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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	Armina's beautiful bolognaise with salad   Summer Fruit Crumble & ice cream	Homemade fishcakes - Potato and lentil cakes  with summer salsa and vegetables  Melon Slices	Moroccan chickpea and lentil stew with & cous cous & salad   Fruity Custard	Caribbean fish curry - Caribbean vegetable curry   Fresh Orange Slices	Homemade Vegetable bean burgers with potato wedges, salsa & salad   Cocoa and Beetroot Cake
<b>Mid afternoon Snack</b> Planned to provide 10% of a child's daily nutritional requirement Drinks: Milk or water	Vegetable sticks and hummus 	Cheese sticks and tomatoes 	Hummus & bean dip with pitta bread 	Cucumber, carrots and cream cheese with crackers 	Fish pâté and crackers 
<b>Tea</b> Planned to provide 20% of a child's daily nutritional requirements Fish dishes have vegetarian alternatives. Drinks: Water only	Mexican Bean Tortillas   Fruit Platter	Variety of wholemeal sandwiches   Semolina Pudding	Pirate Pasta - Mixed Bean Pasta  With summer salad  Greek Yoghurt	Veggie bean parmigiana with garlic bread   Fruity Milkshake	Roasted pepper and cannellini bean pasta bake   Fruit Platter

# Spring/Summer Menu 2022

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 rice   Fruit Salad	Bean casserole with seasonal vegetables and new potatoes   Fruit Custard	Salmon and pea tagliatelle - Bean and vegetable tagliatelle  with salad Orange segments	Thai tofu curry with rice   Fresh Pineapple chunks	Armina's beautiful bolognaise with salad and garlic bread   Friday fruity fairy cakes
<b>Mid afternoon Snack</b>  Mid-afternoon snack Planned to provide 10% of a child's daily nutritional requirement Drinks: Milk or water	Rice cakes with cucumber	Bread sticks, carrot sticks and hummus	Mixed fruits	Fish pâté and crackers	Oat cakes with cream cheese and cucumber
<b>Tea</b> Planned to provide 20% of a child's daily nutritional requirements Fish dishes have vegetarian alternatives. Drinks: Water only	Cannellini Bean Falafel with Potato wedges & salsa   Fruit Milkshake	Pirate Pasta - Mixed Bean Pasta  With summer salad	Variety of wholemeal sandwiches   Banana Milkshake	Macaroni cheese with cannellini beans and salad   Juicy watermelon	Summer vegetable and bean soup with wholemeal bread   Fresh fruit delight

# Spring/Summer Menu 2022

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 rice   Mixed Berry Cake	Lovely vegetable lasagne with salad   Mixed fruit platter	Chickpea and vegetable curry with rice and salad   Cocoa and beetroot cake	Thursday Roast with trimmings   Semolina pudding	Fish ratatouille - Ratatouille  With pasta  Friday Fruit surprise
<b>Mid afternoon Snack</b>  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 pâté with crackers	Watermelon chunks	Fruit platter
<b>Tea</b> Planned to provide 20% of a child's daily nutritional requirements Fish dishes have vegetarian alternatives. Drinks: Water only	Homemade Pirate Pizza - Homemade vegetarian pizza  with salad  Pineapple chunks	Jacket Potato Cheese and Beans   Strawberry yoghurt	Homemade hummus with breadsticks and crudités    Fruity rice pudding	Moroccan cous cous and salad    Mixed fruit slices	Variety of wholemeal sandwiches    Banana milkshake

# Spring/Summer Menu 2022

## 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 2 Thursday Lunch-this is a Vegan curry paste from Tesco.*