**Wind in the Willows Childcare Ltd**

**Sample Menu**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Week 1 | Monday | Tuesday | Wednesday | Thursday | Friday |
| Breakfast  Planned to provide 20% of a child’s daily nutritional requirements  Drinks: Milk/Water only | Wheat bisks with milk | Malted wheats and milk | Cornflakes with milk | Cornflakes with milk | Crisped Rice cereal and milk |
| Mid-morning snack 8.30am until 9am  Planned to provide 10% of a child’s daily nutritional requirements | Half a slice of fruit bread and spread | Sliced Melon | Half a toasted teacake with spread and Kiwi Fruit | Wholemeal toast with sliced Banana | Half a Bagel with spread and a slice of Melon |
| Lunch  Planned to provide 30% of a child’s daily nutritional requirements  Drinks: Diluted fruit juice | Home-made Chicken Curry with white rice/fresh peas and Naan Bread  Angel Delight | Home-made Minced Beef and Onion Pie with mashed root vegetables  Bananas with custard | Tuna Pasta(Brown) Bake served with Carrots and Broccoli  Home-made fruit smoothies | Roast Chicken Dinner with Steamed Seasonal Vegetables/Yorkshire Pudding  Home-made Banana Bread | Lamb sheperds Pie with sweet potato topping, served with fresh seasonal vegetables  Home-made Victoria sponge cake and custard |
| Snack Tea  Planned to provide 20% of a child’s daily nutritional requirements  Drinks: Milk/Water | Oatcakes with soft cheese and Cheese sticks  Sliced Pear | Homemade cheese and ham quiche  Sliced oranges | Savoury rice with Quorn Chicken Pieces  Seasonal Fruit kebabs | Tomato and Vegetable Pasta(white)  Sliced Peaches | Whole meal Pitta Bread served with Houmous  Sliced Tomatoes |
| Fresh drinking water available at all times | | | | | |

Vegetarian and special diets catered for. Breakfast will be served until 8.30am. All allergens are identified on the menu board

**Wind in the Willows Childcare Ltd**

**Woolston Menu as from April 2021**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Week 2 | Monday | Tuesday | Wednesday | Thursday | Friday |
| Breakfast  Planned to provide 20% of a child’s daily nutritional requirements  Drinks: Milk/Water only | Cornflakes with milk | Malted wheats with milk | Crisped Rice cereal and milk | Wheat bisks with milk | Crisped Rice cereal and milk |
| Mid-morning snack 8.30am to 9am  Planned to provide 10% of a child’s daily nutritional requirements | Half a toasted teacake with spread and Kiwi Fruit | Wholemeal toast with sliced Banana | Toasted White English Muffin with spread | Half a slice of fruit bread and spread | Half a Bagel with spread and a slice of Melon |
| Lunch  Planned to provide 30% of a child’s daily nutritional requirements  Drinks: Diluted fruit juice | Beef Bolognese with white spaghetti served with red and green peppers  Home-made Flapjacks | Chicken Casserole served with fresh seasonal vegetables and new potatoes  Fruit Jelly with Ice Cream | Cod Fillet fish cakes served with crispy potatoes and mushy peas  Cinnamon swirls | Beef Chilli Con Carne served with white rice/peas and sweetcorn  Whipped Dessert with fresh fruit | Minted Lamb Hotpot served with mashed root vegetables  Fromage Frais with sliced Kiwi Fruit |
| Snack Tea  Planned to provide 20% of a child’s daily nutritional requirements  Drinks: Milk/Water | Cod Fillet Fish Fingers served with sliced wholemeal bread  Sliced Pear | Whole meal Pitta Bread served with Houmous  Sliced  Tomatoes/Vegetable sticks | Chicken and Pesto Pin Wheels  Cucumber sticks | Cheese/Cumin Straws  Carrot sticks | Whole meal wraps with ham and cheese fillings  Sliced Banana |
| Fresh drinking water available at all times | | | | | |

Vegetarian and special diets catered for. Breakfast will be served until 8.30am. All allergens are identified on the menu boar

**Wind in the Willows Childcare Ltd**

**Woolston Menu as from April 2021**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Week 3 | Monday | Tuesday | Wednesday | Thursday | Friday |
| Breakfast  Planned to provide 20% of a child’s daily nutritional requirements  Drinks: Milk/Water only | Crisped Rice cereal and milk | Cornflakes with milk | Wheat bisks with milk | Cornflakes with milk | Cornflakes with milk |
| Mid-morning snack 8.30am to 9am  Planned to provide 10% of a child’s daily nutritional requirements | Half a Bagel with spread and a slice of Melon | Wholemeal toast with sliced Banana | Half a slice of fruit bread and spread | Wholemeal toast with sliced Banana | Half a Bagel with spread and a slice of Melon |
| Lunch  Planned to provide 30% of a child’s daily nutritional requirements  Drinks: Diluted fruit juice | Plant based Sausage Casserole served with red peppers, onions, mushrooms, mashed potatoes  Home-made Apple and Summer Fruits Crumble with custard | Beef Lasagne served with Garlic bread  Natural Yoghurt with  Mango/Raspberry Couli | Home-made Chicken and Mushroom Pie served with mashed root vegetables  Pancakes with sliced Pear | Beef Shepherd’s Pie, mashed root vegetables, fresh seasonal vegetables  Home-made Victoria Sponge Cake with custard | Sweet Chilli Chicken served with white vegetable rice, red and green peppers, mushrooms  Chocolate and Beetroot Brownie |
| Snack Tea  Planned to provide 20% of a child’s daily nutritional requirements  Drinks: Milk/Water | Whole meal wraps with ham and cheese fillings  Sliced Banana | Cold Tuna White Pasta Salad  Cucumber sticks | Crackers with cheese sticks served with a Houmous dip  Sliced Peaches | Pitta bread Pizza  Seasonal Fruit Kebabs | Savoury Pinwheels  Sliced Apple |
| Fresh drinking water available at all times | | | | | |

Vegetarian and special diets catered for. Breakfast will be served until 8.30am. All allergens are identified on the menu boar

**Wind in the Willows Childcare Ltd**

**Woolston Menu as from April 2021**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Week 4 | Monday | Tuesday | Wednesday | Thursday | Friday |
| Breakfast  Planned to provide 20% of a child’s daily nutritional requirements  Drinks: Milk/Water only | Wheat bisks with milk | Crisped Rice cereal and milk | Cornflakes with milk | Toasted White English | Cornflakes with milk |
| Mid-morning snack 8.30am to 9am  Planned to provide 10% of a child’s daily nutritional requirements | Half a slice of fruit bread and spread | Half a Crumpet with spread and a slice of Melon | Half a toasted teacake with spread and Kiwi Fruit | Muffin with spread and scrambled egg | Wholemeal toast with sliced Banana |
| Lunch  Planned to provide 30% of a child’s daily nutritional requirements  Drinks: Diluted fruit juice | Pasta Carbonara with fresh vegetables  Home-made Ginger sponge cake with custard | Beef meatballs served with noodles, tomato sauce, lentils, and mushrooms  Fromage Frais | Pork Sausage and Apple Casserole served with fresh seasonal vegetables and Jacket Potatoes  Chocolate and Raisin Krispie Cake | Home-made Minced Beef Pie served with new potatoes and fresh seasonal vegetables  Pancakes with Sliced Pear | Chicken A la King served with white rice  Home-made strawberry shortbread biscuits |
| Snack Tea  Planned to provide 20% of a child’s daily nutritional requirements  Drinks: Milk/Water | Wholemeal English muffin pizza with cheese topping  Banana Slices | Bagel with an assortment of savoury fillings  Sliced Apples | Pulled pork Quesadillas and Salsa  Selection of seasonal fruit | Savoury sandwiches made with brown rolls  Salad Sticks of carrots and tomatoes | Cold Tuna White Pasta Salad  Sliced Apples |
| Fresh drinking water available at all times | | | | | |

Vegetarian and special diets catered for. Breakfast will be served until 8.30am. All allergens are identified on the menu board