Autumn/Winter Menu 2026

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast (V) 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 (V) 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	Moroccan chickpea and lentil stew with rice (V) Crunchy apple crumble & ice cream	Salmon and pea tagliatelle with salad - Bean and vegetable tagliatelle (V) Fruit Platter	Armina's beautiful bolognaise with salad (V) Fruit muffins	Quorn roast with roast potatoes and vegetables (V) Stewed fruit and custard	Homemade Vegetable bean burgers with potato wedges & salad (V) Semolina pudding
Mid afternoon Snack Planned to provide 10% of a child's daily nutritional requirement Drinks: Milk or water	Fish pâté and crackers - Cheese and crackers (V)	Cheese sticks and tomatoes (V)	Bread sticks, carrot sticks and hummus (V)	Mixed seasonal fruit (V)	Cucumber, carrots and cream cheese with crackers (V)
Tea Planned to provide 20% of a child's daily nutritional requirements Fish dishes have vegetarian alternatives. Drinks: Water only	Pirate pasta with salad - Mixed bean pasta (V) Fruit platter	Homemade hummus with pittas and crudités (V) Fruit yoghurt	Veggie bean parmigiana with garlic bread (V) Banana milkshake	Winter vegetable and lentil soup with wholemeal bread (V) Pear slices	Vegetable risotto (V) Melon chunks

Autumn/Winter Menu 2026

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 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 brown rice Fruity fairy cakes	Mixed bean casserole with seasonal vegetables and potatoes Fruity Custard	Potato and salmon fishcakes with salsa - Potato and lentil cakes with salsa Yoghurt	Fish curry with rice - Vegetable curry with rice Semolina	Quorn roast with roast potatoes and vegetables Mixed fruit crumble & ice cream
Mid afternoon Snack Mid-afternoon snack Planned to provide 10% of a child's daily nutritional requirement Drinks: Milk or water	Homemade hummus with crackers	Fish pâté and crackers - Cheese and crackers	Rice cakes, cucumber sticks and tomatoes	Bread sticks, carrot sticks and hummus	Pitta bread with bean dip
Tea Planned to provide 20% of a child's daily nutritional requirements Fish dishes have vegetarian alternatives. Drinks: Water only	Wholemeal sandwiches with a variety of fillings Apple & pear slices	Winter vegetable and lentil soup with wholemeal bread Orange wedges	Mixed bean pasta with salad Mixed fruit	Baked Macaroni and cheese with salad Baked apple and cinnamon slices	Moroccan couscous with salad Fresh fruit delight

Autumn/Winter Menu 2026

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 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 brown rice Fresh fruity scones	Veggie shepherd's pie with fresh vegetables Semolina pudding	Homemade Vegetable Chick pea burgers with potato wedges & salad Fresh Melon	Armina's beautiful bolognaise with salad and garlic bread Cocoa and beetroot cake	Thai green vegetable & tofu curry with brown rice Banana custards
Mid afternoon Snack Mid-afternoon snack Planned to provide 10% of a child's daily nutritional requirement Drinks: Milk or water	Homemade hummus and fresh flatbreads	Fruit platter	Mixed fruits	Fish paté with crackers - Cheese with crackers	Oatcakes & cream cheese
Tea Planned to provide 20% of a child's daily nutritional requirements Fish dishes have vegetarian alternatives. Drinks: Water only	Winter vegetable and bean soup with wholemeal bread Fruit platter	Jacket potato, cheese and beans Fruit yoghurt	Salmon pasta bake with salad - Bean and pasta bake with salad Fruity milkshake	Pirate pizza and salad Fruity rice pudding	Wholemeal sandwiches with a variety of fillings Baked apple & cinnamon slices

Autumn/Winter Menu 2026

Healthy Meal Times

Breakfast	Only plain wholegrain breakfast cereal, wholemeal toast and a variety of fruit throughout the week are provided. Milk or water is available to drink. Porridge is available during the colder months.
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 3 Friday Lunch-this is a Vegan curry paste from Tesco.*