

Week 1 – Autumn/Winter (Daycare Menu)

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast <i>Planned to provide 20% of a child's daily nutritional requirements</i> Drinks: Water only	Cereals, porridge, toast, hard-boiled eggs, crumpet, bagels, banana	Cereals, porridge, toast, hard-boiled eggs, crumpet, bagels, banana	Cereals, porridge, toast, hard-boiled eggs, crumpet, bagels, banana	Cereals, porridge, toast, hard-boiled eggs, crumpet, bagels, banana	Cereals, porridge, toast, hard-boiled eggs, crumpet, bagels, banana
Mid-morning snack <i>Planned to provide 10% of a child's daily nutritional requirements</i> Drinks: Milk or Water	Rice Cakes and humous dip	Vegetable platter with dip	Mixed fruit platter	Yoghurt & Banana Slices	Crumpets with jam and butter
Lunch <i>Planned to provide 30% of a child's daily nutritional requirements</i> Drinks: Water only	Beef lasagne with garlic bread and peas Lentil lasagne (v) Fruit selection or yoghurt	WORLD FOOD DAY - INDIA Chicken korma Quorn korma (v) with rice Fruit selection or yoghurt	Roast Chicken with all the trimmings Meat free roast (v) Fruit selection or yoghurt	Mixed bean & root vegetable stew with cous cous (v) Fruit selection or yoghurt	Fish cakes, peas and boiled potatoes Veggie breaded fingers (v) Fruit selection or yoghurt
Mid-afternoon snack <i>Planned to provide 10% of a child's daily nutritional requirements</i> Drinks: Milk or Water	Whole meal pitta bread and hummus dip	Cheese cubes & baby tomatoes	Fruit trolley	Buttered Muffin	Vegetable platter with dips
Afternoon Tea <i>Planned to provide 20% of a child's daily nutritional requirements</i> Drinks: Water only	Sandwich selection	Soup of the day (v) with buttered slices of bread	Muffins with Ham & Cheese	Sausage Rolls Vegan Sausage Rolls (v)	Jacket Potato with beans (v)

Note: Fresh drinking water is available and accessible at all times. **(V) - Vegetarian.**



Week 2 – Autumn/Winter (Daycare Menu)

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast <i>Planned to provide 20% of a child's daily nutritional requirements</i> Drinks: Water only	Cereals, porridge, toast, hard-boiled eggs, crumpet, bagels, banana	Cereals, porridge, toast, hard-boiled eggs, crumpet, bagels, banana	Cereals, porridge, toast, hard-boiled eggs, crumpet, bagels, banana	Cereals, porridge, toast, hard-boiled eggs, crumpet, bagels, banana	Cereals, porridge, toast, hard-boiled eggs, crumpet, bagels, banana
Mid-morning snack <i>Planned to provide 10% of a child's daily nutritional requirements</i> Drinks: Milk or Water	Fruit selection	Rice cakes with dip	Vegetable platter with dip	Carrot & celery sticks with hummus dip	Breadsticks with dip
Lunch <i>Planned to provide 30% of a child's daily nutritional requirements</i> Drinks: Water only	Cottage pie Lentil cottage pie (v) Fruit selection or yoghurt	Honey & mustard chicken with carrots batons and rice Honey & mustard Quorn chicken (v) Fruit selection or yoghurt	Macaroni cheese (v) Fruit selection or yoghurt	WORLD FOOD DAY - HUNGARY Lamb goulash with green beans with rice. Mixed bean goulash (v) Fruit selection or yoghurt	Cod & potato wedges with peas. Veggie breaded fingers (v) Fruit selection or yoghurt
Mid-afternoon snack <i>Planned to provide 10% of a child's daily nutritional requirements</i> Drinks: Milk or Water	Vegetable Platter	Fruit trolley	Buttered Muffin	Whole meal pitta bread and Tzatziki dip	Cheese Cubes & baby tomatoes
Afternoon Tea <i>Planned to provide 20% of a child's daily nutritional requirements</i> Drinks: Water only	Sausage rolls Vegan sausage rolls (v)	Scrambled egg & beans on toast (v)	Soup of the day (v) with buttered slices of bread	Jacket potato with tuna & sweetcorn Cheese and beans (v)	Sandwich selection - Ham & cheese Vegan ham & cheese (v)

Note: Fresh drinking water is available and accessible at all times. **(V)** - Vegetarian.



Week 3 – Autumn/Winter (Daycare Menu)

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast <i>Planned to provide 20% of a child's daily nutritional requirements</i> Drinks: Water only	Cereals, porridge, toast, hard-boiled eggs, crumpet, bagels, banana	Cereals, porridge, toast, hard-boiled eggs, crumpet, bagels, banana	Cereals, porridge, toast, hard-boiled eggs, crumpet, bagels, banana	Cereals, porridge, toast, hard-boiled eggs, crumpet, bagels, banana	Cereals, porridge, toast, hard-boiled eggs, crumpet, bagels, banana
Mid-morning snack <i>Planned to provide 10% of a child's daily nutritional requirements</i> Drinks: Milk or Water	Mixed fruit platter	Breadsticks with dip	Rice cakes with humous dip	Vegetable platter with dip	Crumpets & jam
Lunch <i>Planned to provide 30% of a child's daily nutritional requirements</i> Drinks: Water only	Shepherds pie with peas and green beans Shepherds pie with Quorn mince (v) Fruit selection or yoghurt	Pork, leek, mustard and mixed veg casserole with vegetarian dumplings and mashed potatos Mixed beans casserole (v) Fruit selection or yoghurt	WORLD FOOD DAY - SPAIN Spanish chicken with rice Quorn chicken chunks (v) Fruit selection and yoghurt	Chicken Pie with mixed vegetables Quorn chicken pie (v) Fruit selection or yoghurt	Sausage and mash and gravy Veggie sausage and gravy (v)
Mid-afternoon snack <i>Planned to provide 10% of a child's daily nutritional requirements</i> Drinks: Milk or Water	Fruit trolley	Pitta bread and tzatziki with pepper sticks	Vegetable platter with dip	Fruit loaf	Fruit Trolley
Afternoon Tea <i>Planned to provide 20% of a child's daily nutritional requirements</i> Drinks: Water only	Jacket potato with cheese & beans (V)	Sandwich selection	Vegetarian burgers (v)	Hotdogs with finger rolls Vegetarian hotdogs (v)	Toasted waffles with beans

Note: Fresh drinking water is available and accessible at all times. (V) - Vegetarian.



Week 4 – Autumn/Winter (Daycare Menu)

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast <i>Planned to provide 20% of a child's daily nutritional requirements</i> Drinks: Water only	Cereals, porridge, toast, hard-boiled eggs, crumpet, bagels, banana	Cereals, porridge, toast, hard-boiled eggs, crumpet, bagels, banana	Cereals, porridge, toast, hard-boiled eggs, crumpet, bagels, banana	Cereals, porridge, toast, hard-boiled eggs, crumpet, bagels, banana	Cereals, porridge, toast, hard-boiled eggs, crumpet, bagels, banana
Mid-morning snack <i>Planned to provide 10% of a child's daily nutritional requirements</i> Drinks: Milk or Water	Mixed fruit platter	Breadsticks with dip	Rice cakes with humous dip	Vegetable platter with dip	Cheese cubes, tomatoes and dip
Lunch <i>Planned to provide 30% of a child's daily nutritional requirements</i> Drinks: Water only	Meatballs and pasta Veggie balls (v) Fruit selection or yoghurt	WORLD FOOD DAY - CHINA Sweet & sour chicken with noodles Sweet & sour tofu (v) Fruit selection or yoghurt	Spaghetti bolognaise Quorn mince spag bol (v) Fruit selection or yoghurt	Lamb pearl barley hotpot with root vegetables Vegetarian pearl barley hotpot (v) Fruit selection or yoghurt	Cod & potato wedges with peas. Veggie breaded fingers (v) Fruit selection or yoghurt
Mid-afternoon snack <i>Planned to provide 10% of a child's daily nutritional requirements</i> Drinks: Milk or Water	Fruit trolley	Fruit loaf	Vegetable platter with dip	Whole meal pitta bread and Tzatziki dip	Fruit Trolley
Afternoon Tea <i>Planned to provide 20% of a child's daily nutritional requirements</i> Drinks: Water only	Pitta pockets with cheese, tomato & cucumber (v)	Pizza garlic bread with cheese and tomoato	Jacket potato with ham & cheese Vegan ham (v)	Soup of the day (v) with buttered slices of bread	Sandwich selection

Note: Fresh drinking water is available and accessible at all times. **(V)** - Vegetarian.

