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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, 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 bolognaise with salad  Summer Fruit Crumble & ice cream	Homemade fishcakes - Potato and lentil cakes  with summer salsa and vegetables Fruit Platter	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
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 	Hummus & bean dip with pitta bread 	Cucumber, carrots and cream cheese with crackers 	Fish pâté and crackers 
Tea 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  Greek Yoghurt	Pirate Pasta - Mixed Bean Pasta  With summer salad Melon Slices	Veggie bean parmigiana with garlic bread  Fruity Milkshake	Roasted pepper and cannellini bean pasta bake  Semolina Pudding

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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, 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	Big veg lentil chilli with rice 🌱 Fruity yoghurt	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
Mid afternoon Snack 🌱 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
Tea 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 Salad	Pirate Pasta - Mixed Bean Pasta 🌱 With summer salad Fresh fruit platter	Variety of wholemeal sandwiches 🌱 Juicy watermelon	Macaroni cheese with cannellini beans and salad 🌱 Semolina Pudding	Mediterranean vegetable cous cous with salad 🌱 Fresh fruit delight

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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, 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 rice  Fruity Custard	Lovely vegetable lasagne with salad  Mixed fruit platter	Chickpea and vegetable curry with rice and salad  Cocoa and beetroot cake	Quorn Roast with Roast Potatoes and Vegetables  Semolina pudding	Fish ratatouille - Ratatouille  With pasta Friday Fruit surprise
Mid afternoon Snack  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
Tea 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	Hummus with pitta bread & crudités  Fruity rice pudding	Moroccan cous cous and salad  Mixed fruit slices	Variety of wholemeal sandwiches  Banana milkshake

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