

# Wind in the Willows Childcare Ltd

## Longbarn Menu as from September 2025

Week 1	Monday	Tuesday Plant Day	Wednesday	Thursday	Friday
Breakfast Drinks: Milk/Water only	Rice Snaps Wholemeal toast/Fruit	Cornflakes Toast/fruit	Malt Wheats Wholemeal toast/Fruit	Multigrain Hoops Toast/fruit	Weetabix Wholemeal toast/Fruit
Mid-morning snack Planned to provide 10% of a child's daily nutritional requirements	Crackers, cheese and cucumber  Fruit	Toasted fruit bread  Fruit	Breadsticks, cucumber and dip  Fruit	Fruit platter  Fruit	Rice cakes with soft cheese  Fruit
Lunch Planned to provide 30% of a child's daily nutritional requirements Drinks Water	Beef Hotpot with carrots with Beetroot	Meat alternative, Wholewheat pasta bake with broccoli	Chicken curry with peas, rice and naan	Ham, new potatoes and savoy cabbage with gravy.	Fish fingers, mash with peas
Dessert	Greek yogurt with honey	Oat milk berry smoothie	Jelly with fruit	Unsweetened Fromage frais with fruit	Fruit platter
Snack Tea Planned to provide 20% of a child's daily nutritional requirements Drinks: Milk/Water	Ham and cheese toasties made with wholemeal bread  Fruit	White Pitta, houmous and vegetable batons  Fruit	Wholemeal rolls filled with a variety of fillings.  Fruit	Scrambled egg on white toast  Fruit	Bagels with a variety of fillings  Fruit
Fresh drinking water available at all times					

Breakfast will be served until 8.30am.

Vegetarian, Vegan and special diets catered for. All allergens are identified on the menu board

# Wind in the Willows Childcare Ltd

## Longbarn Menu as from September 2025

Week 2	Monday	Tuesday	Wednesday	Thursday Plant day	Friday
Breakfast Drinks: Water only	Weetabix Wholemeal toast/Fruit	Multigrain Hoops Toast/fruit	Cornflakes Toast/fruit	Malt Wheats Wholemeal toast/Fruit	Rice Snaps Wholemeal toast/Fruit
Mid-morning snack Planned to provide 10% of a child's daily nutritional requirements	Fruit Platter  Fruit	Breadsticks, Vegetable batons and dip  Fruit	Wholewheat crackers with a variety of cheeses  Fruit	Crumpets  Fruit	Vegetable batons with dip  Fruit
Lunch Planned to provide 30% of a child's daily nutritional requirements Drinks Water	Roast beef dinner with seasonal vegetables	Meatballs with wholewheat pasta, mixed peppers and garlic bread	Corned beef hash with carrots and swede	Meat alternative chilli with white rice	Wholewheat tuna pasta bake with sweetcorn
Dessert	Greek yogurt with honey	Fruit salad	Jelly with fruit	Oat milk Mango smoothie	Fruit sorbet
Snack Tea Planned to provide 20% of a child's daily nutritional requirements Drinks: Milk/Water	Spaghetti Hoops on Wholemeal toast  Fruit	French toast  Fruit	Wholemeal wraps with a variety of fillings  Fruit	Beans on white toast  Fruit	Mackerel pate on crispbread  Fruit
Fresh drinking water available at all times					

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## Longbarn Menu as from September 2025

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Drinks: Water only	Multigrain Hoops Toast/fruit	Weetabix Wholemeal toast/Fruit	Rice Snaps Wholemeal toast/Fruit	Cornflakes Toast/fruit	Malt Wheats Wholemeal toast/Fruit
Mid-morning snack Planned to provide 10% of a child's daily nutritional requirements	Fruit platter  Fruit	Wholemeal pitta with houmous and cucumber  Fruit	Crumpets  Fruit	Oat cakes with cheese  Fruit	Breadsticks, cucumber and dip  Fruit
Lunch Planned to provide 30% of a child's daily nutritional requirements Drinks Water	Spanish chicken with couscous	Sweet and Sour chicken with rice	Meat free sausage casserole with root mash and peas	Lamb keema with peas and rice	Sweet potato and chickpea curry with rice
Dessert	Greek yogurt with fruit puree	Jelly with fruit	Unsweetened fromage frais with berries	Fruit sorbet	Fruit platter
Snack Tea Planned to provide 20% of a child's daily nutritional requirements Drinks: Milk/Water	White bread Cheese and bean toasties  Fruit	Toasted muffins with cream cheese and cucumber  Fruit	Wholemeal rolls with a variety of fillings  Fruit	Quesadillas with ham and cheese filling  Fruit	Wholemeal pittas with ham and cheese  Fruit
Fresh drinking water available at all times					

Breakfast will be served until 8.30am.

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## Wind in the Willows Childcare Ltd

### Longbarn Menu as from September 2025

Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Drinks: Water only	Malt Wheats Wholemeal toast/Fruit	Cornflakes Toast/fruit	Multigrain Hoops Toast/fruit	Rice Snaps Wholemeal toast/Fruit	Weetabix Wholemeal toast/Fruit
Mid-morning snack Planned to provide 10% of a child's daily nutritional requirements	Wholemeal crackerbread with cheese  Fruit	Bagels with cream cheese and cucumber  Fruit	Cracker bread with cream cheese  Fruit	Vegetable batons and dip  Fruit	Toasted teacakes  Fruit
Lunch Planned to provide 30% of a child's daily nutritional requirements Drinks Water	Roast chicken dinner with seasonal vegetables	Wholewheat spaghetti bolognese with mushrooms and peppers	Cottage pie with seasonal vegetables	Meat alternative casserole with seasonal vegetables and new potatoes	Fishcakes with new potatoes and seasonal vegetables
Dessert	Natural yogurt with fruit puree	Oat milk fruit smoothie	Jelly with fruit	Fruit platter	Melon
Snack Tea Planned to provide 20% of a child's daily nutritional requirements Drinks: Milk/Water	Buffet tea  Fruit	Tomato and basil soup with wholemeal rolls  Fruit	English muffin pizzas  Fruit	Wholewheat pasta salad with chicken and sweetcorn  Fruit	Sardines on wholemeal toast  Fruit
Fresh drinking water available at all times					

Breakfast will be served until 8.30am.

Vegetarian, Vegan and special diets catered for. All allergens are identified on the menu board.