



Early Start Nutrition

Example

Spring/ Summer 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 carrot , cinnamon , raisins and milk (2, 7, 14)	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 & tuna/ hummus & mozzarella (2, 5, 7,12)	Sliced banana and milk (7)	Crackers with sliced cheese and tomatoes (2, 7)
Lunch (12:15pm)	<u>Main:</u> Turkey stir-fry with egg noodles , carrots & sweetcorn * (4) <u>(V) Main:</u> Butterbean stir-fry with egg noodles , carrots & sweetcorn (4) <u>Pudding:</u> Fruity flapjack * with yoghurt (dates , blueberries , kiwi) (2, 7)	<u>Main:</u> Chicken & vegetable curry (pepper , onion , tomatoes , broccoli) with white rice <u>(V) Main:</u> Red lentil & vegetables curry (pepper , onion , tomatoes , broccoli) with white rice <u>Side:</u> Raita and cucumber sticks (7)	<u>(V) Main:</u> Mushroom and tofu wholemeal tagliatelle with a cream cheese sauce (2, 7, 13) <u>Pudding:</u> Lemon , raspberry & chia yoghurt pudding (7)	<u>Starter:</u> Greek salad (lettuce , cucumber , tomatoes) <u>Main:</u> Lamb moussaka (onion , tomatoes , cheese) with garlic bread (2, 7) <u>(V) Main:</u> Green lentil moussaka (onion , tomatoes , cheese) with garlic bread (2, 7)	<u>Main:</u> Pork ragu with new potatoes , broad beans & courgettes <u>(V) Main:</u> Soya mince ragu with new potatoes , broad beans & courgettes (13) <u>Pudding:</u> Rhubarb fool (rhubarb & yoghurt) (7)
Afternoon Snack (2:15pm)	Carrot & cucumber sticks with cream cheese (7)	Oatcakes with sliced melon & blueberries (7)	Sliced avocado & tomato fingers	Crumpets with pepper sticks & cream cheese (2, 7)	Mini vegetable quiches (egg , spring onion , tomatoes & peppers) * (4, 7)
Tea (4:15pm)	<u>(V) Main:</u> Sweet potato and chickpea patties *, with chopped tomatoes & natural yoghurt (7) <u>Side:</u> Broccoli fingers	<u>Main:</u> Homemade vegetable pizza * (brown pitta , cheese , sweetcorn & peppers) & tuna (2, 5, 7) <u>(V) Main:</u> Homemade vegetable pizza * (brown pitta , cheese , sweetcorn & peppers), hummus (2, 7) <u>Pudding:</u> Banana & quartered grapes	<u>Starter:</u> Carrot and cucumber sticks with hummus (12) <u>(V) Main:</u> Wholemeal sesame seed roll with egg & cress with carrot & cucumber sticks (2, 4, 12)	<u>Main:</u> Turkey , pepper & tomato kebabs with new potatoes <u>(V) Main:</u> Tempeh , pepper & tomato kebabs with new potatoes (13) <u>Pudding:</u> Seasonal fruit salad (pineapple , raspberry , blueberries)	<u>Main:</u> Beef & vegetable white enchiladas (peppers , onion , baby sweetcorn) (2) <u>(V) Main:</u> Black bean & vegetable white enchiladas (peppers , onion , baby sweetcorn) (2) <u>Side:</u> Avocado fingers

	=Starchy carbohydrates
	=Fruits and vegetables
	=Proteins
	=Dairy and 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](#)
[Fruity Rainbow Flapjack](#)
[Raisin Scones](#)
[Vegetable Pizza](#)

* Recipes

[Sweet Potato and Chickpea Patties](#)
[Mini Vegetable Quiche](#)
[Turkey Stir-Fry](#)

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast (8-8:30am)	Berry overnight oats 🍌 made with raspberries, blueberries, milk & natural yoghurt (2, 7)	Shredded wheat with strawberries & blackberries & milk (2, 7)	Cheesy courgette & sweetcorn pancakes 🍌 (made with egg) (2,4, 7)	Wheat bisks with milk & 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 & tomato salsa sandwiches (wholemeal) 🍌 (2)	Chapatti with lentil pate (2)	Scotch pancakes with banana & strawberries (2)
Lunch (12:15pm)	<u>Main:</u> Homemade salmon fishcakes 🍌 with new potatoes (2, 4, 5) <u>(V) Main:</u> Homemade mixed lentil cakes with new potatoes (2, 4) <u>Side:</u> Salad (lettuce, cucumber, radish & spring onion)	<u>(V) Main:</u> Chickpea and spinach stew 🍌 (chopped tomatoes, sweetcorn, feta) with white roll (2, 7) <u>Pudding:</u> Homemade blueberry sponge 🍌 with yoghurt (cooking activity) (2, 4, 7)	<u>Main:</u> Turkey & vegetable pilaf (white rice, tomato, mushroom, pepper) <u>(V) Main:</u> Kidney bean, vegetable pilaf (white rice, tomato, mushroom, pepper) <u>Side:</u> Tikka paneer (7)	<u>Main:</u> Steamed cod in tomato & pepper sauce with couscous & peas (2, 5) <u>(V) Main:</u> Tofu in tomato & pepper sauce with couscous & peas (2, 13) <u>Pudding:</u> Apple & raspberry stew 🍌	<u>Starter:</u> Smashed edamame beans <u>Main:</u> Sweet & sour chicken 🍌 with wholemeal rice (pineapple, carrot, pepper, tomato) <u>(V) Main:</u> Sweet & sour Quorn chicken with wholemeal rice (pineapple, carrot, pepper, tomato) (13)
Afternoon Snack (2:15pm)	Breadsticks with cannellini bean hummus dip and tomato and avocado wedges (2)	Wholemeal crackers with tuna/ chickpea pâté and cucumber sticks (2,5)	Yoghurt with chopped banana and blueberries (7)	Rice cakes, mozzarella slices and orange segments (7)	Hard-boiled egg fingers with mashed avocado 🍌 (4)
Tea (4:15pm)	<u>Main:</u> Beef chilli with jacket potato & crème fraiche (aubergine, courgette, pepper, sweetcorn) (7) <u>(V) Main:</u> Kidney bean chilli with jacket potato & crème fraiche (aubergine, courgette, pepper, sweetcorn) (7) <u>Pudding:</u> Pineapple & Greek yoghurt (7)	<u>(V) Main:</u> Mexican bean (black & pinto) & cheese wholemeal wrap, with pepper, onion & mushroom (2, 7) <u>Side:</u> Avocado fingers	<u>Main:</u> Tuna and white pasta salad (cream cheese, cucumber, tomato, sweetcorn) (2, 5, 7) <u>(V) Main:</u> Tofu and white pasta salad (cream cheese, cucumber, tomato, sweetcorn) (2, 7, 13) <u>Pudding:</u> Berry (blueberries, strawberries & blackberries) compote (7)	<u>Starter:</u> Cucumber sticks with lentil dip (7) <u>(V) Main:</u> Wholemeal pitta bread with coronation chickpeas (crème fraiche, mango, sultana) & rocket salad (2,7,14)	<u>(V) Main:</u> Falafel with tzatziki and white pitta fingers and cucumber 🍌 (2, 7) <u>Pudding:</u> Fruity kebabs (cooking activity) * Check board at reception to see which seasonal fruit we used

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🍌 Recipes

[Berry Overnight Oats](#)
[Cheesy Courgette Pancakes](#)
[Salmon Fishcakes](#)
[Chickpea and Spinach Stew](#)
[Sweet and Sour chicken](#)
[Blueberry Sponge Cakes](#)

🍌 Recipes

[Falafel, Tzatziki and Pitta](#)
[Egg Fingers and Smashed Avocado](#)
[Coronation Chicken Sandwiches](#)
[Mini Avocado & tomato salsa sandwiches](#)- page 26
[Apple and Raspberry Stew](#)

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 & milk (2, 7, 14)	Strawberry & 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)	Breadsticks with cannellini bean hummus dip * & sliced tomato & avocado (2)	Orange slices , cottage cheese and breadsticks (2, 7)
Lunch (12:15pm)	<u>(V) Main:</u> Lentil , coconut yoghurt & butternut squash curry (chopped tomatoes & spinach) * with naan bread (2, 7) <u>Pudding:</u> Banana custard * (7)	<u>(V) Main:</u> Egg fried rice with pepper and broccoli (2, 4) <u>Side:</u> Sugar-snap peas <u>(V) Main:</u> Salmon and pea risotto with red peppers * (5, 7) <u>(V) Main:</u> Tofu , and pea risotto with red peppers (7, 13)	<u>Starter:</u> Plantain fingers <u>Main:</u> Salmon and pea risotto with red peppers * (5, 7) <u>(V) Main:</u> Tofu , and pea risotto with red peppers (7, 13)	<u>Main:</u> Jerk chicken * with wholemeal rice & runner beans <u>(V) Main:</u> Jerk tempeh with wholemeal rice & runner beans (13) <u>Pudding:</u> Homemade strawberry frozen yoghurt * (7)	<u>Main:</u> Beef stir fry (pak choi & baby sweetcorn) with egg noodles (2, 4) <u>(V) Main:</u> Kidney bean stir fry (pak choi & baby sweetcorn) with egg noodles (2, 4) <u>Pudding:</u> Fruit platter with yoghurt (7) <i>*Check board at reception to see which seasonal fruit we offered</i>
Afternoon Snack (2:15pm)	Crumpets with spread and pepper slices (2, 7)	Sardines/ hummus on white pitta bread and celery (1, 2, 5,12)	Mashed avocado & wholemeal toast fingers (2)	Homemade tortilla chips with tomato salsa (2)	Frittata slices with onion and pepper * (4, 7)
Tea (4:15pm)	<u>(V) Main:</u> Wholemeal toast with scrambled egg and grilled mushrooms (2,4) <u>Side:</u> Quartered cherry tomatoes <u>Pudding:</u> Satsuma & Greek yoghurt (7)	<u>Main:</u> Chicken , grated cheese , white tortilla wraps , cucumber , avocado & pepper sticks (2, 7) <u>(V) Main:</u> Butter beans , grated cheese , white tortilla wraps , cucumber , avocado & pepper sticks (2, 7) <u>Pudding:</u> Satsuma & Greek yoghurt (7)	<u>(V) Main:</u> Jacket potato with baked beans , grated cheese , spinach & cooked carrot sticks (7) <u>Pudding:</u> Strawberries & blueberries with plain yoghurt (7)	<u>Main:</u> Tuna and sweetcorn sandwiches (white bread) (2, 5) <u>(V) Main:</u> Egg and cress sandwiches (white bread) (2, 4) <u>Side:</u> Salad (lettuce , cucumber , radish and spring onion)	<u>(V) Main:</u> Moroccan couscous with chickpeas & roasted vegetables (carrot , onion , aubergine) (2) <u>Pudding:</u> Cottage cheese with peach and melon slices (7)

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* Recipes

[Breakfast couscous](#)
[French toast with strawberries](#)
[Fruity owl rice cakes](#)
[Jerk chicken, rice and beans](#) (page 54)
[Frittata](#)
[Salmon and Pea Risotto](#)

* Recipes

[Lentil, Coconut Yoghurt & Butternut Squash Curry](#)
[Breadsticks with Cannellini Bean Hummus Dip- page 24](#)
[Banana Custard](#)
[Homemade Strawberry Frozen Yoghurt](#)