

Autumn/winter menu

This autumn/winter 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
Breakfast Planned to provide about 20% of a child's daily energy and nutritional requirements	Wheat bisks or ready brek with raspberries Wholemeal toast and spread whole Milk	Wheat bisks or ready brek with Banana's Wholemeal toast and spread whole Milk	Wheat bisks or ready brek with Blueberries Wholemeal toast and spread whole Milk	Wheat bisks or ready brek with Sultanas Wholemeal toast and spread whole Milk	Wheat bisks or ready brek with Apple slices Wholemeal toast and spread whole Milk
Mid-morning snack Planned to provide about 10% of a child's daily energy and nutritional requirements	Tea cakes water	Tropical fruit with Yoghurt dip Whole milk	Berry fruits and cheese crackers Whole milk	cream cheese sandwiches with Strawberry Water	Crunchy Vegetables with Tzatziki dip Whole Milk
Lunch Planned to provide about 30% of a child's daily energy and nutritional requirements	Pasta ratatouille bake (v) with Greek salad and garlic bread Apricot bread and butter pudding with cream Water	Kedgerree or Risotto primavera (v) with runner beans and sweetcorn Farm house fruit pie Water	Pork and apple hotpot or Lentil roast (v) with Brussels sprouts and carrots Plum crunchies water	Chicken and vegetable pie or vegetable pie (v) with mixed potato mash Fresh fruit with natural yoghurt Water	Chilli con carne or vegetable chilli (V) with rice Bananas and custard Water
Mid-afternoon snack Planned to provide about 10% of a child's daily energy and nutritional requirements	Banana sandwiches Whole milk	Crackers with spread and tomato slices water	Cottage cheese and chive crisp bread Whole milk	Breadsticks with kiwi Whole milk	Seasonal Fruit Whole milk
Tea Planned to provide about 20% of a child's daily energy and nutritional requirements	Scrambled egg toast with baked tomatoes Seasonal Fruit Water	Sweet corn chowder (v) with wholemeal pitta Banana Bread Water	Caribbean chicken salad or Caribbean vegetable salad (v) Spiced fruit with natural Yoghurt Water	Margarita pizza (v) With fresh green salad Seasonal fruit Whole milk	Sardines on wholemeal toast or cheese and tomato on toast (V) Apples and bananas