

Wind in the Willows Childcare Ltd

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Planned to provide 20% of a child's daily nutritional requirements Drinks: Milk/Water only	Choice from a selection of cereals with milk Crumpets with spread	Choice from a selection of cereals with milk Fruit bread with spread	Choice from a selection of cereals with milk Toasted Bagels with spread	Choice from a selection of cereals with milk Wholemeal toast with spread	Choice from a selection of cereals with milk Croissants with spread
Mid-morning rolling snack Planned to provide 10% of a child's daily nutritional requirements	Selection of fruits (Please see daily menu board for fruits available)	Selection of fruits (Please see daily menu board for fruits available)	Selection of fruits (Please see daily menu board for fruits available)	Selection of fruits (Please see daily menu board for fruits available)	Selection of fruits (Please see daily menu board for fruits available)
Lunch Planned to provide 30% of a child's daily nutritional requirements Drinks: Diluted fruit juice	Quorn Brown Pasta Bake with sweetcorn and fresh peas Ice Cream Roll	Lamb kheema with white vegetable rice served with fresh peas Fruit Sorbet	Roast Beef Dinner with Steamed Seasonal Vegetables Fromage Frais	Chicken Casserole with fresh seasonal vegetables Home-made Shortbread biscuits	Cod Fillet Fish Fingers with mashed Potatoes and Baked Beans Homemade Banana Bread
Snack Tea Planned to provide 30% of a child's daily nutritional requirements Drinks: Milk/Water	Sardines on white toast with Vegetable sticks Selection of fruits (Please see daily menu board for fruits available)	Brown Bagels with cheese Selection of fruits (Please see daily menu board for fruits available)	Mackerel Pate with crispbreads Selection of fruits (Please see daily menu board for fruits available)	Wholemeal wraps with Ham and Cheese fillings Selection of fruits (Please see daily menu board for fruits available)	Crackers with cheese and cucumber/carrot sticks Selection of fruits (Please see daily menu board for fruits available)
Fresh drinking water available at all times					

Vegetarian and special diets catered for, milk and dairy alternatives available at all times.

Breakfast will be served until 8.30am.

All allergens are identified on the menu board

Wind in the Willows Childcare Ltd

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Planned to provide 20% of a child's daily nutritional requirements Drinks: Water only	Choice from a selection of cereals with milk Waffles with honey	Choice from a selection of cereals with milk Bagels with cream cheese	Choice from a selection of cereals with milk Crumpets with spread	Choice from a selection of cereals with milk Fruit bread with spread	Choice from a selection of cereals with milk Toasted white English muffin with spread
Mid-morning rolling snack Planned to provide 10% of a child's daily nutritional requirements	Selection of fruits (Please see daily menu board for fruits available)	Selection of fruits (Please see daily menu board for fruits available)	Selection of fruits (Please see daily menu board for fruits available)	Selection of fruits (Please see daily menu board for fruits available)	Selection of fruits (Please see daily menu board for fruits available)
Lunch Planned to provide 30% of a child's daily nutritional requirements Drinks: Diluted fruit juice	Quorn Chicken served with steamed mixed seasonal vegetables with mashed potatoes Pear with Pancakes	Lamb meatballs with mushrooms, onions and white pasta Chocolate sponge cake with custard	Chicken Curry with White Rice/Fresh Peas and Naan Bread Greek Yoghurt with fruit	Turkey Ragu with white spaghetti served with mushrooms Raspberry sponge and custard	Spanish Chicken with Cous Cous, served with red and green peppers Fromage Frais
Snack Tea Planned to provide 30% of a child's daily nutritional requirements Drinks: Milk/Water	Home made Lentil Soup Selection of fruits (Please see daily menu board for fruits available)	Wholemeal Pitta bread with Houmous Selection of fruits (Please see daily menu board for fruits available)	Brown Bagel with Ham and Cheese Selection of fruits (Please see daily menu board for fruits available)	Savoury sandwiches with a selection of fillings Selection of fruits (Please see daily menu board for fruits available)	Savoury thins with a selection of fillings Selection of fruits (Please see daily menu board for fruits available)
Fresh drinking water available at all times					

Vegetarian and special diets catered for, milk and dairy alternatives available at all times.

Breakfast will be served until 8.30am.

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Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Planned to provide 20% of a child's daily nutritional requirements Drinks: Water only	Choice from a selection of cereals with milk Toasted White Muffin with spread	Choice from a selection of cereals with milk Bagels with spread	Choice from a selection of cereals with milk Fruit bread with spread	Choice from a selection of cereals with milk Wholemeal toast with spread	Choice from a selection of cereals with milk Waffles with honey
Mid-morning rolling snack Planned to provide 10% of a child's daily nutritional requirements	Selection of fruits (Please see daily menu board for fruits available)	Selection of fruits (Please see daily menu board for fruits available)	Selection of fruits (Please see daily menu board for fruits available)	Selection of fruits (Please see daily menu board for fruits available)	Selection of fruits (Please see daily menu board for fruits available)
Lunch Planned to provide 30% of a child's daily nutritional requirements Drinks: Diluted fruit juice	Tuna Pasta (Brown) Bake served with Carrots and Broccoli Home made Victoria Sponge with custard	Scouse with vegetables served with Beetroot and crusty bread White Chocolate and mixed fruit crispie cake	Roast Chicken Dinner with Steamed Seasonal Vegetables Bananas with Custard	Quorn Sausage casserole with new Potatoes and Steamed Seasonal Vegetables Fromage Frais	Culture Day (a specially selected dish from around the world served with seasonal fresh vegetables) Pancakes with sliced pear
Snack Tea Planned to provide 30% of a child's daily nutritional requirements Drinks: Milk/Water	Beanie Pinwheels Selection of fruits (Please see daily menu board for fruits available)	Brown Bagels with Ham and Cheese Selection of fruits (Please see daily menu board for fruits available)	Home-made Tomato, Basil and Lentil Soup Selection of fruits (Please see daily menu board for fruits available)	Mackerel Pate with crispbread and vegetable sticks Selection of fruits (Please see daily menu board for fruits available)	Wholemeal Pitta bread with Houmous/Vegetable sticks Selection of fruits (Please see daily menu board for fruits available)
Fresh drinking water available at all times					

Vegetarian and special diets catered for, milk and dairy alternatives available at all times.

Breakfast will be served until 8.30am.

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Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Planned to provide 20% of a child's daily nutritional requirements Drinks: Water only	Choice from a selection of cereals with milk Fruit bread with spread	Choice from a selection of cereals with milk Crumpets with spread	Choice from a selection of cereals with milk Toasted teacake with spread	Choice from a selection of cereals with milk Toasted White English Muffin with spread	Choice from a selection of cereals with milk Wholemeal toast with spread
Mid-morning rolling snack Planned to provide 10% of a child's daily nutritional requirements	Selection of fruits (Please see daily menu board for fruits available)	Selection of fruits (Please see daily menu board for fruits available)	Selection of fruits (Please see daily menu board for fruits available)	Selection of fruits (Please see daily menu board for fruits available)	Selection of fruits (Please see daily menu board for fruits available)
Lunch Planned to provide 30% of a child's daily nutritional requirements Drinks: Diluted fruit juice	Cheesy Bean and Potato Pie topped with sliced tomatoes and Green Beans Apricot Slice	Lamb Shepherd's Pie with Steamed Peas and Carrots Greek Yoghurt and Fruit	Meat Hotpot with Seasonal Vegetables Jelly with cream	Sweet Potato and Chickpea Curry served with White Rice Apricot Flapjack	Pork Sausage Casserole served with mashed Potatoes, Carrots and Peas Ice cream roll
Snack Tea Planned to provide 30% of a child's daily nutritional requirements Drinks: Milk/Water	Wholemeal English Muffin Pizza with Cheese and Tomato topping Selection of fruits (Please see daily menu board for fruits available)	Home-made Parsnip, Butterbean and Apple Soup Selection of fruits (Please see daily menu board for fruits available)	Savoury Pinwheels Selection of fruits (Please see daily menu board for fruits available)	Savoury sandwiches made with brown rolls Selection of fruits (Please see daily menu board for fruits available)	Cumin Straws Selection of fruits (Please see daily menu board for fruits available)

Vegetarian and special diets catered for, milk and dairy alternatives available at all times.

Breakfast will be served until 8.30am.

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