

autumn/winter

18-day menu cycle 2025

Day	1	2	3	4	5
Breakfast	A selection of low sugar, fortified cereals, vitamin c fruit, toast				
Mid-morning snack	Fromage frais and apple slices	Carrot and breadsticks with hummus	Mackerel and cream cheese pate on crackers	Banana and 50/50 toast	Buttered oatcakes with tiny cheese and grapes
Lunch	3 bean chilli with fluffy rice and salad Kiwi slices	Orange and soy glazed cod with mangetout, baby sweetcorn and boiled potatoes Baby cheesecake	Lasagne with baby leaf spinach and garlic bread Kefir yoghurt with mandarins	Creamy Salmon and broccoli tagliatelle with parmesan Apple and blackberry crumble with no sugar custard	Chicken stew with carrots, parsnips and crusty bread Seasonal fruit salad
Mid-afternoon snack (milk offered)	Crackers with cream cheese and cherry tomatoes	Homemade granola bars	Cheese, pepper and tomato muffins	Homemade mini cheddar stars with oranges	Mini rice cakes and banana
High Tea	Wholemeal macaroni cheese with pesto and peas Sugar free carrot and orange cake squares	Smokey bean and cheese quesadillas with cucumber sticks Rice pudding	Courgette Egg bread with cheese and tomato salad Pineapple	Veg packed minestrone soup with dippy pittas Pear slices in natural juice	Sweet potato jackets with baked beans and cheese Vanilla yoghurt with berries

Key:

Vegetarian

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Day	6	7	8	9	10
Breakfast	A selection of low sugar, fortified cereals, vitamin c fruit, toast				
Mid-morning snack	Bagel bites with cream cheese and grapes	Strawberry kefir yoghurt with sunflower seeds	Pineapple slices with corn cakes	Grapes, apple, and buttered oatcakes	Low sugar fruit toast
Lunch	Beef, pepper and mushroom goulash with rice Frozen berry yoghurt	Lentil and quorn spaghetti bolognese Blueberry and lemon cake	Jacket Potato with baked beans, cheese, and green salad Apple and carrot loaf	Cheesy fish pie topped with mash potato with green beans Peaches and skyr yoghurt	More veg than beef chilli con carne with wholegrain rice Stewed pears and cinnamon with natural yoghurt
Mid-afternoon snack (milk offered)	Breadsticks with hummus	Rice cakes and plums	Sheet pan berry pancakes	Avocado sandwich cubes	Carrot, cucumber and pitta with tzatziki dip
High Tea	Salmon and sweet potato fishcakes with carrot sticks and cucumber Banana and no sugar custard	Tomato soup with cheddar cheese and a wholemeal rolls Mini apples	Roasted vegetable and red lentil pasta Healthy strawberry smoothie	Home made pizzas with tomato and veg sauce, cheese and toppings, with sweet corn Fruit salad	Tuna and cheese toastie bites with pepper and tomatoes Melon and raspberries

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Day	11	12	13	14	15
Breakfast	A selection of low sugar, fortified cereals, vitamin c fruit, toast				
Mid-morning snack	Oatcakes with cream cheese and kiwi	Energy balls	Crumpets with grated cheese and strawberries	Banana loaf bites	Greek yoghurt with seasonal berries
Lunch	Mild coconut, pea and fish curry with rice Greek yoghurt and grated apple	Roasted vegetable and beef ragu with grated mozzarella Mandarins and no sugar custard	Vegetable and lentil cottage pie Honeydew melon	Roast chicken, roast potato and broccoli No added sugar strawberry and banana ice-cream with granola sprinkles	Poached cod with tasty orzo and grated cheese Raspberry and strawberry oaty bake
Mid-afternoon snack (milk offered)	Toasted wholemeal pitta with avocado	Watermelon and rice cakes	Fruity seedy oat bites	Cucumbers, yellow peppers and breadsticks with hummus	Cheesy breadstick and apple
High Tea	Beans on wholemeal toast Apple, apricot and banana squares	Tuna, sweetcorn and avocado quesadillas Coconut rice pudding	Hummus sandwiches with red pepper Banana with yoghurt	Wholemeal tomato, basil and mozzarella pasta Apple slices	Baby friendly lamb kebabs with warm pitta, tzatziki and cucumber Fruit smoothie

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Day	16	17	18		
Breakfast	A selection of low sugar, fortified cereals, vitamin c fruit, 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 custard	Lamb and lentil moussaka with corn on the cob Baked apples with raisins and creme fraiche		
Mid-afternoon snack (milk offered)	Quartered grapes with grated cheese on wheat crackers	Oatcakes with cheese spread and orange segments	Spinach and banana muffins		
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	Chicken curry with naan bread Skyr yoghurt and fruit puree		

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