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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	Quorn roast with roast potatoes and vegetables   Stewed Fruit and Custard	Homemade Vegetable bean burgers with potato wedges & 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   Melon chunks	Homemade hummus with pittas and crudités   Fruit yoghurt	Veggie bean parmigiana with garlic bread   Banana milkshake	Winter vegetable and lentil soup with dumplings   Pear slices	Pirate Pasta with salad - Mixed Bean Pasta   Fruit Platter

# Autumn/Winter Menu 2021

Week 2	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 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 chilli with brown rice   Fruity fairy cakes	Mixed bean casserole with seasonal vegetables and potatoes   Orange wedges	Potato and salmon fishcakes with salsa - Potato and lentil cakes with salsa   Mixed fruit	Fish Curry with Rice - Vegetable Curry with rice   Baked apple and cinnamon slices	Quorn roast with roast potatoes and vegetables   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 	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	Winter vegetable and lentil soup with wholemeal bread   Fruit milkshake	Wholemeal sandwiches with a variety of fillings  Fruity rice pudding	Mixed bean pasta with salad   Apple & pear slices	Homemade pirate pizza and salad - Homemade vegetarian pizza with salad   Semolina pudding	Vegetable risotto   Fresh fruit delight

# Autumn/Winter Menu 2021

Week 3	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 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	Three bean casserole with brown rice   Fresh fruity scones	Veggie shepherd's pie with fresh vegetables   Semolina pudding	Homemade Vegetable bean burgers with potato wedges & salad   Bananas & Custard	Armina's beautiful bolognese with salad and garlic bread   Cocoa and beetroot cake	Thai green vegetable & tofu curry with brown rice   Fresh melon chunks
<b>Mid afternoon Snack</b>  Mid-afternoon snack Planned to provide 10% of a child's daily nutritional requirement Drinks: Milk or water	Mixed Fruits 	Fruit Platter 	Homemade hummus and fresh flatbreads 	Fish paté with crackers - Cheese with crackers 	Oatcakes & cream cheese 
<b>Tea</b> Planned to provide 20% of a child's daily nutritional requirements Fish dishes have vegetarian alternatives. Drinks: Water only	Jacket potato, cheese and beans   Fruit yoghurt	Winter vegetable and bean soup with wholemeal bread   Baked apple & cinnamon slices	Salmon pasta bake with salad - Bean and pasta bake with salad   Fruit platter	Falafel wrap and salad   Fruity rice pudding	Wholemeal sandwiches with a variety of fillings   Fruity milkshake

# Autumn/Winter Menu 2021

## Healthy Meal Times

<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 3 Friday Lunch-this is a Vegan curry paste from Tesco.*