

Week 1: Example autumn/winter menu for childcare settings (children aged 1-4 years)



Menu	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Planned to provide 20% of a child's daily nutritional requirements Drinks: Water only	Wheat bisks with yoghurt and dried apricots White toast and spread	Cornflakes with milk Wholemeal toast with spread, tomatoes and mushrooms	Porridge with raisins Banana	Malt wheat cereal and milk Crumpet with spread and pear	Crisped rice cereal and milk with satsumas Fruit toast and spread
Mid-morning snack Planned to provide 10% of a child's daily nutritional requirements Drinks: Milk or water	Toasted English muffin and spread with a clementine	Runner beans with bean dip	Rice cakes with beetroot dip	Banana	Toasted pitta bread with mashed avocado
Lunch Planned to provide 30% of a child's daily nutritional requirements Drinks: Water only	Haddock and salmon pie (or bean pie) with red cabbage and runner beans Eve's pudding and custard	Lamb tagine (or mixed bean tagine) with vegetable couscous Warm winter fruit salad and vanilla sauce	Pork meatballs (or vegetarian meatballs) with spaghetti, peas and carrots Seasonal fruit salad	Chickpea and vegetable biryani Mandarin jelly	Roast chicken (or Quorn™ fillet) with roast potatoes, root vegetables and gravy Yoghurt and dates
Mid-afternoon snack Planned to provide 10% of a child's daily nutritional requirements Drinks: Milk or water	Tomato slices and cheese cut into sticks	Plain popcorn with pear	Oatcake and Satsuma	Baby corn, crackers and spread	Carrot, pepper sticks and houmous
Tea Planned to provide 20% of a child's daily nutritional requirements Drinks: Water only	Couscous with chicken (or houmous), beetroot and mixed salad Seasonal fruit salad	Tuna mayonnaise (or cheese) with a jacket potato and carrot and cucumber sticks Bananas and custard	Sweet potato and lentil soup with wholemeal bread and spread Yoghurt and blackberry compote	Pea, ham (or veggie mince) and mushroom pasta bake Rice pudding and apricots	Mexican bean and cheese wraps with red pepper and celery Apples, pears and plums

Note: Fresh drinking water must be available and accessible at all times.

Week 2: Example autumn/winter menu for childcare settings in (children aged 1-4 years)



Menu	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Planned to provide 20% of a child's daily nutritional requirements Drinks: Water only	Crisped rice cereal and milk Plain bagel quarter with spread and chopped plum	Malt wheats and milk with banana Wholemeal toast and spread	Egg and mushroom cups, wholemeal toast, spread and tomatoes Pear slices	Cornflakes with milk and raisins Half a crumpet and spread	Wheat bisks with milk Half a toasted teacake and spread with apple
Mid-morning snack Planned to provide 10% of a child's daily nutritional requirements Drinks: Milk or water	Carrot and pepper sticks	Rice cakes with cream cheese	Crackers with spread and sliced grapes	Wholemeal pitta fingers with mint raita and cucumber sticks	Plum and satsuma
Lunch Planned to provide 30% of a child's daily nutritional requirements Drinks: Water only	Lamb goulash (or bean goulash) with brown rice and green beans Shortbread and satsuma segments	Creamy chicken and leek hotpot (or Quorn™ and leek hotpot) with broccoli Baked apple with cinnamon	Beef lasagne (or tomato and lentil lasagne) with garlic bread and peas Semolina with raisins	Fish and pea fishcakes (or cheese and mushroom cakes) with potato wedges and spinach Seasonal fruit salad and yoghurt	Sweet and sour tofu with noodles Banana and cinnamon rice pudding
Mid-afternoon snack Planned to provide 10% of a child's daily nutritional requirements Drinks: Milk or water	Banana on toast	Yoghurt and pear	Cheese sticks and tomatoes	Pineapple	Toasted English muffin with spread and carrot sticks
Tea Planned to provide 20% of a child's daily nutritional requirements Drinks: Water only	Wholemeal macaroni cheese with peas Warm fruit salad and yoghurt	Squash and lentil soup with wholemeal bread and spread Peaches and custard	Salmon (or chickpea) vegetable rice salad Seasonal fruit salad	Chicken fajitas (or vegetarian red pepper fajitas) Autumn fruit kebabs	Mixed bean chilli and jacket potato Yoghurt with date and apple puree

Note: Fresh drinking water must be available and accessible at all times.

Week 3: Example autumn/winter menu for childcare settings (children aged 1-4 years)



Menu	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Planned to provide 20% of a child's daily nutritional requirements Drinks: Water only	Wheat bisks with milk and raisins Half a crumpet and spread	Porridge with stewed apples and dates	Malted wheats and milk Plain pancake with banana	Egg with tomatoes and wholemeal toast and spread	Yoghurt, fruit and cereal pots White toast and spread
Mid-morning snack Planned to provide 10% of a child's daily nutritional requirements Drinks: Milk or water	Rice cake and houmous	Plain yoghurt and banana slices	Avocado on toast	Carrot and celery sticks	Breadsticks with apple
Lunch Planned to provide 30% of a child's daily nutritional requirements Drinks: Water only	Mixed bean and root vegetable stew with herb couscous Apple and rhubarb crumble and custard	Pork (or soya), leek and mustard casserole with mashed potatoes and Brussels sprouts Banana pancakes	Chicken korma (or chickpea korma) with brown rice Semolina with blackberry compote	Lamb pearl barley hotpot (or vegetarian pearl barley hotpot) with root vegetable mash Mini carrot cakes	Haddock ratatouille (or lentil ratatouille) with white pasta Fruity oat crumble sundaes
Mid-afternoon snack Planned to provide 10% of a child's daily nutritional requirements Drinks: Milk or water	Crackers and cream cheese	Pitta bread and tzatziki with pepper sticks	Seasonal chopped mixed fruit	Crumpets with spread and grapes	Hard-boiled egg and tomatoes
Tea Planned to provide 20% of a child's daily nutritional requirements Drinks: Water only	Homemade mackerel pate (or cheese) with baked potatoes and salad Seasonal fruit salad	Parsnip, butterbean and apple soup with a wholemeal roll and spread Poached pears with Greek yoghurt	Roast vegetable and red lentil pasta Satsumas and grapes	Couscous and chickpea salad Poached plums and custard	Pitta pockets with egg mayonnaise, cucumber and carrot salad Yoghurt and mixed dried fruit

Note: Fresh drinking water must be available and accessible at all times.