

18-day menu cycle

DAY	1	2	3	4	5
BREAKFAST	A selection of low sugar, fortified cereals, vitamin c fruit, and toast.				
MID MORNING SNACK	Fromage frais and apple slices	Carrot, cucumber, and breadsticks with hummus	Mackerel and cream cheese pate	Banana and wholemeal toast	Buttered oatcakes with tiny cheese & grapes
LUNCH	3 bean chilli with rice and salad Kiwi slices	Chicken with broccoli and buttery new potatoes Baby Cheesecake	Lasagne with salad and garlic bread Kefir yoghurt	Salmon, haddock, and corn summer chowder with dippy pittas Summer crumble with no sugar custard	Jerk chicken, black bean, rice, and sweetcorn Seasonal fruit salad
MID AFTERNOON SNACK Milk offered	Crackers with cream cheese and cherry tomatoes	Homemade granola bars	Oaty fruit muffins	Homemade mini cheddar stars with oranges	Mini rice cakes and banana
HIGH TEA	Cheese and vegetable frittata with peppers, cherry tomatoes, and spinach leaves Sugar free carrot and orange cake squares	Tuna & cheese toastie bites with pepper & tomatoes Rice pudding	Smokey bean and cheese quesadillas Pineapple slices	Wholemeal butternut squash macaroni cheese with peas Pear slices in natural juice	Courgette Eggy Bread with cheese & tomato salad Vanilla yoghurt with berries

Key: Vegetarian

18-day menu cycle

DAY	6	7	8	9	10
BREAKFAST	A selection of low sugar, fortified cereals, vitamin c fruit, and toast.				
MID MORNING SNACK	Bagel bites with cream cheese and grapes	Kefir yoghurt with sunflower seeds and goji berries	Pineapple slices with protein lentil cakes	Grapes, apple, and buttered oatcakes	Low sugar fruit toast
LUNCH	Beef, bean, pepper and mushroom goulash with rice Frozen berry yoghurt	Cheddar, lentil and quorn spaghetti bolognese Blueberry and lemon cake	Jacket Potato with baked beans, cheese, and salad Apple and carrot loaf	Cheesy fish pie topped mashed potato, with green beans Peaches and cream	Chicken pesto & pea pasta with grated mozzarella Stewed pears and cinnamon with natural yoghurt
MID AFTERNOON SNACK Milk offered	Breadsticks with beetroot dip	Savoury seeded flapjack	Sheet pan berry pancakes	Avocado sandwich cubes	Rice cakes and plums
HIGH TEA	Salmon and sweet potato fishcakes with carrot sticks and cucumber Banana and no sugar custard	Pea and mint soup with wholemeal rolls Mini apples	Tuna, broccoli, and cheese pasta Healthy strawberry smoothie	Carrot, cucumber & wholemeal pitta with cheese fingers and tzatziki dip Pear and blueberries	Homemade pizzas with tomato and vegetable sauce, cheese and toppings, with a side of sweetcorn Melon & raspberries

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DAY	11	12	13	14	15
BREAKFAST	A selection of low sugar, fortified cereals, vitamin c fruit, and toast.				
MID MORNING SNACK	Oatcakes with cream cheese and kiwi	Energy balls	Crumpets with grated cheese and strawberries	Banana loaf bites	Lentil rice cakes crackers with seasonal berries
LUNCH	Roasted vegetable and beef ragu with grated mozzarella Greek yoghurt & fruit puree	Mild coconut, pea, and chicken curry with rice Honeydew melon	Vegetable & lentil cottage pie with broccoli Mandarins and no sugar custard	Roast chicken with sweet potato mash and green beans No added sugar strawberry and banana ice-cream with granola sprinkles	Sweet and sour salmon noodles with carrot, broccoli and edamame beans Raspberry and strawberry oaty bake
MID AFTERNOON SNACK Milk offered	Toasted wholemeal pitta with avocado	Watermelon & rice cakes	Fruity seedy oat bites	Cucumbers, yellow peppers & breadsticks with hummus	Breadsticks with apple
HIGH TEA	Tuna, sweetcorn & avocado quesadillas Apple, apricot and banana squares	Beans on wholemeal toast Fromage frais	Hummus sandwiches with red pepper Banana with yoghurt	Baby friendly lamb kebabs with warm pitta, tzatziki, & cucumber Apple slices	Summer pesto orzo salad with grated cheese Fruit smoothie

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DAY	16	17	18
BREAKFAST	A selection of low sugar, fortified cereals, vitamin c fruit, and toast.		
MID MORNING SNACK	Figgy porridge fingers	Crumpet with apple slices	Banana on toasted muffins
LUNCH	Turkey meatballs with a tomato and red pepper sauce with spaghetti Poached pears with cinnamon and Greek yoghurt	Chicken pie with a cheesy potato topping and peas Cherry berry crumble with banana custard	Lamb and lentil moussaka with corn on the cob Baked apples with raisins and crème fraiche
MID AFTERNOON SNACK Milk offered	Crackers and berries	Spinach and banana muffins	Pot of sweetcorn and cucumber
HIGH TEA	Tuna mayonnaise with a sweet jacket potato and carrot and cucumber sticks Children's avocado chocolate mousse	Egg and cucumber sandwiches Rainbow fruit salad	Macaroni cheese with roast peppers and roast tomatoes Skyr yoghurt & mango puree

Key:

