

**Week 1**

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of cereals served with milk (milk alternative)				
Snack	A selection of Crispbreads, Bagels, Crumpets, Rice Cakes or Crackers				
Lunch	Fishcake with oven chips & peas  Followed by  Coconut rice pudding & fresh fruit	Chicken & vegetable casserole  served with  bubble & squeak	Lentil spaghetti bolognaise  Served with garlic bread	Roast Turkey, potatoes and a selection of vegetables  Followed by watermelon	Chicken tikka curry & rice  served with  wholemeal pitta bread with a yoghurt & cucumber dip
Tea	Ham and or Cheese Wholemeal Wraps  With cucumber sticks and houmous dip	Tuna Pasta salad  Followed by fruit	Jacket Potato with cheese  Followed by fresh side salad	Homemade vegetable soup  Served with bread & butter	Toasted English muffin with cream cheese  Followed by Fruit

**Week 2**

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of cereals served with milk (milk alternative)				
Snack	A selection of Crispbreads, Bagels, Crumpets, Rice Cakes or Crackers				
Lunch	Five bean Chilli & Rice  Served with Nachos chips & salsa	Roast Gammon, mash potatoes with a selection of vegetables  Followed by melon	Chicken Arrabiata pasta  Served with fresh side salad	Cowboy sausage casserole with boiled potatoes  Served with natural yoghurt and honey	Thai fish curry & rice served with wholemeal flatbread
Tea	Fish fingers with Spaghetti Hoops  Followed by fruit	Homemade vegetable soup  Served with bread & butter	Baked beans on wholemeal toast  Followed by natural yoghurt	Tomato Pasta Bake  Followed by  Fruit	Homemade Pizzas  Followed by Cucumber sticks & dip

### Week 3

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of cereals served with milk (milk alternative)				
Snack	A selection of Crispbreads, Bagels, Crumpets, Rice Cakes or Crackers				
Lunch	Chicken & Vegetable Pie  served potato muffin	Jumbo Fish Fingers with oven chips and peas  Followed by natural yogurt with banana	Roast Turkey, potatoes and a selection of vegetables  Followed by watermelon	Roasted Aubergine & Tomato curry with Rice  Served with wholemeal pitta bread & yoghurt & cucumber dip	Spaghetti Meatballs  Served with Garlic Bread
Tea	Macaroni Cheese  Followed by fruit	Garlic Cheese Bread  Served with vegetable sticks & crisps	Homemade vegetable soup  Served with bread & butter	Jacket potato and beans  Served with a fresh side salad	Selection of sandwiches  Served with cucumber sticks and dip

This new menu has been developed with the EYFS nutrition guidance in mind,  
<https://www.gov.uk/government/publications/early-years-foundation-stage-nutrition>

You may notice that some of the 'puddings' have been removed but at lunch & teatime the children will be offered 2 dishes – a main and a side or main and a pudding. We want to offer a wide range of flavours and textures that are healthy. We are experimenting with some homemade cake recipes that don't contain added sugar e.g. beetroot and banana chocolate cake. More information aimed at children 3+ can be found: -

<https://www.foodfactoflife.org.uk/recipes/>

The menu is subject to change if we feel a dish has been tried several times and most of the children are not enjoying it, the suppliers do not deliver an ingredient, we are celebrating a festival or occasion e.g. Christmas dinner or Chinese New Year.

The children 18 months+ do regular cooking activities – this supports maths, communication & language, physical skills, understanding about food & nutrition, healthy eating and good oral hygiene. They sometimes eat the food they prepare at a mealtime.