

Week 1: Example spring/summer 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	Malt wheat cereal with milk and sliced banana Crumpet and spread	Cornflakes with milk, raisins and kiwi fruit quarters White toast and spread	Hard-boiled egg and tomatoes with wholemeal bread and spread Banana	Wheat biscuits with milk and mixed berries Half a slice of fruit bread and spread	Crisped rice cereal and milk Half a bagel with spread and melon
Mid-morning snack Planned to provide 10% of a child's daily nutritional requirements Drinks: Milk or water	Breadsticks and mixed vegetable sticks	Toasted crumpet, spread and strawberries	Yoghurt and sliced grapes	Wholemeal toast with spread and mangetout	Banana slices
Lunch Planned to provide 30% of a child's daily nutritional requirements Drinks: Water only	Thai chicken curry (or Thai tofu curry) with white rice Seasonal fruit salad	Lamb moussaka (or Lentil moussaka) with garlic bread and mixed salad Rhubarb fool	Pork ragu (or soya and apple ragu) with new potatoes, broad beans and courgettes Pineapple upside down pudding with custard	Salmon and pea risotto (or bean and pea risotto) Blueberry sponge cake	Bean and veggie sausage wholemeal pasta bake Plain Greek yoghurt with raspberry puree
Mid-afternoon snack Planned to provide 10% of a child's daily nutritional requirements Drinks: Milk or water	Cheese (sliced or cut into sticks) and sliced tomatoes	Pineapple slices	Mashed avocado and pitta bread	Mixed chopped seasonal fruit	Cucumber and carrot sticks with crackers and cream cheese
Tea Planned to provide 20% of a child's daily nutritional requirements Drinks: Water only	Bean and tomato gnocchi bake with bread and spread Strawberry frozen yoghurt	Tuna fishcakes (or potato and lentil cakes) with tomato relish Season fruit salad	Pasta with beans and peas Rice pudding with peach purée	Wholemeal English muffin pizza with various toppings Banana slices	Crustless quiche with potato salad and pepper sticks Apple slices and raisins

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

Week 2: Example spring/summer 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 kiwi fruit Wholemeal toast and spread	Berries and yoghurt with toasted oats and cornflakes	Crisped rice cereal with milk and sliced banana Crumpet with spread	Cornflakes and milk Half a toasted teacake with spread and melon	Toasted English muffin with spread, egg and mushrooms
Mid-morning snack Planned to provide 10% of a child's daily nutritional requirements Drinks: Milk or water	Beanie dip and bread sticks	Pepper sticks and tomato slices	Wholemeal toast with spread and kiwi fruit quarters	Banana slices	Bagel and cream cheese
Lunch Planned to provide 30% of a child's daily nutritional requirements Drinks: Water only	BBQ chicken (or BBQ Quorn™ pieces) with new potatoes and roast vegetables Lemon and sultana cake	Beef and spinach curry (or chickpea and spinach curry) with white rice and naan bread Seasonal fruit salad	Steamed cod in tomato and pepper sauce (or tofu in tomato and pepper sauce) with couscous and green beans Rice pudding and raspberries	Vegetable and red lentil dhansak with brown rice Fruit, jelly and ice cream	Turkey meatballs (or veggie 'meatballs') with white spagehetti Peach fool ripple
Mid-afternoon snack Planned to provide 10% of a child's daily nutritional requirements Drinks: Milk or water	Nectarine slices	Oatcakes and cream cheese	Cucumber and carrot sticks	Crackers, tzatziki and tomato slices	Melon and blueberries
Tea Planned to provide 20% of a child's daily nutritional requirements Drinks: Water only	Couscous and chickpea salad Rice pudding and raisins	Sardine pâté (or pinto bean spread) on white toast with grilled tomatoes Fruit yoghurt pots	Billy can beans (or veggie sausage and beans) with wholemeal pasta Seasonal fruit kebabs	Lemon chicken (or Lemon soya) wrap with lettuce and cucumber Plain Greek yoghurt with strawberries and blackcurrants	Pea and asparagus frittata with new potato salad Pineapple slices

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

Week 3: Example spring/summer 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	Malt wheat cereal with milk Half a white bagel with spread, tomato and mushrooms	Cornflakes with milk and banana Wholemeal toast and spread	Shredded wheat with milk Toasted fruit bread with spread and kiwi fruit	Wheat biscuits with milk and raisins Half a crumpet and spread	Crisped rice cereal with milk and grapes Wholemeal toast and spread
Mid-morning snack Planned to provide 10% of a child's daily nutritional requirements Drinks: Milk or water	Peach slices and plain yoghurt	Breadsticks with carrot and pepper sticks	Mixed berries and plain yoghurt	Wholemeal toast and spread	Sugar snap peas and houmous
Lunch Planned to provide 30% of a child's daily nutritional requirements Drinks: Water only	Beef and mushroom stroganoff (or bean and mushroom stroganoff) with white rice Banana buns	Pasta primavera with garlic bread Yoghurt and dried apricots	Gammon (or Quorn™ fillet) with parsley sauce, new potatoes and green beans Seasonal fruit platter	Cod, potato and spinach curry (or lentil potato and spinach curry) with couscous Creamy apricot dessert	Chicken and vegetable pie (or cheese and vegetable pie) with roast potatoes and spring greens Summer crumble and custard
Mid-afternoon snack Planned to provide 10% of a child's daily nutritional requirements Drinks: Milk or water	Crumpets and spread	Banana and yoghurt	Pitta bread and tuna dip	Pepper sticks and cheese (sliced or cut into sticks)	Rice cakes, cucumber sticks and tomatoes
Tea Planned to provide 20% of a child's daily nutritional requirements Drinks: Water only	Savoury omelette with potato salad and cucumber Strawberry frozen yoghurt	Lamb and mint koftas (or veggie mince and mint koftas) with tomato sauce and wholemeal pita breads Apple slices and dates	Salmon and broccoli pasta (or lentil and broccoli pasta) with sweetcorn Semolina and nectarine compote	Homemade ham flatbread (or cheese flatbread) Grapes and melon	Bean and vegetable enchiladas Dairy ice cream and mango slices

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