

















# Autumn/Winter Menu 2020

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b> 🌱 Planned to provide 20% of a child's daily nutritional requirements Drinks: Milk or water	A selection of cereals, porridge, wholemeal toast, fruit variety				
<b>Mid-morning snack</b> 🌱 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				
<b>Lunch</b> 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 🌱  Cocoa and Beetroot Cake	Armina's beautiful bolognese 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 🌱  Semolina Pudding
<b>Mid afternoon Snack</b> Planned to provide 10% of a child's daily nutritional requirement Drinks: Milk or water	Fish paté and crackers - Cheese and crackers 🌱	Cheese sticks and tomatoes 🌱	Bread sticks, carrot sticks and hummus 🌱	Mixed seasonal fruit 🌱	Cucumber, carrots and cream cheese with crackers 🌱
<b>Tea</b> Planned to provide 20% of a child's daily nutritional requirements Fish dishes have vegetarian alternatives. Drinks: Water only	Vegetable Risotto 🌱  Grapes and Melon	Homemade hummus with pittas and crudités 🌱  Fruit Yoghurt	Veggie bean parmigiana with garlic bread 🌱  Banana milkshake	Winter vegetable and lentil soup with dumplings 🌱  Fresh Pear Slices	Pirate Pasta with salad - Mixed Bean Pasta 🌱  Fruit Platter

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
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# Autumn/Winter Menu 2020

<b>Breakfast</b>  Planned to provide 20% of a child's daily nutritional requirements Drinks: Milk or water	A selection of cereals, porridge, wholemeal toast, fruit variety				
<b>Mid-morning snack</b>  Planned to provide 10% of a child's daily nutritional requirements Drinks: Milk or water	Variety of fresh vegetables, oat cakes or bread sticks				
<b>Lunch</b> Planned to provide 30% of a child's daily nutritional requirements Fish dishes have vegetarian alternatives. Drinks: Water only	Big Veg lentil chili with rice   Fruity fairy cakes	Mixed Bean casserole with seasonal vegetables and new potatoes   Orange wedges	Potato and Salmon fishcakes with salsa - Potato and lentil cakes with salsa   Fruity yoghurt	Thursday Quorn Roast with roast potatoes and vegetables   Mixed Fruit	Thai tofu curry with brown rice   Mixed Fruit Crumble & Ice cream
<b>Mid afternoon Snack</b> Mid-afternoon snack Planned to provide 10% of a child's daily nutritional requirement Drinks: Milk or water	Homemade hummus with crackers/ bread sticks 	Fish paté and crackers - Cheese and crackers 	Rice cakes, cucumber sticks and tomatoes 	Bread sticks, carrot sticks and hummus 	Pitta bread with bean dip 
<b>Tea</b> Planned to provide 20% of a child's daily nutritional requirements Fish dishes have vegetarian alternatives. Drinks: Water only	Butterbean Macaroni   Fruit Milkshake	Wholemeal sandwiches with a variety of fillings  Fruity Rice pudding	Winter vegetable and lentil soup with wholemeal bread   Fresh Apple and pear slices	Homemade Pirate Pizza and Salad - Homemade vegetarian pizza with salad   Semolina Pudding	Pasta bean bake with salad   Fresh fruit delight

<b>Week 3</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
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# Autumn/Winter Menu 2020

<p><b>Breakfast</b> 🌱 Planned to provide 20% of a child's daily nutritional requirements Drinks: Milk or water</p>	<p>A selection of cereals, porridge, wholemeal toast, fruit variety</p>				
<p><b>Mid-morning snack</b> 🌱 Planned to provide 10% of a child's daily nutritional requirements Drinks: Milk or water</p>	<p>Variety of fresh vegetables, oat cakes or bread sticks</p>				
<p><b>Lunch</b> Planned to provide 30% of a child's daily nutritional requirements. Fish dishes have vegetarian alternatives. Drinks: Water only</p>	<p>Three bean casserole with brown rice 🌱  Fresh fruity Scones</p>	<p>Potato and Salmon gratin - Potato and vegetable gratin 🌱  Semolina Pudding</p>	<p>Homemade Vegetable bean burgers with potato wedges, salsa &amp; salad 🌱  Bananas &amp; Custard</p>	<p>Armina's beautiful bolognaise with salad and garlic bread 🌱  Cocoa and Beetroot Cake</p>	<p>Ocean Pie with fresh vegetables - Veggie shepherd's pie with fresh vegetables 🌱  Fresh Melon Chunks</p>
<p><b>Mid afternoon Snack</b> Mid-afternoon snack Planned to provide 10% of a child's daily nutritional requirement Drinks: Milk or water</p>	<p>Mixed Fruits 🌱</p>	<p>Fruit platter 🌱</p>	<p>Lentil dahl and chapatti 🌱</p>	<p>Fish paté with crackers Cheese with crackers 🌱</p>	<p>Oatcakes with cream cheese 🌱</p>
<p><b>Tea</b> Planned to provide 20% of a child's daily nutritional requirements Fish dishes have vegetarian alternatives. Drinks: Water only</p>	<p>Jacket potato, cheese &amp; beans and tuna 🌱  Fruit yoghurt</p>	<p>Winter vegetable and bean soup with wholemeal bread 🌱  Baked apple and cinnamon slices</p>	<p>Salmon pasta bake with salad - Bean and pasta bake with salad 🌱  Seasonal fruit platter</p>	<p>Falafel, tzatziki and salad 🌱  Fruity Rice pudding</p>	<p>Wholemeal sandwiches with a variety of fillings 🌱  Fruity Milkshake</p>

Healthy Meal Times

## Autumn/Winter Menu 2020

<b>Breakfast</b>	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.
<b>Lunch Meal</b>	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.
<b>Snacks</b>	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.
<b>Tea</b>	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
<b>Allergies</b>	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.
<b>Innovative ways</b>	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.
<b>Committed</b>	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)
<b>Partnerships</b>	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.*