







Early Start Nutrition

Example Spring/ Summer Vegetarian Menu

Additional Notes:

- Water is freely available throughout the day and is offered with all meals and snacks
- Drinks are offered in open top cups to support children to sip
- Allergy information can be found on each menu, using the allergy coding
- Children are offered appropriate alternatives, based on their special dietary requirements, as agreed in their care plans

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast (8-8:30am)	Wheat bisks with milk and sliced banana (2, 7)	Eggy wholemeal bread * with avocado fingers (4, 2)	Overnight oats * made with carrot , cinnamon , raisins and milk (2, 7, 14)	Homemade pancakes with blueberries , raspberries and natural yoghurt (2, 7)	Shredded wheat with strawberries and blackberries and milk (2, 7)
	Crumpets with spread (2, 7)	Orange segments and milk (7)	Sliced pear		
Morning Snack (10.15am)	Rice cakes with spiced lentil dip and pepper sticks (2)	Cucumber and beetroot with cream cheese dip (7)	White pitta bread and hummus and mozzarella (2,, 7,12)	Sliced banana Milk (7)	Crackers with sliced cheese and tomatoes (2, 7)
Lunch (12:15pm)	(V) Butterbean and potato pie with red cabbage and runner beans (7)	(V) Red lentil and vegetables curry (pepper , onion , tomatoes , broccoli) with white rice	(V) Mushroom and tofu wholemeal tagliatelle with a cream cheese sauce (2, 7, 13)	(V) Green lentil moussaka (onion , tomatoes , cheese) with homemade garlic bread and mixed salad (2, 7)	(V) Soya mince ragu with new potatoes , broad beans and courgettes (13)
	pudding: Fruity rainbow flapjack * (cooking activity) with yoghurt (dates , blueberries , strawberries , kiwi) (2, 7)	pudding: Homemade strawberry frozen yoghurt (7)	pudding: Seasonal fruit salad (pineapple , raspberry , blueberries , kiwi)	pudding: Rhubarb fool (rhubarb and yoghurt) (7)	pudding: Homemade raisin scones * (cooking activity) with mashed raspberries and cream cheese (2, 7, 13)
Afternoon Snack (2:15pm)	Carrot and cucumber sticks with cream cheese (7)	Oatcakes with sliced melon and blueberries	Sliced avocado and tomato fingers	Crumpets with pepper sticks and cream cheese (2, 7)	Wholemeal toast fingers with egg fingers and satsumas (2,4)
Tea (4:15pm)	(V) Cous cous and chickpea salad (carrot , onion , cucumber , tomato) with feta cheese (2, 7)	(V) Homemade vegetable pizza * (wholemeal pitta bread , cheese , sweetcorn and peppers) with hummus (2, 5, 7)	(V) Wholemeal sesame seed roll with egg and watercress with carrot sticks and cucumber sticks (2, 4, 12)	(V) Tempeh , pepper and tomato kebabs with new potatoes (13)	(V) Black bean and vegetable white enchiladas (peppers , onion , baby sweetcorn) (2)
	pudding: Greek yoghurt with sliced peaches (7)	pudding: Banana and sliced grapes	pudding: Sliced mango	pudding: Seasonal fruit salad (pineapple , raspberry , blueberries)	pudding: Plain Greek yoghurt with pineapple (7)

	=Starchy foods
	=Fruits and vegetables
	=Protein foods
	=Milk and dairy alternatives

Allergens		
1- Celery	2- Cereals that contain gluten	3- Crustaceans
4- Eggs	5- Fish	6- Lupin
7- Milk	8- Molluscs	9- Mustard
10- Tree nuts	11- Peanuts	12- Sesame seeds
13- Soybeans	14- Sulphur dioxide and sulphites	

* Recipes
• Eggy Bread with avocado fingers
• Carrot Overnight Oats
• Fruity Rainbow Flapjack
• Raisin Scones
• Vegetable Pizza

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast (8-8:30am)	Berry overnight oats * made with raspberries, blueberries, milk and natural yoghurt (2, 7)	Shredded wheat with strawberries and blackberries and milk (2, 7)	Cheesy courgette and sweetcorn pancakes * (made with egg) (2,4, 7) Plum slices and milk (7)	Wheat bisks with milk and sliced banana (2, 7)	Roasted tomatoes on wholemeal toast (2) Quartered grapes and milk (7)
Morning Snack (10.15am)	Sliced melon pieces	Cream cheese with pepper and cooked carrot sticks (7)	Mini avocado and tomato salsa sandwiches (wholemeal) (2)	Chapatti with lentil pate (2)	Scotch pancakes with banana and strawberries (2)
Lunch (12:15pm)	(V) Homemade mixed lentil cakes with new potatoes and salad (lettuce, cucumber, radish and spring onion) (2, 4) Apple and raspberry stew	(V) Chickpea and spinach stew * (chopped tomatoes, sweetcorn, feta) with white roll (2, 7) Homemade blueberry sponge cakes * with yoghurt (cooking activity) (2, 4, 7)	(V) Kidney bean and vegetable pilaf (white rice, tomato, mushroom, pepper) Fruity frozen yoghurt pops (strawberries, raspberries) (7)	Tofu in tomato and pepper sauce with couscous and green beans (2, 13) Rice pudding with raisins and apricots (2, 7, 14)	(V) Sweet and sour Quorn chicken pieces with wholemeal rice (pineapple, carrot, pepper, tomato) (13) Sliced watermelon with yoghurt and kiwi (7)
Afternoon Snack (2:15pm)	Breadsticks with cannellini bean hummus dip and tomato and avocado wedges (2)	Wholemeal crackers with chickpea pâté and cucumber sticks (2,5)	Yoghurt with chopped banana and blueberries (7)	Rice cakes, mozzarella slices and orange segments (7)	Sweet potato wedges and yoghurt dip (7)
Tea (4:15pm)	Kidney bean chilli with jacket potato and crème fraiche (aubergine, courgette, pepper, sweetcorn) (7) Pineapple with Greek yoghurt (7)	Mexican bean (black and pinto) and cheese wholemeal wrap, with pepper, onion and mushroom (2, 7) Pear slices with dates (14)	(V) Tofu and white pasta salad (cream cheese, cucumber, tomato, sweetcorn) (2, 7,13) Berry (blueberries, strawberries and blackberries) compote (7)	Wholemeal pitta bread with hummus and celery, with carrot and raisin salad (2) Sliced apricots with plain yoghurt (7)	Falafel with tzatziki and white pitta fingers and cucumber * (2, 7) Fruity kebabs (cooking activity) * Check board at reception to see which seasonal fruit we used

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Allergens

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| 4- Eggs | 5- Fish | 6- Lupin |
| 7- Milk | 8- Molluscs | 9- Mustard |
| 10- Tree nuts | 11- Peanuts | 12- Sesame seeds |
| 13- Soybeans | 14- Sulphur dioxide and sulphites | |

* Recipes

- [Berry overnight oats](#)
- [Cheesy courgette pancakes](#)
- [Chickpea and spinach stew](#)
- [Blueberry sponge cakes](#)
- [Falafel, tzatziki and pitta](#)

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast (8-8:30am)	Breakfast couscous * (made with milk , orange and raisins) (2, 7, 14)	French toast (made with wholemeal bread and egg) and strawberries * (2, 4)	Toasted fruit bread with kiwi slices and milk (2, 7, 14)	Strawberry and banana overnight oats with natural yoghurt (2, 7)	Wheat bisks with milk and dried apricots (2, 7, 14)
Morning Snack (10.15am)	Oatcakes with cottage cheese and blueberries (2,7)	Crackers with cream cheese and sliced grapes (2, 7)	Fruity owl rice cakes * (peach, banana, blueberries) (cooking activity)	Breadsticks with cannellini bean hummus dip and tomato and avocado wedges (2)	Orange slices , cottage cheese and breadsticks (2, 7)
Lunch (12:15pm)	Green lentil pie with peas , carrots and sweetcorn (7)	Egg fried rice with pepper and broccoli (2, 4)	Butter bean , pea and asparagus risotto (7)	Jerk tofu with wholemeal rice and runner beans (13)	Kidney bean stir fry (pak choi and baby sweetcorn) with egg noodles (2, 4)
	Banana custard (7)	Apple , banana and beetroot cake with yoghurt (2, 4, 7)	Homemade fruity flapjack slices (dried apricots and raisins) (2, 7, 14)	Lemon , raspberry and chia yoghurt pudding (7)	Fruit platter with yoghurt (7) *Check board at reception to see which seasonal fruit we offered
Afternoon Snack (2:15pm)	Crumpets with spread and pepper slices (2, 7)	Hummus on white pitta bread and celery (1, 2,,12)	Mashed avocado and wholemeal toast fingers (2)	Homemade tortilla chips with tomato salsa (2)	Frittata slices with onion and pepper * (4, 7)
Tea (4:15pm)	Wholemeal toast with scrambled egg and grilled mushrooms (2,4)	Tofu , white tortilla warps , cucumber , avocado and pepper sticks (2,13)	Jacket potato with baked beans (reduced salt and sugar), grated cheese , spinach and cooked carrot sticks (7)	Egg and criss sandwiches (white bread) with salad (lettuce , pepper and tomato) (2, 4)	Moroccan couscous with chickpeas and roasted vegetables (carrot , onion , aubergine) (2)
	Baked apple and natural yoghurt (7)	Satsuma segments and Greek yoghurt (7)	Cottage cheese with peach and melon slices (7)	Mango slices	Strawberries and blueberries with plain yoghurt (7)

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<u>* Recipes</u>
• Breakfast couscous
• French toast with strawberries
• Fruity owl rice cakes
• Frittata