

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

Week 1	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
	Wholemeal 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 cakes	Runner beans with red pepper houmous	Toasted English muffin and spread with a clementine	Banana	Toasted pitta bread with mashed avocado
	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	Ocean Pie served with red cabbage and runner beans	Lamb tagine (or mixed bean tagine) with vegetable cous cous	Beef meatballs (or vegetarian meatballs) with spaghetti, peas and carrots	Chickpea and vegetable biryani	Roast chicken (or Quorn fillet) with roast potatoes, root vegetables and gravy
	Eve's pudding and custard	Warm winter fruit salad and vanilla sauce	Seasonal fruit salad	Rice pudding and apricots	Fromage frais
Mid-afternoon snack Planned to provide 10% of a child's daily nutritional requirements	Tomato slices and cheese cut into sticks	Pears	Oatcake and satsuma	Baby corn, crackers and spread	Carrot, pepper sticks and houmous
	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	Spicy sausage ragu pasta	Tuna mayonnaise (or cheese) with a jacket potato and carrot and cucumber sticks	Sweet potato and lentil soup with wholemeal bread and spread	Pea, ham (or veggie mince) and mushroom pasta bake	Beef Enchiladas served with garlic bread
	Watermelon	Bananas and custard	Yoghurt and blackberry compote	Mandarin jelly	Apples, pears and plums
Note: Fresh drinking water is available and accessible at all times.					

Week 1: Autumn/Winter Menu Squirrels Children's Day Nursery Leigh (infants aged 7-12 months)

Week 1	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	Haddock and salmon (or bean) pie with runner beans*	Lamb (or mixed bean) tagine with vegetable cous cous and green beans*	Pork (or soya mince) meatballs in tomato sauce with pasta shapes, peas and carrot batons*	Chickpea and vegetable biryani with cauliflower florets*	Roast chicken (or veggie sausage) with roast potatoes and root vegetables*
Second course for infants 10-12 months only	Stewed apple and custard with sliced apple*	Winter fruit salad* with yoghurt	Seasonal fruit salad*	Sliced grapes and cheese (Edam) strips*	Yoghurt and chopped dates with sticks of pear *
Dinner Main course for all infants 7-12 months	Cous cous with chicken (or houmous) and beetroot and cucumber strips*	Jacket potato with tuna (or cheese), with baby corn*	Sweet potato and lentil soup with wholemeal bread and spread*	Pea, ham (or veggie mince) and mushroom pasta bake with broccoli florets*	Toast fingers with mashed beans and cheese, with cooked red pepper sticks*
Second course for infants 10-12 months only	Seasonal fruit salad* with plain yoghurt	Bananas* and custard	Yoghurt and blackberry compote with canned pineapple*	Rice pudding with chopped dried apricots and canned mandarin segments*	Apple, pears and plums*
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.