

JANUARY 2021						
SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4	5	6	7	8	9
Menu 1						
10	11	12	13	14	15	16
Menu 2						
17	18	19	20	21	22	23
Menu 3						
24	25	26	27	28	29	30
Menu 1						
31						

FEBRUARY 2021						
SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
Menu 2						
7	8	9	10	11	12	13
Menu 3						
14	15	16	17	18	19	20
Menu 1						
21	22	23	24	25	26	27
Menu 2						
28						

MARCH 2021						
SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
Menu 3						
7	8	9	10	11	12	13
Menu 1						
14	15	16	17	18	19	20
Menu 2						
21	22	23	24	25	26	27
Menu 3						
28	29	30	31			





Week 1: Spring Term 2021 menu for early years settings in England

	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Breakfast Planned to provide 20% of a child's daily nutritional requirements</p> <p>Drinks: Water only</p>	<p><u>Crumpet</u> and <u>spread</u>, banana</p>	<p>Cornflakes with <u>milk</u>, raisins and kiwi fruit quarters</p>	<p>Hard-boiled <u>egg</u> wholemeal <u>bread</u> and <u>spread</u></p>	<p>Mixed berries, <u>toast</u> and <u>spread</u></p>	<p>Half a <u>bagel</u> with <u>spread</u> and melon</p>
<p>Mid-morning snack Planned to provide 10% of a child's daily nutritional requirements</p>	<p><u>Breadsticks</u> and cucumber sticks</p> <p><u>Milk</u> or water</p>	<p>Toasted <u>crumpet</u>, <u>spread</u> and strawberries</p> <p><u>Milk</u> or water</p>	<p><u>Yoghurt</u> and sliced grapes</p> <p><u>Milk</u> or water</p>	<p><u>Biscuits</u> and apple</p> <p><u>Milk</u> or water</p>	<p>Banana</p> <p><u>Milk</u> or water</p>
<p>Lunch Planned to provide 30% of a child's daily nutritional requirements</p>	<p>Thai chicken <u>curry</u> (or Thai tofu curry) with white rice</p> <p>Drinks: Water only</p>	<p>Lamb moussaka (or vegetable moussaka) with garlic <u>bread</u></p> <p>Drinks: Water only</p>	<p>Pork mince balls, new potatoes and fresh vegetables</p> <p>Drinks: Water only</p>	<p><u>Cod</u>, tomato and cucumber salad, <u>toast</u> and potatoes</p> <p>Drinks: Water only</p>	<p><u>Pasta</u> Bolognese</p> <p>Drinks: Water only</p>
<p>Mid-afternoon snack Planned to provide 10% of a child's daily nutritional requirements</p>	<p><u>Cheese</u> sticks and sliced tomatoes</p> <p>Drinks: <u>Milk</u> or water</p>	<p>Fresh Pineapple slices</p> <p>Drinks: <u>Milk</u> or water</p>	<p>Avocado slices and pitta <u>bread</u> sticks</p> <p>Drinks: <u>Milk</u> or water</p>	<p>Mixed chopped seasonal fruit</p> <p>Drinks: <u>Milk</u> or water</p>	<p>Cucumber and carrots sticks with <u>crackers</u></p> <p>Drinks: <u>Milk</u> or water</p>
<p>Tea Planned to provide 20% of a child's daily nutritional requirements</p> <p>Drinks: Water only</p>	<p><u>Creamy risotto with mascarpone</u> and stemmed mixed vegetables</p>	<p><u>Fishcakes</u> (or potato cakes) with cucumber sticks and tomatoes</p>	<p><u>Pizza</u> Margarita</p>	<p>Baked beans, sausages and <u>mash potato</u></p>	<p><u>Omelette</u> with <u>cheese</u> and <u>toast</u></p>

*** Note: Fresh drinking water must be available and accessible at all times. Allergens are in bold and underlined



Week 2: Spring Term 2021 menu for early years settings in England

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Planned to provide 20% of a child's daily nutritional requirements	<u>Wheat bisks</u> with <u>milk</u> and kiwi fruit Drinks: Water only	Berries and <u>yoghurt</u> with <u>cornflakes</u> Drinks: Water only	<u>Cereal</u> with <u>milk</u> and sliced banana Drinks: Water only	Half a toasted <u>teacake</u> with <u>spread</u> and melon Drinks: Water only	Scrambled <u>eggs</u> with <u>toast</u> Drinks: Water only
Mid-morning snack Planned to provide 10% of a child's daily nutritional requirements	<u>Bread sticks</u> and choice of fruit Drinks: <u>Milk</u> / water	Pepper sticks and <u>crackers</u> Drinks: <u>Milk</u> / water	Wholemeal <u>toast</u> with <u>spread</u> Drinks: <u>Milk</u> / water	Banana slices Drinks: <u>Milk</u> / water	<u>Bagel</u> and <u>cream cheese</u> Drinks: <u>Milk</u> / water
Lunch Planned to provide 30% of a child's daily nutritional requirements	BBQ chicken (or BBQ Quorn™ pieces) with new potatoes	Beef meatballs with white rice and naan <u>bread</u>	Steamed <u>cod</u> in tomato and pepper sauce (or tofu in tomato and pepper sauce) with <u>bread</u>	Sausages with sweet <u>potato mash</u>	<u>Breaded</u> chicken breasts with fresh salad
Mid-afternoon snack Planned to provide 10% of a child's daily nutritional requirements	Nectarine slices <u>Milk</u> or water	<u>Oatcakes</u> and <u>cream cheese</u> <u>Milk</u> or water	Cucumber and carrot sticks <u>Milk</u> or water	<u>Crackers</u> and <u>tzatziki</u> <u>Milk</u> or water	Melon and blueberries <u>Milk</u> or water
Tea Planned to provide 20% of a child's daily nutritional requirements	<u>Pizza</u> Margarita Drinks: Water only	<u>Pate</u> on <u>toast</u> Drinks: Water only	Ham, <u>toast</u> , <u>cheese</u> sticks and cucumber sticks Drinks: Water only	Sausages <u>rolls</u> Drinks: Water only	Ham and <u>cheese</u> toasted <u>sandwich</u> Drinks: Water only

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Week 3: Spring Term 2021 menu for early years settings in England

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Planned to provide 20% of a child's daily nutritional requirements	<u>French toast</u> with strawberry jam Drinks: Water only	Boiled <u>eggs</u> , <u>toast</u> and cucumber sticks Drinks: Water only	Tea <u>biscuits</u> with warm <u>milk</u> and honey Drinks: Water only	<u>Toast</u> with <u>spread</u> , banana and pear slices Drinks: Water only	<u>Butter croissant</u> and choice of fruit Drinks: Water only
Mid-morning snack Planned to provide 10% of a child's daily nutritional requirements	Peach slices and plain <u>yoghurt</u> Drinks: Water only	<u>Biscuits</u> and apple slices Drinks: Water only	<u>Bread sticks</u> and strawberries Drinks: Water only	Wholemeal <u>toast</u> and <u>Spread</u> Drinks: Water only	<u>Bagel</u> and <u>cream cheese</u> Drinks: Water only
Lunch Planned to provide 30% of a child's daily nutritional requirements	Roasted chicken with Colliflower, <u>cheese</u> and <u>toast</u> Drinks: Water only	Homemade Beef Burger with potato wedges Drinks: Water only	Sausages, Potato Croquettes and fresh salad Drinks: Water only	Shepherd's <u>Pie</u> Drinks: Water only	<u>Lasagne</u> Bolognese Drinks: Water only
Mid-afternoon snack Planned to provide 10% of a child's daily nutritional requirements	<u>Brioche rolls</u> Drinks: <u>Milk</u> / water	Apple <u>Pie</u> Drinks: <u>Milk</u> / water	<u>Croissant</u> Drinks: <u>Milk</u> / water	<u>Biscuits</u> and choice of fruit Drinks: <u>Milk</u> / water	Rice cakes and cucumber sticks Drinks: <u>Milk</u> / water
Tea Planned to provide 20% of a child's daily nutritional requirements	Ham and <u>cheese</u> toasted <u>sandwich</u> Drinks: Water only	<u>Cheese</u> & Onion <u>Quiche</u> Drinks: Water only	Potato alphabet bites with sausages and <u>toast</u> Drinks: Water only	Roasted chicken, Yorkshire <u>Pudding</u> and <u>potato mash</u> Drinks: Water only	<u>Fish cakes</u> , steamed mixed vegetables Drinks: Water only

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