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Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast  Planned to provide 20% of a child's daily nutritional requirements Drinks: Milk or water	A selection of cereals, porridge, wholemeal toast, fruit variety				
Mid-morning snack  Planned to provide 10% of a child's daily nutritional requirements Drinks: Milk or water	Variety of fresh fruit, vegetables, oat cakes or bread sticks				
Lunch Planned to provide 30% of a child's daily nutritional requirements Fish dishes have vegetarian alternatives. Drinks: Water only	Moroccan chickpea and lentil stew with & potatoes  Crunchy Apple Crumble & ice cream	Salmon and pea tagliatelle with salad - Bean and vegetable tagliatelle  Semolina Pudding	Armina's beautiful bolognaise with salad  Fruit Muffins	Ocean Pie with fresh vegetables - Veggie shepherd's pie with salad  Stewed Fruit and Custard	Homemade Vegetable bean burgers with potato wedges, salsa & salad  Cocoa and Beetroot Cake
Mid afternoon Snack Planned to provide 10% of a child's daily nutritional requirement Drinks: Milk or water	Bread sticks, carrot sticks and hummus 	Cheese sticks and tomatoes 	Mixed chopped seasonal fruit 	Fish paté and crackers - Hummus and crackers 	Cucumber, carrots and cream cheese with crackers 
Tea Planned to provide 20% of a child's daily nutritional requirements Fish dishes have vegetarian alternatives. Drinks: Water only	Pasta bean bake with salad  Banana milkshake	Homemade hummus with pittas and crudités  Fruit Yoghurt	Winter vegetable and lentil soup with dumplings  Grapes and Melon	Veggie bean parmigiana with garlic bread  Fresh Pineapple	Pirate Pasta with salad - Mixed Bean Pasta  Fruit Platter

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Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast  Planned to provide 20% of a child's daily nutritional requirements Drinks: Milk or water	A selection of cereals, porridge, wholemeal toast, fruit variety				
Mid-morning snack  Planned to provide 10% of a child's daily nutritional requirements Drinks: Milk or water	Variety of fresh vegetables, oat cakes or bread sticks				
Lunch Planned to provide 30% of a child's daily nutritional requirements Fish dishes have vegetarian alternatives. Drinks: water only	Quorn casserole with seasonal vegetables and new potatoes  Mixed Fruit	Big veg lentil chilli with brown rice  Fruit Custard	Potato and Salmon fishcakes with salsa - Potato and lentil cakes with salsa  Semolina Pudding	Thursday Quorn Roast with roast potatoes and vegetables  Tasty Fruity Muffins	Thai tofu curry with brown rice  Friday fruity fairy cakes
Mid afternoon Snack  Mid-afternoon snack Planned to provide 10% of a child's daily nutritional requirement Drinks: Milk or water	Homemade hummus with crackers	Mixed fruits	Rice cakes, cucumber sticks and tomatoes	Bread sticks, carrot sticks and hummus	Pitta bread with bean dip
Tea Planned to provide 20% of a child's daily nutritional requirements Fish dishes have vegetarian alternatives. Drinks: water only	Winter vegetable and lentil soup with wholemeal bread  Fruit Milkshake	Mixed Bean Pasta with salad  Fresh fruit platter	Yellow lentil rice pilaf with lemon yoghurt  Fruity yoghurt	Homemade Pirate Pizza and Salad - Homemade vegetarian pizza with salad  Fruity Rice pudding	Wholemeal sandwiches with a variety of fillings Fresh fruit delight

Autumn/Winter Menu 2019

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast  Planned to provide 20% of a child's daily nutritional requirements Drinks: Milk or water	A selection of cereals, porridge, wholemeal toast, fruit variety				
Mid-morning snack  Planned to provide 10% of a child's daily nutritional requirements Drinks: Milk or water	Variety of fresh vegetables, oat cakes or bread sticks				
Lunch Planned to provide 30% of a child's daily nutritional requirements. Fish dishes have vegetarian alternatives. Drinks: water only	Three bean casserole with brown rice  Semolina pudding	Ocean Pie with fresh vegetables - Veggie shepherd's pie with fresh vegetables  Melon and pineapple	Quorn Roast with Roast potatoes and Vegetables  Bananas & Custard	Armina's beautiful bolognaise with salad and garlic bread  Cocoa and beetroot cake	Potato and Salmon fishcakes with salsa - Potato and lentil cakes with salsa  Friday Fruit surprise
Mid afternoon Snack  Mid-afternoon snack Planned to provide 10% of a child's daily nutritional requirement Drinks: Milk or water	Mixed Fruits	Oatcakes with cream cheese	Lentil dahl and chapatti	Fish paté with crackers	Fruit platter
Tea Planned to provide 20% of a child's daily nutritional requirements Fish dishes have vegetarian alternatives. Drinks: water only	Salmon pasta bake with salad - Bean and pasta bake with salad  Fruit yoghurt	Falafel, tzatziki and salad  Fruity Rice pudding	Jacket potato, cheese and beans  Seasonal fruit platter	Winter vegetable and bean soup with wholemeal bread  Apple slices	Wholemeal sandwiches with a variety of fillings  Selection of fruits

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Healthy Meal Times

Breakfast	Only plain wholegrain breakfast cereal, porridge, wholemeal toast and a variety of fruit throughout the week are provided. Milk or water is available to drink.
Lunch Meal	All our soups are homemade and contain vegetable, beans/ pulses and grains. All our sauces are homemade* and contain more than three vegetables lentils or beans. Homemade Cakes are only served for lunch time meals and are low in sugar. Fruity cake mixes contain at least 40g of fresh fruit or vegetables or 15g of dried fruit. We use non-dairy vegetable based spreads, olive oil and sunflower oil in our cooking.
Snacks	Our snacks are served with milk and water, and consist of a variety of fruit & vegetables, carbohydrates such as crackers or breadsticks and homemade protein dips throughout the week.
Tea	All our pizzas and tortillas are home made with sauces that have beans and pulses blended through. Only milk based puddings or fruit is served for teatime meals, all tea time puddings are no added sugar. Children are often involved in preparing some of their tea meals. They make sandwiches, soups and pizzas
Allergies	All allergen breakdowns are available on request. All individual allergies are taken into account- our kitchen is nut-free, sesame seed free and shellfish free. We have information on the children's dietary requirements in the kitchen and in every room.
Innovative ways	We constantly aim to be innovative in our menu, researching new ways to make it more appealing for our children and involving them in preparation: Planting herbs, vegetables and tasting foods from around the world and celebrating cultural events with traditional foods.
Committed	We are committed to providing a healthy balanced diet for our children and work in partnership with outside professionals, nutritionists, Healthy Early Years London (HEYL) and the Early Years Nutrition Partnership (EYN)
Partnerships	We evaluate our meals and ensure that our children are enjoying mealtimes and make changes if necessary. We complete surveys with parents and children to evaluate their feedback.

*Excluding the Green Thai Curry Paste for week 2 Friday Lunch-this is a Vegan curry paste from Tesco.