



Early Start Nutrition

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

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast (8-8:30am)	Berry overnight oats * made with raspberries , blueberries , milk and natural yoghurt (2, 7)	Shredded wheat with strawberries and blackberries and milk (2, 7)	Cheesy courgette and sweetcorn pancakes * (made with egg) (2,4, 7)	Wheat bisks with milk and 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 and tomato salsa sandwiches (wholemeal) * (2)	Chapatti with lentil pate (2)	Scotch pancakes with banana and strawberries (2)
Lunch (12:15pm)	<u>Main:</u> Homemade mixed lentil cakes with new potatoes (2, 4) <u>Side:</u> Salad (lettuce, cucumber, radish and spring onion)	<u>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> Kidney bean and vegetable pilaf (white rice , tomato , mushroom , pepper) <u>Side:</u> Tikka paneer (7)	<u>Main:</u> Tofu in tomato and pepper sauce with couscous and green beans (2, 13) <u>Pudding:</u> Apple and raspberry stew *	<u>Starter:</u> Smashed edamame beans <u>Main:</u> Sweet and sour Quorn chicken pieces with wholemeal rice (pineapple , carrot , pepper , tomato) * (13)
Afternoon Snack (2:15pm)	Breadsticks with cannellini bean hummus dip and tomato and avocado fingers (2)	Wholemeal crackers with chickpea pâté and cucumber sticks (2)	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> Kidney bean chilli with jacket potato and crème fraiche (aubergine , courgette , pepper , sweetcorn) (7) <u>Pudding:</u> Pineapple with Greek yoghurt (7)	<u>Main:</u> Mexican bean (black and pinto) and cheese wholemeal wrap , with pepper , onion and mushroom (2, 7) <u>Side:</u> Avocado fingers	<u>Main:</u> Tofu and white pasta salad (cream cheese , cucumber , tomato , sweetcorn) (2, 7,13) <u>Pudding:</u> Berry (blueberries , strawberries and blackberries) compote (7)	<u>Starter:</u> Cucumber sticks with lentil dip (7) <u>Main:</u> Wholemeal pitta bread with coronation chickpeas * (crème fraiche , mango , sultana) and rocket salad (2,7,14)	<u>Main:</u> Homemade 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](#)
[Chickpea and Spinach Stew](#)
[Sweet and Sour Quorn Chicken](#)
[Blueberry Sponge Cakes](#)

* Recipes

[Falafel, Tzatziki and Pitta](#)
[Egg Fingers and Smashed Avocado](#)
[Coronation Chickpea Sandwiches](#)
[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 and milk (2, 7, 14)	Strawberry and 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>Main:</u> Lentil , coconut yoghurt and butternut squash curry (chopped tomatoes and spinach) 🍷 with naan bread (2, 7) <u>Pudding:</u> Banana custard 🍷 (7)	<u>Main:</u> Egg fried rice with pepper and broccoli (2, 4) <u>Side:</u> Sugar-snap peas	<u>Starter:</u> Plantain fingers <u>Main:</u> Jerk tempeh with wholemeal rice and runner beans (13)	<u>Main:</u> Tofu , red peppers , sweetcorn and white rice 🍷 (7, 13) <u>Pudding:</u> Homemade strawberry frozen yoghurt 🍷 (7)	<u>Main:</u> Kidney bean stir fry (pak choi and 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)	Hummus on white pitta bread and celery (1, 2,,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>Main:</u> Wholemeal toast with scrambled egg and grilled mushrooms (2,4) <u>Side:</u> Quartered cherry tomatoes	<u>Main:</u> Mashed butter beans , grated cheese , white tortilla warps , cucumber , avocado and pepper sticks (2, 7) <u>Pudding:</u> Satsuma segments and Greek yoghurt (7)	<u>Main:</u> Jacket potato with baked beans (reduced salt & sugar), grated cheese , spinach & carrot sticks (7) <u>Pudding:</u> Strawberries and blueberries with plain yoghurt (7)	<u>Main:</u> Egg and cress sandwiches (white bread) (2, 4) <u>Side:</u> Salad (lettuce, cucumber, radish and spring onion)	<u>Main:</u> Moroccan couscous with chickpeas and 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](#)
[Breadsticks with Cannellini Bean](#)
[Hummus Dip- page 24](#)
[Banana Custard](#)

🍷 Recipes

[Lentil, Coconut Yoghurt & Butternut Squash Curry](#)
[Tofu, Red Peppers, Sweetcorn and Rice- Page 70](#)
[Frittata](#)
[Homemade Strawberry Frozen Yoghurt](#)