

FOUR WEEKLY MENU PLANS FOR CHILDREN AGED 0 – 5 YEARS OLD: Week 1

Day	Mid-morning snack	Lunch	Tea
Monday	Buttered raisin toast and grapes	Grain risotto with peas and leeks Blueberry yoghurt loaf	Scrambled eggs, smoked salmon with buttered wholemeal toast Mixed melon wedges
Tuesday	Carrot and apple oaty bars	Pork and courgette meatballs with tomato sauce and Orzo Mini Yeo Yoghurts	Tuna, sweetcorn and cheese quesadillas Lemon and raisin pancake
Wednesday	Cheddar cubes and pears	Kedgerie with smoked haddock, chopped egg and green beans Banana pudding	Sticky turkey burritos Strawberries
Thursday	Veggie sticks and beetroot houmous	Veggie sausages, wedges and corn on the cob Lime jelly and kiwi fruit	Minestrone and garlic bread Mini sreen loaves and mixed berries
Friday	Dinosaur green smoothie	Mild coconut, chicken and pea curry Winter fruit crumble	Cheesy bean popovers with salad Carrot bliss balls and satsumas

FOUR WEEKLY MENU PLANS FOR CHILDREN AGED 0 – 5 YEARS OLD: Week 2

Day	Mid-morning snack	Lunch	Tea
Monday	Melon wedges and rice cakes	Chicken, pearl barley and vegetable casserole Orange quarters	Cheese omelette muffins with beans and cherry tomatoes Brioche with cream cheese and sliced strawberries
Tuesday	Winter sunshine smoothie	Hidden veggie Bolognese with rigatoni Mixed fruit platter	Quorn curry and brown rice Yoghurt rice cakes and sliced apples
Wednesday	Cherry tomatoes, olives and mozzarella balls	Smokey sausage and bean stew with wholemeal rolls Natural yoghurt with mango	Sardine spaghetti Kiwi and melon kebabs
Thursday	Marmite and cheese flapjacks	Cauliflower and broccoli cheese pasta bake Sticky sesame bananas	Fish finger pitta with lettuce and tomato and mayonnaise Sponge fingerellas
Friday	Buttered crackers and satsumas	Sweet and sour chicken with steamed rice and prawn crackers Greek yoghurt and blueberry compote	Homemade tomato soup with pasta shapes, cheddar and breadsticks Raspberry milkshake cups

FOUR WEEKLY MENU PLANS FOR CHILDREN AGED 0 – 5 YEARS OLD: Week 3

Day	Mid-morning snack	Lunch	Tea
Monday	Creamy cheese and breadsticks	Chicken and apricot tagine with vegetable couscous Healthy carrot tray bake	Spinach torellini with tomato and marscarpone sauce Fruit kebabs and yoghurt dip
Tuesday	Houmous, toasted pitta strips	Smoked mackerel, pea and new potato bake Tropical baked oats and with yoghurt	Chicken sausage and roast vegetable traybake Crispy mix and sliced plums
Wednesday	Banana soren and blueberries	Cottage pie, root veg mash and mixed vegetable Beetroot brownies	Eggy fried rice with salmon, mange tout and baby corn Watermelon wedges and sliced grapes
Thursday	Cheese cubes, cucumber and rice cakes	Creamy smoked salmon, lemon and courgette farfalle Berry brioche pudding	Veggie 'brunch'; hash browns, beans, veggie sausage, boiled egg Greek yoghurt with stewed apples and raisins
Friday	Ruby red smoothie	Turkey and spinach meatloaf, mashed potatoes, green beans and gravy Jelly smoothies and ice cream	Baguette pizzas with mixed toppings Oaty raisin cookies and pears

FOUR WEEKLY MENU PLANS FOR CHILDREN AGED 0– 5 YEARS OLD: Week 4

Day	Mid -morning snack	Lunch	Tea
Monday	Babybel, crackers and apple	Lamb keema pie with sweet potato mash Clementine semolina cake	Smoked haddock and corn chowder with cheese scones Banana split
Tuesday	Crispy mix and bananas	Salmon fish fingers, crushed peas, potato wedges Cherry yoghurt	Smokey beans on toast Apricot flapjacks
Wednesday	Cherrios and blueberries	Roast chicken, roast potatoes, carrots and parsnips and greens Date bread pudding	Sausage and broccoli pasta Tropical fruit cocktail
Thursday	Buttered Crumpets	Mild veggie packed chilli, rice, sour cream and grated cheese Mini apple and blackcurrant turnovers	Ratatouille with cheesy toasts Peaches with vanilla mascarpone
Friday	Honey cream cheese dip and apple slices	Butternut and kale mac n cheese Fruit kebabs	Fish, leek and pea pie Chocolate and cranberries cornflake crispies

NOTES

Please note that all our jellies do not contain animal fat and are suitable for vegetarians. These menus are adapted to suit very young children, when appropriate, i.e. no honey.

Children with egg or dairy allergies are provided with suitable alternatives, as are vegetarians. If meals contain meat, other protein substitutes are offered in place of meat. Goat's milk/ soya products are offered in place of dairy produce or suitable alternatives provided. We hope to be able to cater for most dietary or religious requirements; where possible we try to maintain a nut free environment. Please notify us immediately if you need to amend or update your child's specific dietary requirements.

ALLERGENS ADVICE

There have recently been big changes to the information that food businesses must give to their customers. From 13 December 2014, the EU Food Information for Consumers Regulation (EU FIC) comes into force. These European rules will be enforced in the UK by the Food Information Regulations 2014 (FIR) . FIR will change the way we provide information to you as parents. You can find out more about the details here: <http://food.gov.uk/science/allergy-intolerance/label/>

The EU law has listed 14 allergens that need to be identified if they are used as ingredients in a dish. This means we will need to provide information about the allergenic ingredients used in meals and snacks provided at nursery. As a food business serving loose foods, we will have to supply information for every item on our menu that contains any of the 14 allergens as ingredients; our nursery cooks have received allergen training and retain details of all the allergens containing "loose foods". Effective communication between staff and parents will help to ensure that children with food allergies are provided with the appropriate menus. Your child's dietary needs **MUST** be notified to the nursery, as it is your responsibility to relay their needs to the nursery. We can provide allergen menus, which provide charts of the dishes provided and the allergen content, upon request.

14 Allergens

Coming to a food label near you



The way allergens are labelled on prepacked foods is changing because of new regulations. The Food Information Regulation, which comes into force in December 2014, introduces a requirement that food businesses must provide information about the allergenic ingredients used in any food they sell or provide.

There are 14 major allergens which need to be mentioned (either on a label or through provided information such as menus) when they are used as ingredients in a food. Here are the allergens, and some examples of where they can be found:

1	Celery This includes celery stalks, leaves, seeds and the root called celeriac. You can find celery in celery salt, salads, some meat products, soups and stock cubes.	
2	Cereals containing gluten Wheat (such as spelt and Khorasan wheat/Kamut), rye, barley and oats is often found in foods containing flour, such as some types of baking powder, batter, breadcrumbs, bread, cakes, couscous, meat products, pasta, pastry, sauces, soups and fried foods which are dusted with flour.	
3	Crustaceans Crabs, lobster, prawns and scampi are crustaceans. Shrimp paste, often used in Thai and south-east Asian curries or salads, is an ingredient to look out for.	
4	Eggs Eggs are often found in cakes, some meat products, mayonnaise, mousses, pasta, quiche, sauces and pastries or foods brushed or glazed with egg.	
5	Fish You will find this in some fish sauces, pizzas, relishes, salad dressings, stock cubes and Worcestershire sauce.	
6	Lupin Yes, lupin is a flower, but it's also found in flour! Lupin flour and seeds can be used in some types of bread, pastries and even in pasta.	
7	Milk Milk is a common ingredient in butter, cheese, cream, milk powders and yoghurt. It can also be found in foods brushed or glazed with milk, and in powdered soups and sauces.	
8	Molluscs These include mussels, land snails, squid and whelks, but can also be commonly found in oyster sauce or as an ingredient in fish stews	
9	Mustard Liquid mustard, mustard powder and mustard seeds fall into this category. This ingredient can also be found in breads, curries, marinades, meat products, salad dressings, sauces and soups.	
10	Nuts Not to be mistaken with peanuts (which are actually a legume and grow underground), this ingredient refers to nuts which grow on trees, like cashew nuts, almonds and hazelnuts. You can find nuts in breads, biscuits, crackers, desserts, nut powders (often used in Asian curries), stir-fried dishes, ice cream, marzipan (almond paste), nut oils and sauces.	
11	Peanuts Peanuts are actually a legume and grow underground, which is why it's sometimes called a groundnut. Peanuts are often used as an ingredient in biscuits, cakes, curries, desserts, sauces (such as satay sauce), as well as in groundnut oil and peanut flour.	
12	Sesame seeds These seeds can often be found in bread (sprinkled on hamburger buns for example), breadsticks, houmous, sesame oil and tahini. They are sometimes toasted and used in salads.	
13	Soya Often found in bean curd, edamame beans, miso paste, textured soya protein, soya flour or tofu, soya is a staple ingredient in oriental food. It can also be found in desserts, ice cream, meat products, sauces and vegetarian products.	
14	Sulphur dioxide (sometimes known as sulphites) This is an ingredient often used in dried fruit such as raisins, dried apricots and prunes. You might also find it in meat products, soft drinks, vegetables as well as in wine and beer. If you have asthma, you have a higher risk of developing a reaction to sulphur dioxide.	

For more information, visit: food.gov.uk/allergy or nhs.uk/conditions/allergies
 Sign up to our allergy alerts on food.gov.uk/email, or follow #AllergyAlert on Twitter and Facebook
 Let's keep connected at food.gov.uk/facebook
 Join our conversation @[food.gov.uk/twitter](https://twitter.com/foodgovuk)
 Watch us on food.gov.uk/youtube

More information

- Free online allergen training can be obtained on: <http://allergytraining.food.gov.uk/>
- For information and advice about food allergies and intolerances, visit the Food Standards Agency website: www.food.gov.uk/allergy
- For information on the EU Food Information for Consumers Regulation 1169/2011 visit: http://ec.europa.eu/food/food/labellingnutrition/foodlabelling/proposed_legislation_en.htm
- For information on gluten, visit the Coeliac UK website: www.coeliac.org.uk