

## FOUR WEEKLY MENU PLANS FOR CHILDREN AGED 0 – 5 YEARS OLD: Week 1

Day	Mid-morning snack	Lunch	Tea
Monday	Milk/sliced bananas Rice cakes	Caribbean pork stew with long grain rice. Apple and cinnamon slices	Pasta Carbonara with peas, served with roasted tomatoes Fresh fruit salad
Tuesday	Milk/Water Cherry tomatoes & mozzarella balls	Sticky chicken, sweet potato mash with buttered corn on the cob Sultana Flapjacks	Spanish bacon & pepper frittata with chopped tomato and cucumber salad Mixed berry jelly
Wednesday	Milk/Water Grapes Breadsticks	Cheese, ham and pea risotto Poached pears and custard	Creamy smoked mackerel and potato bake with green beans Satsuma jelly
Thursday	Milk/water Carrot sticks, humus & buttered whole-wheat crackers	Spaghetti Bolognese served with carrot batons and garlic ciabatta Melon wedges	Scrambled eggs and baked beans with whole meal buttered soldiers and cucumber sticks Tinned peaches
Friday	Milk or water Sliced apples and shortcake biscuits	Haddock fish cakes with carrots and peas Greek yoghurt with apple and strawberry puree	Mozzarella and tomato pizza with choice of toppings. Mixed chopped salad Pineapple chunks and ice cream

## FOUR WEEKLY MENU PLANS FOR CHILDREN AGED 0 – 5 YEARS OLD: Week 2

Day	Mid-morning snack	Lunch	Tea
Monday	Milk/Water Biscuits and blueberries	Boston baked beans and sausages with crusty bread Poached plums and crème fraiche	Salmon and courgette pasta served with cherry tomatoes Cantaloupe Melon
Tuesday	Milk/Water Buttered rice cakes and sliced bananas	Moroccan beef koftas with fruity couscous & tzatziki dip Strawberries and vanilla ice cream	Frittata with green beans, peppers and feta cheese served with garlic bread and cucumber sticks Raisin and oatmeal cookies
Wednesday	Milk/Water Breadsticks and Dairy Lea cheese Orange Juice	Sweet and sour turkey with spring vegetables and noodles Apricot cookies	Vegetable Lasagne Satsumas
Thursday	Milk/Water Soreen banana loaf and sliced pears	Swedish style meatballs with rice and mixed veggies Vanilla yoghurt with Strawberries and mini meringues	Roast chicken and root vegetable soup with buttered baguettes Pineapple fingers
Friday	Milk/Water Satsumas Malted milk biscuits	Fish and leek pie with carrot and swede mash Stewed apples and custard	Gnocchi with tomato and mascarpone sauce, steamed green beans Fresh kiwi and chocolate cornflake bites

### FOUR WEEKLY MENU PLANS FOR CHILDREN AGED 0 – 5 YEARS OLD: Week 3

Day	Mid -morning snack	Lunch	Tea
Monday	Milk/Water Orange Juice Shortcake biscuits	Pork sausages with savoy cabbage, mash & gravy Sultana fingers	Tuna, sweetcorn and mayonnaise with toasted, buttered muffins Fruit fromage frais
Tuesday	Milk/Water Grapes and buttered malt loaf	Roast chicken dinner with veggies and Yorkshire puddings Tropical fruit salad	Spinach and ricotta tortellini with four cheese sauce and garlic bread. Chocolate petit filou with sliced bananas
Wednesday	Milk/Water Cheese and crackers, apple slices	Shepherds Pie (lamb) with carrots and peas, topped with cheesy mash Bananas and custard	Little Ones butternut squash risotto Greek yoghurt with mango purée
Thursday	Milk/Water Bread sticks Sliced pears	Minced beef and vegetable folded pizzas (Calzone) Vanilla yoghurt and blueberries	Toasted bagel with scrambled eggs & smoked salmon with cucumber slices Fruit flapjacks
Friday	Milk/Water Buttered rice cakes Melon balls	Cauliflower and peas with macaroni cheese Mixed fruit platter	Quorn mince and veggie curry with pilaf rice and poppadoms Mini milk ice lollies

## FOUR WEEKLY MENU PLANS FOR CHILDREN AGED 0– 5 YEARS OLD: Week 4

Day	Mid -morning snack	Lunch	Tea
Monday	Milk/Water Breadsticks & Dairy Lea cheese	Meatball tagine served with vegetable couscous Tinned peaches with custard	Sardines in tomato sauce with pasta shells Cucumber & tomato salad Kiwi and bananas
Tuesday	Milk/Water Apple Juice Buttered brioche Fresh Apricots	Turkey & spinach meatloaf, mashed potatoes, green beans and gravy Blueberry muffins	Quorn chili, kidney beans & grated cheese served with Mexican rice and fresh tomato salsa Fresh pineapple fingers
Wednesday	Milk/Water Buttered crumpets Raisins	Sausage hotpot with root vegetables and pulses Melon Chunks	Rainbow vegetable and egg bake, served with avocados Banana cake
Thursday	Milk/Water Choice of fruit Cheese crackers	Whole-wheat pasta twists with hidden veggie sauce and grated cheese Strawberry ice cream with shortbread fingers	Pork and apple patties, with sweet potato fries and stir fried cabbage Mixed fruit platter
Friday	Milk/Water Cheese cubes & Pear chunks Melba toast	Fish in cheese sauce with mashed potatoes and peas Honey and berries frozen yoghurt slice	Chicken and chorizo paella Buttery flapjacks and grapes

## SAMPLE BREAKFAST AND SNACK MENUS

Children are offered diluted fruit juice everyday as part of our breakfast menu. They are provided with three different varieties of cereal, including one wholegrain choice per week as a minimum. We also offer a variety of starchy foods at breakfast time, to ensure that children have foods that provide “energy” throughout the morning. Snacks are provided each morning and afternoon, one of the snacks offered will a “starchy” snack, the other will include a serving of fruit.

Day	Breakfast	Mid-morning snack	Afternoon snack
1	Weetabix/milk toast/butter Diluted fruit juice	Apple slices Milk/water	Rice cakes Milk/water
2	Ready Brek/milk toast/marmite Diluted fruit juice	Crackers and cheese cubes Milk/water	Bananas Milk/water
3	Mini Shreddies/milk toast/butter Diluted fruit juice	Satsumas Milk/water	Breadsticks and Dairylea cheese Milk/water
4	Weetabix/milk Blueberries toast/butter Diluted fruit juice	Carrot sticks humus Milk/water	Buttered whole-wheat crackers Milk/water
5	Ready Brek/milk toast/marmite Diluted fruit juice	Sliced pears Milk/water	Buttered Melba toast Milk/Water

Please note that all our jellies do not contain animal fat and are suitable for vegetarians. These menus are adapted to suit very young children, when appropriate, i.e. no honey.

Children with egg or dairy allergies are provided with suitable alternatives, as are vegetarians. If meals contain meat, other protein substitutes are offered in place of meat. Goat’s milk/ soya products are offered in place of dairy produce or suitable alternatives provided. We hope to be able to cater for most dietary or religious requirements; where possible we try to maintain a nut free environment. Please notify us immediately if you need to amend or update your child’s specific dietary requirements.

## ALLERGENS ADVICE

There have recently been big changes to the information that food businesses must give to their customers.

From 13 December 2014, the EU Food Information for Consumers Regulation (EU FIC) comes into force. These European rules will be enforced in the UK by the Food Information Regulations 2014 (FIR) .

FIR will change the way we provide information to you as parents. You can find out more about the details here: <http://food.gov.uk/science/allergy-intolerance/label/>

The EU law has listed 14 allergens that need to be identified if they are used as ingredients in a dish . This means we will need to provide information about the allergenic ingredients used in meals and snacks provided at nursery.

As a food business serving loose foods, we will have to supply information for every item on our menu that contains any of the 14 allergens as ingredients; our nursery cooks have received allergen training and retain details of all the allergens containing "loose foods". Effective communication between staff and parents will help to ensure that children with food allergies are provided with the appropriate menus. Your child's dietary needs MUST be notified to the nursery, as it is your responsibility to relay their needs to the nursery. We can provide allergen menus, which provide charts of the dishes provided and the allergen content, upon request.

## 14 MAJOR FOOD ALLERGENS

There are 14 major allergens which need to be declared when used as ingredients. The following list tells you what these allergens are and provides some examples of foods where they may be found:

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### **Celery**



This includes celery stalks, leaves and seeds and celeriac. It is often found in celery salt, salads, some meat products, soups and stock cubes.

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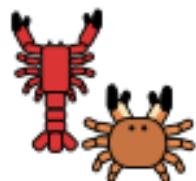
## **Cereals containing gluten**



This includes wheat (such as spelt and Khorasan wheat/ Kamut), rye, barley and oats. It is often found in foods containing flour, such as some baking powders, batter, breadcrumbs, bread, cakes, couscous, meat products, pasta, pastry, sauces, soups and foods dusted with flour. The cereal will need to be declared. However, it is up to you if you want to declare the presence of gluten with this.

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## **Crustaceans**



This includes crabs, lobster, prawns and scampi. It is often found in shrimp paste used in Thai curries or salads.

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## **Eggs**



This is often found in cakes, some meat products, mayonnaise, mousses, pasta, quiche, sauces and foods brushed or glazed with egg.

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## Fish



This is often found in some fish sauces, pizzas, relishes, salad dressings, stock cubes and in Worcestershire sauce.

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## Lupin



This includes lupin seeds and flour, and can be found in some types of bread, pastries and pasta.

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## Milk



This is found in butter, cheese, cream, milk powders and yoghurt. It is often used in foods glazed with milk, powdered soups and sauces.

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## Molluscs



This includes mussels, land snails, squid and whelks. It is often found in oyster sauce or as an ingredient in fish stews.

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## Mustard



This includes liquid mustard, mustard powder and mustard seeds. It is often found in breads, curries, marinades, meat products, salad dressing, sauces and soups.

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## Nuts



This includes almonds, hazelnuts, walnuts, cashews, pecan nuts, Brazil nuts, pistachio nuts, macadamia or Queensland nuts. These can be found in breads, biscuits, crackers, desserts, ice cream, marzipan (almond paste), nut oils and sauces. Ground, crushed or flaked almonds are often used in Asian dishes such as curries or stir fries.

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## Peanuts



This can be found in biscuits, cakes, curries, desserts and sauces such as for satay. It is also found in groundnut oil and peanut flour.

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**Sesame seeds** This can be found in bread, breadsticks, houmous, sesame oil and tahini (sesame paste).



## Soya



This can be found in beancurd, edamame beans, miso paste, textured soya protein, soya flour or tofu. It is often used in some desserts, ice cream, meat products, sauces and vegetarian products.

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## More information

- Free online allergen training can be obtained on:  
<http://allergytraining.food.gov.uk/>
- For information and advice about food allergies and intolerances, visit the Food Standards Agency website:  
[www.food.gov.uk/allergy](http://www.food.gov.uk/allergy)
- For information on the EU Food Information for Consumers Regulation 1169/2011 visit:  
[http://ec.europa.eu/food/food/labellingnutrition/foodlabelling/proposed\\_legislation\\_en.htm](http://ec.europa.eu/food/food/labellingnutrition/foodlabelling/proposed_legislation_en.htm)
- For information on gluten, visit the Coeliac UK website:  
[www.coeliac.org.uk](http://www.coeliac.org.uk)