

## Spring/Summer menu 1

This spring/summer one week menu meets the food and drink guidelines and the average energy and nutrient requirements for children aged one to five.

Menu	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b> Planned to provide about 20% of a child's daily energy and nutritional requirements	Wheat bisks or Cornflakes with currants  Wholemeal toast and spread  Whole Milk	Wheat bisks or Cornflakes with Banana's  Wholemeal toast and spread  Whole Milk	Wheat bisks or Cornflakes with Blueberries  Wholemeal toast and spread  Whole Milk	Wheat bisks or Cornflakes with sultanas  Wholemeal toast and spread  Whole Milk	Wheat bisks or Cornflakes with Apple slices  Wholemeal toast and spread  Whole Milk
<b>Mid-morning snack</b> Planned to provide about 10% of a child's daily energy and nutritional requirements	Fresh fruit smoothie  Whole Milk	Rice cakes and banana  Whole Milk	Cucumber and Carrot Sticks and humous  Whole Milk	Wholemeal toast and spread With seasonal fruit  Whole Milk	Breadsticks, Cheese cubes and Grapes  Whole Milk
<b>Lunch</b> Planned to provide about 30% of a child's daily energy and nutritional requirements	Lamb bolognaise or Lentil bolognaise with wholemeal spaghetti  Fresh Fruit Salad  Water	Chicken stir fry or Vegetable and chick pea stir fry with dried egg noodles  Pineapple upside down cake Water	Ham and mushroom tagliatelle or vegetable tagliatelle  Peaches with Greek Yoghurt  Water	Cod fish cakes or Parsnip and Leek Cakes with new potatoes and garden peas  Banana and custard  Water	Broccoli Quiche with new potatoes and salad  Raspberries with fromage frais  Water
<b>Tea</b> Planned to provide about 20% of a child's daily energy and nutritional requirements	Cinnamon French Toast  Mixed Berries  Water	Jacket potato with fillings  Seasonal fruit  Water	Scrambled egg with wholemeal toast and spread  satsumas  Water	Tuna and sweetcorn pasta or chickpea and sweetcorn pasta  melon  Water	Wholemeal pitta with Tuna or cheese filling, pepper sticks, cucumber sticks  Seasonal fruit  Water
<b>Mid-afternoon snack</b> Planned to provide about 10% of a child's daily energy and nutritional requirements	Popcorn with sliced apple  Water	Oat cakes and Orange  Water	Crackers with spread and Pear  Water	Melba Toast with Soft Cheese and Grapes  Water	Rice cakes with cottage cheese, apple  Water