

Week 1: Autumn/Winter menu (weaning foods highlighted)

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Planned to provide 20% of a child's daily nutritional requirements Drinks: Water only	Wheat biscuits with yoghurt and dried apricots White toast with Butter	Cornflakes and milk Wholemeal toast with Butter and Jam	Branflakes and milk Raisins or Banana	Malt wheat cereal and milk Crumpet with butter	Crisped rice cereal and milk with satsumas Fruit toast and butter
Mid-morning snack Planned to provide 10% of a child's daily nutritional requirements	Carrot and Pepper Sticks Milk or water	Green Bean and Houmous Milk or water	Rice Cakes with Cream Cheese Milk or water	Banana Milk or water	Bread Sticks with Apple Milk or water
Lunch Planned to provide 30% of a child's daily nutritional requirements Drinks: Water only	Spaghetti Bolognaise with Garlic Bread Cornflake Cake	Tuna Pasta Bake with Broccoli Fruit Salad and Custard	Beef Stew (or vegetable) with New Potatoes Flapjack	Fish, Chips and Peas Jelly and Ice Cream	Bean Burgers, Potato Wedges and Broccoli Yoghurt and dates
Mid-afternoon snack Planned to provide 10% of a child's daily nutritional requirements	Tomato slices and cheese cut into sticks Milk or water	Plain popcorn with pear Milk or water	Toast and Peanut Butter Milk or water	Crackers and Cheese Milk or water	Carrot, pepper sticks and houmous Milk or water
Tea Planned to provide 20% of a child's daily nutritional requirements Drinks: Water only	Cheese on Toast Seasonal fruit	Tuna mayonnaise (or cheese) with a jacket potato and carrot and cucumber sticks Bananas and custard	Homemade Soup with wholemeal bread and butter Yoghurt and blackberry compote	Pea, ham (or veggie mince) and mushroom pasta bake Rice pudding and apricots	Mexican bean and cheese wraps with Cucumber and Celery Peaches and Custard
Note: Fresh drinking water is available and accessible at all times.					

Week 2: Autumn/Winter menu (weaning foods highlighted)

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Planned to provide 20% of a child's daily nutritional requirements Drinks: Water only	Wheat biscuits with yoghurt and dried apricots White toast with Butter	Cornflakes and milk Wholemeal toast with Butter and Jam	Branflakes and milk Raisins or Banana	Malt wheat cereal and milk Crumpet with butter	Crisped rice cereal and milk with satsumas Fruit toast and butter
Mid-morning snack Planned to provide 10% of a child's daily nutritional requirements	Carrot and Pepper Sticks Milk or water	Homemade Ginger Biscuit Milk or water	Homemade Cookie Milk or water	Cheese Twist with Apple Milk or water	Banana Milk or water
Lunch Planned to provide 30% of a child's daily nutritional requirements Drinks: Water only	Beef lasagne (or tomato and lentil lasagne) with garlic bread and peas Cornflake Cake	Bean and Vegetable Enchilada Seasonal Fruit Crumble and Custard	Pork and Apple Casserole with Potatoes and Carrots Angel Delight	Salmon and Broccoli Pasta with Sweetcorn Fruit Jelly	Wholemeal Macaroni Cheese Broccoli Yoghurt and dates
Mid-afternoon snack Planned to provide 10% of a child's daily nutritional requirements	Tomato slices and cheese cut into sticks Milk or water	Banana Fritter Milk or water	Blueberry Muffin Milk or water	Homemade Ginger Biscuit Milk or water	Plain Popcorn and Apple Milk or water
Tea Planned to provide 20% of a child's daily nutritional requirements Drinks: Water only	Cheese on Toast Bananas and Custard	Homemade Soup with wholemeal bread and butter Rice Cakes with Cream Cheese	Baked Beans with a jacket potato and carrot and cucumber sticks Carrot Cake	Pitta Bread with Egg mayonnaise, Cucumber and Carrot Rice pudding	Chicken and Vegetable Couscous with Cucumber and Celery Seasonal Fruit Salad
Note: Fresh drinking water is available and accessible at all times.					