



# Menu

## Autumn & Winter 2024

### Sample Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b> - A selection of cereal, porridge, and fresh fruit. Planned to provide about 20% of a child's daily energy and nutritional requirements					
<b>Morning snack</b> - Fresh vegetable sticks with toast or baked goods and served with a cup of milk or water. Planned to provide about 10% of a child's daily energy and nutritional requirements					
<b>Lunch</b> Planned to provide about 30% of a child's energy and nutritional requirements	Sardine and Pea Pasta in a Tomato and Herb Sauce served with Garlic Bread	Chicken Crumble served with Roast Potatoes and a Carrot and Swede Mash	Turkey Meatballs in a Tomato Sauce served with Spaghetti	Beef and Vegetable Casserole served with Creamed Potatoes	Five Bean Chilli served with Spinach and served with Wholemeal Rice
<b>Vegetarian Option</b>	Mixed Vegetables and Pasta in a Tomato and Herb Sauce served with Garlic Bread	Vegetable Crumble served with Roast Potatoes and a Carrot and Swede Mash	Quorn Meatballs in a Tomato Sauce served with Spaghetti	Vegetable Casserole served with Creamed Potatoes	Five Bean Chilli served with Spinach and served with Wholemeal Rice
<b>Pudding</b>	Yoghurt and Satsumas	Melon Medley	Apple and Cinnamon Loaf	Yoghurt and Blueberries	Sliced Banana and Sultanas
<b>Afternoon Tea</b> Planned to provide about 20% of a child's energy and nutritional requirements	Curried Chickpea and Sweet Potato Soup with Crusty Bread	Tomato and Basil Pasta	Roasted Vegetable Soup served with Buttered Wholemeal Bread	Chicken and Sweetcorn Pizzas with Lentil and Tomato Base and Fresh Salad	Tuna or Cheese Bread Roll served with Cucumber Sticks
<b>Vegetarian Option</b>	Curried Chickpea and Sweet Potato Soup with Crusty Bread	Tomato and Basil Pasta	Roasted Vegetable Soup served with Buttered Wholemeal Bread	Pepper and Sweetcorn Pizzas with Lentil and Tomato Base and Fresh Salad	Cheese Bread Roll served Cucumber sticks
<b>Pudding</b>	Custard and Fruit Salad	Yoghurt and Mango	Sliced Pear and Peaches	Sliced Oranges and Grapes	Pineapple Upside Down Cake and Custard
<b>Late afternoon snack</b> - Fresh vegetable sticks with either rice cakes, bread sticks, oat cakes, warm pitta bread and served with a cup of milk or water. Planned to provide about 10% of a child's daily energy and nutritional requirements					

**Please note :** All meals will be prepared to ensure they are age and stage appropriate and in line with any specific dietary requirements. Weaning babies will be offered simple purees using fresh vegetables in our main dishes. We will follow your lead from home and progress to more complex dishes following your instruction.

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