



WEEK 1 : Autumn/ Winter Menu – Little Swans Day Nursery (Children aged 1 -4 years)

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast Planned to provide 20% of a child's daily nutritional requirements Drinks: Water Only	Wheat bisks with natural yoghurt and dried sultanas White toast and spread	Cornflakes and milk Wholemeal toast with spread and fresh tomatoes	Porridge with raisins Banana	Malt wheat cereal and milk Crumpet with spread and pear	Crisped rice cereal and milk with satsumas Fruit loaf and spread
Mid- morning snack Planned to provide 10% of a child's daily nutritional requirements Drinks: Water and Milk	Toasted English muffin and spread with a clementine	Cucumber and garlic dip	Rice cakes with beetroot dip and cucumber sticks	Banana	Toasted pitta bread with smashed avocado
Lunch Planned to provide 30% of a child's daily nutritional requirements Drinks: Water Only	Fish Pie with red cabbage and runner beans Eves pudding	Mixed Bean tagine with vegetable cous cous Seasonal fruit with Vanilla Yoghurt	Vegetarian meatballs with pasta spaghetti peas and carrots Seasonal Fruit Salad	Chickpea and vegetable biryani Mandarin Jelly	Roast Chicken, with roast potatoes, root vegetables and gravy Yoghurt and dates
Mid- afternoon snack Planned to provide 10% of a child's daily nutritional requirements Drinks: Water and Milk	Tomato slices and cheese cut into chunks	Rice cake with pear	Oatcake and satsuma	Crackers and spread with apple slices	Carrot, pepper sticks and houmous
Tea Planned to provide 20% of a child's daily nutritional requirements Drinks: Water only	Cous cous with chicken or houmous and beetroot mixed salad	Tuna mayonnaise with jacket potato and carrot and cucumber sticks	Sweet potato and Lentil Soup with wholemeal bread and spread	Vegetable pasta bake	Mexican bean and cheese wraps with red pepper and celery
Note: Drinks: Plain Water Milk: Semi Skimmed Milk for children aged 1 year and above Milk alternatives are provided from home and formula for children under 1 years of age.					

Halal and Vegetarian Alternatives Included in all our menus



WEEK 2 : Autumn/ Winter Menu – Little Swans Day Nursery (Children aged 1 -4 years)

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast Planned to provide 20% of a child's daily nutritional requirements Drinks: Water Only	Crisped rice cereal and milk Plain bagel quarter with spread and chopped plum	Malt wheats and milk with banana Wholemeal toast and spread	Boiled eggs , wholemeal toast and fresh tomatoes Pear slices	Cornflakes with milk and raisins Half a crumpet with spread	Wheat bisks with milk Half a toasted teacake and spread with apple
Mid- morning snack Planned to provide 10% of a child's daily nutritional requirements Drinks: Water and Milk	Carrot and pepper sticks	Rice cakes with cream cheese and tomato slices	Crackers with cheese spread and apples	Wholemeal pitta fingers with yoghurt and mint and cucumber sticks	Plum and satsuma
Lunch Planned to provide 30% of a child's daily nutritional requirements Drinks: Water Only	Mixed bean goulash with brown rice and green beans Shortbread and satsuma segments	Creamy chicken and leek hotpot (or Quorn and leek hotpot) with broccoli Baked apple with cinnamon	Lasagne vegetarian alternative) with garlic bread and peas Semolina and raisins	Fishcakes with potato wedges and spinach with a parsley sauce Seasonal fruit salad and yoghurt	Sweet and sour tofu with noodles Banana and cinnamon rice pudding
Mid- afternoon snack Planned to provide 10% of a child's daily nutritional requirements Drinks: Water and Milk	Banana on toast	Yoghurt and pear	Cheese sticks and tomatoes	Pineapple	Toasted English muffin with spread and carrot sticks
Tea Planned to provide 20% of a child's daily nutritional requirements Drinks: Water only	Wholemeal macaroni cheese with peas	Squash and lentil soup with wholemeal bread and spread	Salmon and mixed vegetable rice salad	Chicken fajitas (or vegetarian red pepper fajitas)	Mixed bean and chilli jacket potato

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WEEK 3 : Autumn/ Winter Menu – Little Swans Day Nursery (Children aged 1 -4 years)

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast Planned to provide 20% of a child's daily nutritional requirements Drinks: Water Only	Wheat bisks with milk and raisins Half a crumpet and spread	Porridge with dates	Malted wheats and milk Plain pancake with banana	Egg with tomato and wholemeal toast and spread	Cornflakes yoghurt and fruit White toast and spread
Mid- morning snack Planned to provide 10% of a child's daily nutritional requirements Drinks: Water and Milk	Rice cake and houmous with Satsumas	Plain yoghurt and banana slices	Smashed avocado on toast	Carrot and celery sticks	Breadsticks with apple
Lunch Planned to provide 30% of a child's daily nutritional requirements Drinks: Water Only	Mixed bean and root vegetable stew with herd cous cous Apple and rhubarb crumble and custard	Soya, leek and mustard casserole with mashed potato and Brussel sprouts Banana Pancakes	Chicken Korma with brown rice Semolina with blackcurrant Compote	Vegetarian pearl barley hotpot with root vegetables mash Carrot Cake	Fish Ratatouille with white pasta Fruit Oat crumble Sundae
Mid- afternoon snack Planned to provide 10% of a child's daily nutritional requirements Drinks: Water and Milk	Crackers and cream cheese	Pitta bread and tzatziki with pepper sticks	Seasonal chopped mixed fruit	Crumpets with cheese spread and apples	Hard-boiled egg and tomatoes
Tea Planned to provide 20% of a child's daily nutritional requirements Drinks: Water only	Smoked mackerel pate with tomatoes and mixed peppers	Parsnip, butterbean and apple soup with a wholemeal roll and spread	Roast vegetable and red lentil pasta	Cos cous and chickpea salad	Pitta pockets with egg mayonnaise, cucumber and carrot salad

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