

Please note: These are sample menus and are subject to change. Menu produced under the guidance of a registered nutritionist.

Week 1	A selection of the below will be available each day				
Rolling breakfast	<p>Toasted bagel ●●●●◆, Brown toast ●●●◆◆◆◆, Toasted breakfast muffin ●●●●◆, Crumpets ●●◆, Fruit platter            Rice Krispies® ●●●, Cornflakes ●●●, Wheat Biscuits ●●●●, Organic full fat natural yoghurt ●</p> <p>Served with fresh water or whole/semi skimmed milk ● (dependent on age)</p>				
	Monday	Tuesday	Wednesday	Thursday	Friday
Dinner	Lamb & veg bolognese with gnocchi & a sprinkle of cheese ●●●●●	Salmon fillets, roasted on mediterranean vegetables, served with new potatoes ●	Chunky sweet potato, potato & garlic soup with wholewheat baguette ●●●◆	Green lentils, mushrooms & polenta ◆◆	Tomato, turkey & spinach sugo with penne pasta ●●
Vegetarian option	Cannellini bean & veg bolognese with gnocchi & a sprinkle of cheese ●●●●●	Vegetable fingers, roasted on mediterranean vegetables, served with new potatoes ●●	Chunky sweet potato, potato & garlic soup with wholewheat baguette ●●●◆	Green lentils, mushrooms & polenta ◆◆	Tomato, red lentil & spinach sugo with penne pasta ●●
Pudding	Yoghurt pots or coconut yoghurt ●	Fresh fruit (min 2 choices/chef's choices)	Fresh fruit (min 2 choices/chef's choices)	Yoghurt pots or coconut yoghurt ●	Blueberry swirl cake (sugar free) ●●●
Tea	Lentil dhal with mixed vegetables & turmeric rice ●	Chicken, squash & leek pasta ●●●	Roast chicken, roast potatoes carrots & peas with gravy & Yorkshire pudding ●●●●●	Breaded cod with pilau rice, mixed with peas & mild spices ●●●●●	"Tea of the day"
Vegetarian option	Lentil dhal with mixed vegetables & turmeric rice ●	Squash, brown lentil & leek Pasta ●●●	Falafel, roast potatoes, carrots & peas with gravy & Yorkshire pudding ●●●●●	Breaded celeriac with pilau rice, mixed with peas & mild spices ●●●	"Vegetarian tea of the day"
Pudding	Fresh fruit (min 2 choices/chef's choices)	Greek yoghurt or coconut yoghurt with vanilla & mango coulis ●	Yoghurt pots or coconut yoghurt ●	Fresh fruit (min 2 choices/chef's choices)	Fresh fruit (min 2 choices/chef's choices)
Rolling afternoon snack served with fresh milk ●	Easy peelers or tinned tangerine (under 2's)	Apple & Babybel ●	Orange slices & crackers or grissini ●●●◆◆◆◆◆	Cucumber sticks & cream cheese ●	Yoghurt pots or coconut yoghurt ●

Fresh drinking tap water will be available throughout the day & whole milk will be provided for 1-2 years & semi skimmed milk for 2 years & over

● Wheat ● Gluten ● Dairy ● Eggs ● Fish ● Soya ● Celery ● Barley ● Rye ● Oat ● Sesame ● Sulphates ● Mustard ● Spelt ◆ Indicates any 'May contain' ingredients

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Week 2	A selection of the below will be available each day				
Rolling breakfast	<p>Toasted bagel ●●●●●, Brown toast ●●●●●, Toasted breakfast muffin ●●●●●, Crumpets ●●●●●, Fruit platter                      Rice Krispies® ●●●, Cornflakes ●●●, Wheat Biscuits ●●●●●, Organic full fat natural yoghurt ●</p> <p>Served with fresh water or whole/semi skimmed milk ● (dependent on age)</p>				
	Monday	Tuesday	Wednesday	Thursday	Friday
Dinner	Three bean chilli with parsley sour cream & couscous ●●●●	Lamb hot pot with potato slices & vegetables ●	Mac & cheese style pasta with vegetable sauce & cheese ●●●●	Tomato & basil risotto with fresh mozzarella ●	Cod in dill, lemon & butter sauce with new potatoes ●●
Vegetarian option	Three bean chilli with parsley sour cream & couscous ●●●●	Root vegetable hot pot with potato slices ●	Mac & cheese style pasta with vegetable sauce & cheese ●●●●	Tomato & basil risotto with fresh mozzarella ●	Butter beans in dill, lemon & butter sauce with new potatoes ●
Pudding	Greek yoghurt & fruit compote or coconut yoghurt & fruit compote ●	Fresh fruit (min 2 choices/chef's choices)	Fresh fruit (min 2 choices/chef's choices)	Fresh fruit (min 2 choices/chef's choices)	Fresh fruit (min 2 choices/chef's choices)
Tea	Fish fingers & herb rice with colourful peppers (& lemon slices for over 2s) ●●●●	Mild lentil, chickpea & vegetable curry with coriander & naan bread ●●●●●	Lamb kebabs with vegetable rice & cucumber & garlic yoghurt ●	Chicken goujons with potato & carrot mash, gravy & minty peas ●●	"Tea of the day"
Vegetarian option	Vegetable fingers & herb rice with colourful peppers (& lemon slices for over 2s)	Mild lentil, chickpea & vegetable curry with coriander & naan bread ●●●●●	Lentil kebabs with vegetable rice & cucumber & garlic yoghurt ●	Falafels with potato & carrot mash, gravy & minty peas ●●	"Vegetarian tea of the day"
Pudding	Fresh fruit (min 2 choices/chef's choices)	Energy bars with dates & oats ●●●●●	Apple, cinnamon & oat biscuits (sugar free) ●●●●●	Strawberry & banana smoothies ●	Chef's choice
Rolling afternoon snack served with fresh milk ●	Pear slices	Orange slices or easy peelers	Melon Fingers & grissini ●●●●●	Carrot stix or cream crackers with banana ●●●●●	Cucumber sticks & Babybel ●
Fresh drinking tap water will be available throughout the day & whole milk will be provided for 1-2 years & semi skimmed milk for 2 years & over					

● Wheat ● Gluten ● Dairy ● Eggs ● Fish ● Soya ● Celery ● Barley ● Rye ● Oat ● Sesame ● Sulphates ● Mustard ● Spelt ◆ Indicates any 'May contain' ingredients

Please note: These are sample menus and are subject to change. Menu produced under the guidance of a registered nutritionist.

Week 3	A selection of the below will be available each day				
Rolling breakfast	Toasted bagel ●●●●●, Brown toast ●●●●●, Toasted breakfast muffin ●●●●●, Crumpets ●●●●●, Fruit platter Rice Krispies® ●●●, Cornflakes ●●●, Wheat Biscuits ●●●●●, Organic full fat natural yoghurt ● Served with fresh water or whole/semi skimmed milk ● (dependent on age)				
	Monday	Tuesday	Wednesday	Thursday	Friday
Dinner	Wholewheat pasta bake with lemon, broccoli, cauliflower & tuna ●●●●●	Chicken, root vegetable & sweet potato stew ●	Chunky ratatouille with kidney beans & parsley couscous ●●	Potato, butter bean & leek hotpot with garlic bread ●●●●●	Mediterranean tomatoes & salmon with courgette, spinach, pepper & lemon with brown rice ●
Vegetarian option	Wholewheat pasta bake with lemon, broccoli, cauliflower & crushed chickpeas ●●●●●	Butter bean, root vegetable & sweet potato stew ●	Chunky ratatouille with kidney beans & parsley couscous ●●	Potato, butter bean & leek hotpot with garlic bread ●●●●●	Mediterranean lentils & tomatoes with courgette, spinach, pepper & lemon with brown rice
Pudding	Fresh fruit (min 2 choices/chef's choices)	Fresh fruit (min 2 choices/chef's choices)	Fresh fruit (min 2 choices/chef's choices)	Greek yoghurt or coconut yoghurt with cinnamon & fruit puree ●	Fresh fruit (min 2 choices/chef's choices)
Tea	Red Thai chicken curry with Asian noodles ●●●●●	Tricolore fusilli with homemade basil & parsley pesto & a sprinkle of cheddar cheese ●●●●●	Baked chicken with herb breadcrumbs, mixed vegetables & rice ●●	Turkey cottage pie with mixed vegetables, topped with creamy parsley mash	"Tea of the Day"
Vegetarian option	Red Thai vegetable curry with Asian noodles ●●●●●	Tricolore fusilli with homemade basil & parsley pesto & a sprinkle of cheddar cheese ●●●●●	Baked red lentil & herb fritters with mixed vegetables & rice	Brown lentil & vegetable cottage pie with creamy parsley mash	"Vegetarian tea of the day"
Pudding	Yoghurt pots or coconut yoghurt ●	Sugar free plum & oat crumble ●●●	Fresh berries with Greek yoghurt ●	Fresh fruit (min 2 choices/chef's choices)	Yoghurt pots or coconut yoghurt ●
Rolling afternoon snack served with fresh milk ●	Bananas	Pear & Babybel ●	Sliced melon	Easy peelers & crackers or bread sticks ●●●●●	Cucumber sticks & carrot sticks
Fresh drinking tap water will be available throughout the day & whole milk will be provided for 1-2 years & semi skimmed milk for 2 years & over					