

Week 2: Autumn/Winter Menu Squirrels Children's Day Nursery Leigh (children aged 1-4 years)

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Planned to provide 20% of a child's daily nutritional requirements Drinks: Water only	Selection of cereals served with milk	Selection of cereals served with milk	Selection of cereals served with milk	Selection of cereals served with milk	Selection of cereals served with milk
	Whole meal toast and spread Fruit bowl	Whole meal toast and spread Fruit bowl	Whole meal toast and spread Fruit bowl	Whole meal toast and spread Fruit bowl	Whole meal toast and spread Fruit bowl
Mid-morning snack Planned to provide 10% of a child's daily nutritional requirements	Rice cake and houmous	Plain yoghurt and banana slices	Avocado on toast	Carrot and celery sticks	Breadsticks with apple
	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	Mixed bean and root vegetable stew with herb cous cous	Pork (or soya), leek and mustard casserole with mashed potatoes and brussel sprouts	Chicken korma (or chickpea korma) with brown rice	Lamb pearl barley hotpot (or vegetarian pearl barley hotpot) with root vegetable mash	Haddock ratatouille (or lentil ratatouille) with white pasta
	Apple and rhubarb crumble and custard	Banana pancakes	Blueberry sponge cake	Mini carrot cakes	Fruity oat crumble sundaes
Mid-afternoon snack Planned to provide 10% of a child's daily nutritional requirements	Crackers and cream cheese	Pitta bread and tzatziki with pepper sticks	Seasonal chopped mixed fruit	Crumpets with spread and grapes	Hard-boiled egg and tomatoes
	Milk or water	Milk or water	Milk or water	Milk or water	Milk or water
Dinner Planned to provide 20% of a child's daily nutritional requirements Drinks: Water only	Cowboy pie served with mixed vegetables	Chicken tikka masala served with white or brown rice	Roast vegetable and red lentil pasta	Creamy tomato tagliatelle with sweetcorn served with pitta bread	Corned beef hash with bread and spread
	Pineapple slices	Poached pears with greek yoghurt	Satsumas and grapes	Poached plums and custard	Yoghurt and mixed dried fruit

Note: Fresh drinking water must be available and accessible at all times.

Week 3: Autumn/Winter Menu Squirrels Children's Day Nursery Leigh (infants aged 7-12 months)

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast For all infants 7-12 months	Selection of baby porridges suitable to child's age and stage of development	Selection of baby porridges suitable to child's age and stage of development	Selection of baby porridges suitable to child's age and stage of development	Selection of baby porridges suitable to child's age and stage of development	Selection of baby porridges suitable to child's age and stage of development
Lunch Main course for all infants 7-12 months	Mixed bean and root vegetable stew with herb cous cous and cooked carrot sticks*	Creamy pork (or soya), leek and mustard casserole with mashed potatoes and sliced sprouts*	Chicken (or chickpea) korma with brown rice and green beans*	Lamb (or soya mince) pearl barley hotpot with root vegetable sticks*	Haddock (or lentil) and ratatouille with pasta shapes*
Second course for infants 10-12 months only	Stewed apple* and rhubarb with custard	Banana pancakes* and yoghurt dip	Blueberry sponge cake	Banana sticks*	Canned fruit cocktail* and custard
Dinner Main course for all infants 7-12 months	Baked potatoes with homemade mackerel pate (or cheese) and cucumber*	Parsnip, butterbean and apple soup with wholemeal toast strips and spread*	Roast vegetable and red lentil pasta and rice cake strips*	Cous cous and chickpea salad and broccoli florets*	Pitta strips with egg mayonnaise, cucumber strips and cooked carrot sticks*
Second course for infants 10-12 months only	Pineapple fingers*	Poached pears* and plain greek yoghurt	Sliced grapes and cheese cut into sticks*	Soft poached plums* and custard	Yoghurt and mixed dried fruit and apple slices*
Breastmilk/first infant formula	To be offered to infants according to their individual routines (as discussed with families). In addition to offering three meals a day, infants may typically have breastmilk or first infant formula feeds of: <ul style="list-style-type: none"> 7-9 months: four breastmilk/first infant formula feeds per day (for example on waking, after lunch, after tea, before bed) 10-12 months: three breastmilk/first infant formula feeds a day (for example after breakfast, after lunch, before bed). 				
Fresh drinking water	To be available throughout the day, and offered as appropriate to all infants.				

* Indicates the part of each meal that can be held and eaten by infants as a finger food.