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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	Armina's beautiful bolognese with salad  Summer Fruit Crumble & ice cream	Potato and salmon fishcakes - Potatoes and lentil cake  with summer salsa and vegetables Melon slices	Moroccan chickpea and lentil stew with cous cous & salad  Fresh fruit salad	Ocean Pie with fresh vegetables - Veggie shepherd's pie with salad  Mixed berry cakes	Homemade Vegetable bean burgers with sweet 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	Vegetable sticks and hummus 	Cheese sticks and tomatoes 	Lentil dahl with pitta 	Cucumber, carrots and cream cheese with crackers 	Fish paté with crackers - Hummus and crackers 
Tea Planned to provide 20% of a child's daily nutritional requirements Fish dishes have vegetarian alternatives. Drinks: Water only	Falafel, tzatziki and salad  Flower fruit platter	Wholemeal sandwiches with a variety of fillings  Fruit Yoghurt	Pirate pasta with summer salad - Mixed bean pasta with summer salad  Greek yoghurt	Veggie parmigiana with garlic bread  Fruity custard	Yellow rice pilaf with lentil dahl  Fruit Platter

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 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	Big veg lentil chilli with rice Fruit Salad	Quorn casserole & summer vegetables and new potatoes 🌱 Fruit Custard	Salmon and vegetable tagliatelle with summer salad - Bean and vegetable tagliatelle with summer salad Orange segments	Thai tofu curry with rice 🌱 Fresh pineapple chunks	Armina's beautiful bolognese with salad and garlic bread 🌱 Friday fruity fairy cakes
Mid afternoon Snack 🌱 Planned to provide 10% of a child's daily nutritional requirement Drinks: Milk or water	Pea guacamole with crackers	Bread sticks, carrot sticks and hummus	Mixed Fruit platter	Lentil dahl and chapatti	Pitta bread with tuna or bean dip
Tea Planned to provide 20% of a child's daily nutritional requirements Fish dishes have vegetarian alternatives. Drinks: water only	Tuna fishcakes with salsa and salad - Potato and lentil cakes with salsa 🌱 Fruit Milkshake	Pirate pasta with salad Mixed bean pasta with salad 🌱 Flower fruit platter	Wholemeal sandwiches with a variety of fillings Fruit milkshake	Macaroni cheese with cannellini beans and salad 🌱 Juicy water melon	Summer bean and vegetable soup with wholemeal bread 🌱 Fresh fruit delight

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 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	Three bean casserole with rice  Yoghurt with fruit puree	Ocean Pie with fresh vegetables Veggie shepherd's pie with fresh vegetables  Mixed fruit platter	Chickpea and vegetable curry with rice and salad  Cocoa and beetroot cake	Thursday Roast with trimmings  Summer semolina Pudding	Lovely vegetable lasagne with salad  Friday Fruit surprise
Mid afternoon Snack  Planned to provide 10% of a child's daily nutritional requirement Drinks: Milk or water	Nectarine slices	Oatcakes with cream cheese	Fish pate and crackers	Watermelon chunks	Fruit platter
Tea Planned to provide 20% of a child's daily nutritional requirements Fish dishes have vegetarian alternatives. Drinks: Water only	Pirate Pizza with salad  Mixed fruit slices	Homemade hummus with pittas and crudités  Strawberry yoghurt	Jacket potato, cheese and beans  Seasonal fruit platter	Falafel, tzatziki and salad Greek yoghurt 	Wholemeal sandwiches with a variety of fillings  Fruit milkshake

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. Sandwiches and pizzas often have a fish filling or topping and always contain at least one source of protein.
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 Thursday Lunch-this is a Vegan curry paste from Tesco.*