

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	Meatball tagine with roasted vegetable cous cous Bananas and homemade custard	Pasta Carbonara with peas and roasted tomatoes. Tropical fruit platter
Tuesday	Milk/Water Cherry tomatoes & mozzarella balls	Sticky chicken, sweet potato wedges and sweet corn and tomato salsa Dried fruit nuggets	Muffin pizzas with choice of toppings Strawberry jelly
Wednesday	Milk/Water Grapes Breadsticks	Cheese, ham and pea risotto Blueberry baked brioche	Smoked mackerel and new potato salad with vegetable crudités Satsumas
Thursday	Milk/water Carrot sticks, humous & buttered wholewheat crackers	Hidden vegetable and minced beef Bolognese with pasta twists Melon wedges	Scrambled eggs and baked beans with wholemeal buttered soldiers and Mixed berry smoothies
Friday	Milk or water Sliced apples and shortcake biscuits	Fish cakes with carrots and peas Crispy mix – dates, Cheerios and dried apricots	Chicken and quinoa burgers with mixed chopped salad Vanilla yoghurt with mango puree

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, sausages and bulgar wheat Strawberry and cucumber smoothies	Salmon and courgette pasta with cherry tomatoes Melon wedges
Tuesday	Milk/Water Buttered rice cakes and sliced bananas	Moroccan beef kofte with fruity couscous and tzatziki dip. Buttered Fruit Loaf	Spring vegetable casserole with gnocchi dumplings. Dippy fruit fondue
Wednesday	Milk/Water Breadsticks and Dairylea cheese Orange Juice	Sweet potato and matzo meal fish balls with tender stem broccoli Fruity flapjacks	Chicken Biryani, naan and raita dip Greek yoghurt with fruit purée
Thursday	Milk/Water Soreen banana loaf and sliced pears	Swedish style meatballs with rice and mixed veggies Baked apples and raisins	Moussaka style pasticcio Sticky sesame bananas
Friday	Milk/Water Satsumas Malted milk biscuits	Fish Goujons with pea and avocado dip and chunky chips Lemon and raisin pancakes	Spinach and ricotta tortellini with butter and parmesan Homemade Chocolate cornflake bites with dried cranberries

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	Sausage Feijoada with baked sweet potato and corn on the cob Strawberry and mascarpone brioche	Tuna and sweet corn pitta pockets with crunchy celery and pepper salad Fruit Fromage Frais
Tuesday	Milk/Water Grapes and buttered malt loaf	Butternut squash and creamy cheese risotto Melon wedges	Cottage pie filled with veg and topped with cheesy mash Avocado chocolate pots
Wednesday	Milk/Water Cheese and crackers, apple slices	Roast chicken with crispy roast potatoes, green beans and carrots Vanilla yoghurt with shortcake crumble	Salmon stir fry with fresh egg noodles Pineapple Fingers
Thursday	Milk/Water Bread sticks, Hummus Sliced pears	Mince beef and vegetable pizzas Sugar Free Orange Jelly with kiwi and blueberries	Tomato and basil orzo with mozzarella balls and black olives. Oat and raisin cookies
Friday	Milk/Water Buttered rice cakes Melon balls	Baked Mac & Cheese with cauliflower and peas Mixed fruit platter	Toasted Ham and Cheese Muffins, with cucumber fingers and cherry tomatoes Frozen fruit yoghurt

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

Day	Mid -morning snack	Lunch	Tea
Monday	Milk/Water Breadsticks & Dairylea cheese	Crispy chicken tenders with potato wedges and peas Flapjacks	Sardines in tomato sauce with pasta shells and cucumber and tomato salad Kiwi and bananas
Tuesday	Milk/Water Apple Juice Malted milk biscuits	Turkey & spinach meatloaf, mashed potatoes, green beans and gravy Melon Chunks	Scrambled eggs with smoked salmon and buttered bagels Grilled pineapple skewers
Wednesday	Milk/Water Buttered crumpets Dried Apricots	Chicken kebabs in pitta with chopped salad and tzatziki dip. Fresh fruit salad	Tuna pasta bake with chopped Greek style salad Frozen Greek yoghurt with fruit puree
Thursday	Milk/Water Choice of fruit Cheese crackers	Whole-wheat pasta twists with hidden veggie sauce and grated cheese. Fruity iceberg bites	Sticky turkey Burritos Mixed fruit platter
Friday	Milk/Water Cheese cubes & Pear chunks Melba toast	Fish pie with cheesy mash Strawberry Eton Mess	Roasted red pepper, courgette and chorizo frittata Buttered Banana Loaf

NOTES

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:

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.

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.

Crustaceans



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

Eggs



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

Fish



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

Lupin



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

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.

Molluscs



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

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.

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.

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.

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.

Sulphur dioxide



This is often used as a preservative in dried fruit, meat products, soft drinks and vegetables as well as in wine and beer.

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
- 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
- For information on gluten, visit the Coeliac UK website:
www.coeliac.org.uk