

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

Week 2	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 Whole meal toast and spread Fruit bowl	Selection of cereals served with milk Whole meal toast and spread Fruit bowl	Selection of cereals served with milk Whole meal toast and spread Fruit bowl	Selection of cereals served with milk Whole meal toast and spread Fruit bowl	Selection of cereals served with milk Whole meal toast and spread Fruit bowl
Mid-morning snack Planned to provide 10% of a child's daily nutritional requirements	Carrot and pepper sticks Milk or water	Rice cakes with cream cheese Milk or water	Crackers with spread and sliced grapes Milk or water	Wholemeal pitta fingers with mint raita and cucumber sticks Milk or water	Plum and satsuma Milk or water
Lunch Planned to provide 30% of a child's daily nutritional requirements Drinks: Water only	Lamb goulash (or bean goulash) with brown rice and green beans Shortbread biscuits	Creamy chicken and leek hotpot (or Quorn and leek hotpot) with broccoli Baked apple with cinnamon	Beef lasagne (or tomato and lentil lasagne) with garlic bread and peas Spicy banana bread	Fish and pea fishcakes (or cheese and mushroom cakes) with potato wedges and spinach Seasonal fruit salad and yoghurt	Lamb (or Chickpea) kheema with naan bread Banana and cinnamon rice
Mid-afternoon snack Planned to provide 10% of a child's daily nutritional requirements	Banana on toast Milk or water	Yoghurt and pear Milk or water	Cheese sticks and tomatoes Milk or water	Pineapple Milk or water	Toasted English Muffin with spread and carrot sticks Milk or water
Dinner Planned to provide 20% of a child's daily nutritional requirements Drinks: Water only	Wholemeal macaroni cheese with peas Warm fruit salad and yoghurt	Pork and sage lattice with carrots and gravy Peaches and custard	Tuna spaghetti bolognese with part baked baguettes Melon and apple with natural yoghurt dip	Sausage casserole with yorkshire puddings Strawberry angel delight	Mixed bean chilli and jacket potato Ice Cream and wafers
Note: Fresh drinking water must be available and accessible at all times.					

Week 2: Autumn/Winter Menu Squirrels Children's Day Nursery Leigh (infants aged 7-12 months)

Week 2	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	Lamb (or butter bean) goulash with brown rice and green beans*	Creamy chicken (or soya) and leek hot pot and broccoli*	Beef (or lentil) lasagne and swede batons*	Fish and pea (or cheese and mushroom) fishcakes, potato wedges* and spinach	Lamb kheema with naan bread
Second course for infants 10-12 months only	Canned mandarin segments*	Apple slices* and plain yoghurt	Spicy banana bread	Seasonal fruit salad*	Banana sticks with rice pudding*
Dinner Main course for all infants 7-12 months	Wholemeal macaroni cheese* with peas	Butternut squash and lentil soup with wholemeal bread fingers and spread*	Salmon (or chickpea) and vegetable rice salad and avocado slices*	Chicken (or hard-boiled egg) with pitta strips and cooked red pepper sticks*	Mixed bean chilli and yoghurt with jacket potato*
Second course for infants 10-12 months only	Winter fruit salad* and yoghurt	Peaches* and custard	Fruit salad*	Autumn fruit kebabs* and yoghurt dip	Yoghurt with date and apple purée and canned mandarin
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.