

WEEK 1: Spring/ Summer Menu - Little Swans Day Nursery (Children aged 1 - 4 years)

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Malt Wheat Cereal with	Cornflakes with milk, raisins	Hardboiled egg and	Wheat bisks with milk and	Crisped rice cereal and
Planned to provide 20%	milk and sliced Banana	and kiwi fruit	tomatoes with	mixed berries	milk
of a child's daily			wholemeal bread and		
nutritional requirements	Crumpet and spread	White toast and spread	spread	Half a slice of fruit bread	Half a bagel with spread
Drinks: Water Only				and spread	and melon
			Banana		
Mid- morning snack	Breadsticks and mixed	Toasted crumpet spread and	Yoghurt and sultanas	Whole meal toast with	Banana slices
Planned to provide 10%	vegetable sticks	strawberries		cheese spread	
of a child's daily					
nutritional requirements					
Drinks: Water and Milk					
Lunch	100 % Chicken Breasts,	Thai chicken curry with white	Sheppard's pie, peas	Roast chicken, mash,	Bean and veggie
Planned to provide 30%	baked beans and	rice	and carrots	sweetcorn and gravy	sausage wholemeal
of a child's daily	homemade potato				pasta bake
nutritional requirements	wedges		Pineapple and natural	Sponge cake and natural	
Drinks: Water Only	Seasonal Fruit salad	Bananas and Custard	yogurt	yoghurt	Pineapple and natural
					yogurt
Mid- afternoon snack	Cucumber and cheese	Pineapple slices	Carrot and cucumber	Mixed chopped seasonal	Cucumber and carrot
Planned to provide 10%	cut into chunks		sticks with pitta bread	fruit	sticks with crackers and
of a child's daily					cream cheese
nutritional requirements					
Drinks: Water and Milk					
Tea	Spaghetti on toast	Fishcakes with cucumber	Pasta with beans and	Wholemeal pizza with	Egg mayo pitta pockets
Planned to provide 20%			peas	various toppings	with cucumber sticks
of a child's daily					
nutritional requirements					
Drinks: Water only					

Note: Drinks: Plain Water Milk: Semi Skimmed Milk for children aged 1 year and above Milk alternatives are provided from home and formula for children under 1 years of age.



WEEK 2: Spring/ Summer Menu - Little Swans Day Nursery (Children aged 1 - 4 years)

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Crisped rice cereal and	Malt wheats and milk with	Boiled eggs ,	Cornflakes with milk and	Wheat bisks with milk
Planned to provide 20%	milk	banana	wholemeal toast and	raisins	
of a child's daily			fresh tomatoes		
nutritional requirements	Plain bagel quarter with				
Drinks: Water Only	spread and chopped			Half a crumpet with	Half a toasted teacake
	plum	Wholemeal toast and spread	Pear slices	spread	and spread with apple
Mid- morning snack	Carrot and pepper sticks	Wholemeal pitta fingers with	Wholemeal toast with	Banana slices	Bagel and Cream
Planned to provide 10%		yoghurt and mint and	spread and kiwi fruit		Cheese
of a child's daily		cucumber sticks	quarters		
nutritional requirements					
Drinks: Water and Milk					
Lunch	BBQ Quorn pieces with	100 % homemade beef burger	Steamed cod in	Mixed bean spaghetti	Veggie meatballs with
Planned to provide 30%	new potatoes and roast	with new potatoes and baked	tomato and pepper	bolognaise	white spaghetti
of a child's daily	vegetables	beans	sauce with wholemeal		
nutritional requirements			pasta and green beans		
Drinks: Water Only					
	Lemon and Sultana cake	Seasonal Fruit Salad	Rice Pudding and	Fruit Jelly and ice cream	
			Raspberries		Peach fool ripple
Mid- afternoon snack	Nectarine Slices	Oatcakes and cream cheese	Cucumber and carrot	Crackers and cheese	Melon and mixed berries
Planned to provide 10%			sticks	spread	
of a child's daily					
nutritional requirements					
Drinks: Water and Milk					
Tea	Beans on Toast	Selection of cheese and ham	Veggie sausage and	Chicken fajitas (or	Jacket potato with
Planned to provide 20%		sandwiches on wholemeal	beans with wholemeal	vegetarian red pepper	cheesy beans
of a child's daily		bread	pasta	fajitas)	
nutritional requirements					
Drinks: Water only					



WEEK 3: Spring/ Summer Menu - Little Swans Day Nursery (Children aged 1 - 4 years)

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Wheat bisks with milk	Porridge with dates	Malted wheats and	Egg with tomato and	Cornflakes yoghurt and
Planned to provide 20%	and raisins		milk	wholemeal toast and	fruit
of a child's daily				spread	
nutritional requirements	Half a crumpet and		Plain pancake with		
Drinks: Water Only	spread		banana		
					White toast and spread
Mid- morning snack	peach slices and plain	Breadsticks with carrot and	Mixed berries and plain	Wholemeal toast and	Breadsticks with apple
Planned to provide 10%	yoghurt	peeper sticks	yoghurt	spread	
of a child's daily					
nutritional requirements					
Drinks: Water and Milk					
Lunch	Bean and mushroom	Pasta Primavera with garlic	White fish with parsley	Chicken and vegetable	Vegetable biryani
Planned to provide 30%	stroganoff with white	bread	sauce, new potatoes	pie with roast potatoes	
of a child's daily	rice		and green bens	and sprig greens	
nutritional requirements					Summer crumble and
Drinks: Water Only					custard
	Banana cake	Yoghurt and dried apricots	Seasonal fruit platter	Apricots and natural	
				yogurt	
Mid- afternoon snack	Crumpets and spread	Banana and yoghurt	Mixed fresh fruit	Pepper sticks and cheese	Rice cakes, cucumber
Planned to provide 10%				(sliced or cut into sticks)	sticks and tomatoes
of a child's daily					
nutritional requirements					
Drinks: Water and Milk			<u> </u>		
Tea	Fish finger sandwiches	Heathy veggie finger bun with	Tuna pasta bake with	Cheese or ham flatbreads	Bean and vegetable
Planned to provide 20%	with sliced peppers	cucumber sticks	sweetcorn		enchiladas
of a child's daily					
nutritional requirements					
Drinks: Water only					

