Vegetable Pizza](#)

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)	<u>Starter:</u> Mozzarella and sliced tomato salad (7) <u>Main:</u> White spaghetti bolognese (beef, chopped tomatoes, onion, carrot) (2) <u>(V) Main:</u> White spaghetti bolognese (soya mince, chopped tomatoes, onion, carrot) (2)	<u>(V) Main:</u> Spiced carrot and red lentil soup with wholemeal flatbread* (2,7) <u>Side:</u> Parsnip fingers	<u>Main:</u> Chicken & veg biriyani (white rice, onion, carrot, peas, cauliflower) with okra & raita (7) <u>(V) Main:</u> Veg & chickpea biriyani (white rice, onion, carrot, peas, cauliflower) with okra & raita (7) <u>Dessert:</u> Homemade pumpkin sponge with cream cheese (2, 7)	<u>(V) Main:</u> Egg fried rice* (white) with spring onion, pepper and pak choy (4) <u>Side:</u> Baby sweetcorn	<u>Main:</u> Sheppard's pie (lamb, potato, onion, carrot, celery) with peas* (1) <u>(V) Main:</u> Sheppard's pie (black bean, potato, onion, carrot, celery) with peas (1) <u>Dessert:</u> Stewed apples and plums
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)	<u>Main:</u> Salmon vegetable white rice salad (pepper, spring onion, sweetcorn, peas) (5) <u>(V) Main:</u> Chickpea vegetable white rice salad (pepper, spring onion, sweetcorn, peas) <u>Dessert:</u> Sliced banana & Greek yoghurt (7)	<u>(V) Main:</u> Mixed bean couscous with courgette and pepper (2) <u>Dessert:</u> Natural yoghurt and blackberry compote (7)	<u>Starter:</u> Tomato and avocado salad <u>(V) Main:</u> Pea and broccoli frittata with wholemeal flatbread (2,4)	<u>(V) Main:</u> Dahl with chapatti and carrot fingers (2) <u>Dessert:</u> Cottage cheese with quartered grapes (13)	<u>Starter:</u> Greek salad (lettuce, tomatoes, cucumber and feta) <u>Main:</u> Tuna English muffin with sweetcorn (2,5,7) (V) <u>(V) Main:</u> Hummus English muffin with sweetcorn (2,12)

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* Recipes

- [Berry overnight oats](#)
- [Cheesy courgette pancakes](#)
- [Spiced Carrot and Lentil Soup](#)
- [Egg fried rice](#)
- [Pumpkin Cake](#)
- [Sheppard's pie](#)

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast (8-8:30am)	Toasted fruit bread with pear slices & milk (2, 7, 14)	French toast (wholemeal bread & egg) & 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)	<u>(V) Main:</u> Butternut squash and green lentil Moroccan stew with wholemeal rice <u>Dessert:</u> Banana bread with natural yoghurt * (2,7,11)	<u>Main:</u> Chicken and mushroom potato topped pie * (7) <u>(V) Main:</u> Mixed lentils and mushroom potato topped pie (7) <u>Side:</u> Roasted vegetables (courgette, peppers & onion)	<u>Main:</u> Beef chilli, jacket sweet potato & crème fraiche (aubergine, courgette, pepper, sweetcorn) (7) <u>(V) Main:</u> Mixed bean chilli with jacket sweet potato * & crème fraiche (aubergine, courgette, pepper, sweetcorn) (7) <u>Dessert:</u> Baked pear & apple with Greek yoghurt (2,7)	<u>Main:</u> Homemade salmon fishcakes * with bulgur wheat and peas (5) <u>(V) Main:</u> Homemade green lentil cakes with bulgur wheat and peas <u>Dessert:</u> Plum and satsuma slices	<u>Main:</u> Roast chicken, mashed potato, and Brussels sprouts with low-salt gravy <u>(V) Main:</u> Quorn chicken, mashed potato, and Brussels sprouts with low-salt gravy) (13) <u>Side:</u> Leaks and turnips
Afternoon Snack (2:15pm)	Carrot & cucumber sticks with cream cheese (7)	Low sugar & salt baked beans with white toast fingers (2)	Homemade falafel , hummus & cooked pumpkin sticks (2,12)	Beetroot , breadsticks & cream cheese (2,7)	Crackers with sliced cheese and tomatoes (2, 7)
Tea (4:15pm)	<u>Starter:</u> Hummus with carrot sticks <u>(V) Main:</u> White egg roll with sliced cucumber and tomato (2,4)	<u>Main:</u> Chicken and sweetcorn soup with wholemeal pitta bread (2) <u>(V) Main:</u> Chickpea and sweetcorn soup with wholemeal pitta bread (2) <u>Pudding:</u> Plum and satsuma slices	<u>(V) Main:</u> Dahl with chapatti strips, raita and cucumber fingers (2) <u>Side:</u> Palak paneer (tomatoes, spinach, paneer)	<u>Starter:</u> Pepper sticks with lentil yoghurt dip (7) <u>Main:</u> Turkey kebabs, courgette & onion, potato wedges and cottage cheese (7) <u>(V) Main:</u> Tofu kebabs, courgette & onion, potato wedges and cottage cheese (7)	<u>(V) Main:</u> Roast vegetable (tomato, courgette, pepper) and chickpea couscous (2) <u>Dessert:</u> Spiced baked banana

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* Recipes

- [French toast](#)
- [Breakfast couscous](#)
- [Overnight oats with apple](#)
- [Chicken and mushroom pie](#)
- [Bean chilli and jacket potato](#)
- [Banana bread](#)