

JUNE 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
25	27	28	29	30	31	1
Menu 1	3	4	5	6	7	8
Menu 2	10	11	12	13	14	15
Menu 3	17	18	19	20	21	22
Menu 1	24	25	26	27	28	29
30	1	2	3	4	5	6

JULY 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
30	1	2	3	4	5	6
Menu 2	8	9	10	11	12	13
Menu 3	15	16	17	18	19	20
Menu 1	22	23	24	25	26	27
Menu 2	29	30	31	1	2	3
Menu 3						

AUGUST 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
28	29	30	31	1	2	3
Menu 1	5	6	7	8	9	10
Menu 2	12	13	14	15	16	17
Menu 3	18	19	20	21	22	23
Menu 1	25	26	27	28	29	30

Summer menu



Week 1: Summer menu for early years settings in England

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Planned to provide 20% of a child's daily nutritional requirements Drinks: Water only	Malt wheat cereal with milk and sliced banana Crumpet and spread	Cornflakes with milk, raisins and kiwi fruit quarters White toast and spread	Hard-boiled egg and tomatoes with wholemeal bread and spread Banana	Wheat bisks with milk and mixed berries Half a slice of fruit bread and spread	Crisped rice cereal and milk Half a bagel with spread and melon
Mid-morning snack Planned to provide 10% of a child's daily nutritional requirements	Breadsticks and mixed vegetable sticks Milk or water	Toasted crumpet, spread and strawberries Milk or water	Yoghurt and sliced grapes Milk or water	Wholemeal toast with spread and mangetout Milk or water	Banana slices Milk or water
Lunch Planned to provide 30% of a child's daily nutritional requirements Drinks: Water only	Thai chicken curry (or Thai tofu curry) with white rice Seasonal fruit salad	Lamb moussaka (or Lentil moussaka) with garlic bread and mixed salad Rhubarb fool	Pork ragu (or soya and apple ragu) with new potatoes, broad beans and courgettes Pineapple upside down pudding with custard	Salmon and pea risotto (or bean and pea risotto) Blueberry sponge cake	Bean and veggie sausage wholemeal pasta bake Plain Greek yoghurt with raspberry puree
Mid-afternoon snack Planned to provide 10% of a child's daily nutritional requirements	Cheese (sliced or cut into sticks) and sliced tomatoes Milk or water	Pineapple slices Milk or water	Mashed avocado and pitta bread Milk or water	Mixed chopped seasonal fruit Milk or water	Cucumber and carrots sticks with crackers and cream cheese Milk or water
Tea Planned to provide 20% of a child's daily nutritional requirements Drinks: Water only	Bean and tomato gnocchi bake with bread and spread Strawberry frozen yoghurt	Tuna fishcakes (or potato and lentil cakes) with tomato relish Seasonal fruit salad	Pasta with beans and peas Rice pudding with peach purée	Wholemeal English muffin pizza with various toppings Banana slices	Crustless quiche with potato salad and pepper sticks Apple slices and raisins
Note: Fresh drinking water must be available and accessible at all times.					

Week 2: Summer menu for early years settings in England

Week 2	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 kiwi fruit Wholemeal toast and spread	Berries and yoghurt with toasted oats and cornflakes	Crisped rice cereal with milk and sliced banana Crumpet with spread	Cornflakes and milk Half a toasted teacake with spread and melon	Toasted English muffin with spread, egg and mushrooms
Mid-morning snack Planned to provide 10% of a child's daily nutritional requirements	Beanie dip and bread sticks Milk or water	Pepper sticks and tomato slices Milk or water	Wholemeal toast with spread and kiwi fruit quarters Milk or water	Banana slices Milk or water	Bagel and cream cheese Milk or water
Lunch Planned to provide 30% of a child's daily nutritional requirements Drinks: Water only	BBQ chicken (or BBQ Quorn™ pieces) with new potatoes and roast vegetables Lemon and sultana cake	Beef and spinach curry (or chickpea and spinach curry) with white rice and naan bread Seasonal fruit salad	Steamed cod in tomato and pepper sauce (or tofu in tomato and pepper sauce) with couscous and green beans Rice pudding and raspberries	Vegetable and red lentil dhansak with brown rice Fruit, jelly and ice cream	Turkey meatballs (or veggie 'meatballs') with white spaghetti Peach fool ripple
Mid-afternoon snack Planned to provide 10% of a child's daily nutritional requirements	Nectarine slices Milk or water	Oatcakes and cream cheese Milk or water	Cucumber and carrot sticks Milk or water	Crackers, tzatziki and tomato slices Milk or water	Melon and blueberries Milk or water
Tea Planned to provide 20% of a child's daily nutritional requirements Drinks: Water only	Cous cous and chickpea salad Rice pudding and raisins	Sardine pâté (or pinto bean spread) on white toast with grilled tomatoes Fruit yoghurt pots	Billy can beans (veggie sausage and beans) with wholemeal pasta Seasonal fruit kebabs	Lemon chicken (or Lemon soya) wrap with lettuce and cucumber Plain Greek yoghurt with strawberries and blackcurrants	Pea and asparagus frittata with new potato salad Pineapple slices
Note: Fresh drinking water must be available and accessible at all times.					

Week 3: Summer menu for early years settings in England

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Planned to provide 20% of a child's daily nutritional requirements Drinks: Water only	Malt wheat cereal with milk	Cornflakes with milk and banana	Shredded wheat with milk	Wheat bisks with milk and raisins	Crisped rice cereal with milk and grapes
	Half a white bagel with spread, tomato and mushrooms	Wholemeal toast and spread	Toasted fruit bread with spread and kiwi fruit	Half a crumpet and spread	Wholemeal toast and spread
Mid-morning snack Planned to provide 10% of a child's daily nutritional requirements	Peach slices and plain yoghurt	Breadsticks with carrot and pepper sticks	Mixed berries and plain yoghurt	Wholemeal toast and spread	Sugar snap peas and houmous
	Milk or water	Milk or water	Milk or water	Milk or water	Milk or water
Lunch Planned to provide 30% of a child's daily nutritional requirements Drinks: Water only	Beef and mushroom stroganoff (or bean and mushroom stroganoff) with white rice	Pasta primavera with garlic bread	Gammon (or Quorn™ fillet) with parsley sauce, new potatoes and green beans	Cod, potato and spinach curry (or lentil, potato and spinach curry) with cous cous	Chicken and vegetable pie (or cheese and vegetable pie) with roast potatoes and spring greens
	Banana buns	Yoghurt and dried apricots	Seasonal fruit platter	Creamy apricot dessert	Summer crumble and custard
Mid-afternoon snack Planned to provide 10% of a child's daily nutritional requirements	Crumpets and spread	Banana and yoghurt	Pitta bread and tuna dip	Pepper sticks and cheese (sliced or cut into sticks)	Rice cakes, cucumber sticks and tomatoes
	Milk or water	Milk or water	Milk or water	Milk or water	Milk or water
Tea Planned to provide 20% of a child's daily nutritional requirements Drinks: Water only	Savoury omelette with potato salad and cucumber	Lamb and mint koftas (or veggie mince and mint koftas) with tomato sauce and wholemeal pitta bread	Salmon and broccoli pasta (or lentil and broccoli pasta) with sweetcorn	Homemade ham flatbread (or cheese flatbread)	Bean and vegetable enchiladas
	Strawberry frozen yoghurt	Apple slices and dates	Semolina and nectarine compote	Grapes and melon	Dairy ice cream and mango slices
Note: Fresh drinking water must be available and accessible at all times.					