The Break Menu Week 1

Menus are subject to change and availability created within guidelines set out by ‘startwell’ change 4 life and DFE ‘Eat Better, Start Better’

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Water available all day and with all meals. | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| Tea is served at 4.45pm | Pizza with SaladYoghurt and Honey | Tomato Soup and Bread rollsSelection of Fruit | Jacket Potato and Tuna MayoYoghurt and Honey | Baked Beans on Toast with grated cheeseSelection of Fruit | Spaghetti Bolognaise with Grated cheeseSelection of fruit |
| Afternoon snack served as soon as we get in from school |  Cracker and Banana  | Rice cakes and Apple | Melba thins and Orange  | Oatcakes and Pear | Bread and Butter with Pineapple |
| Starchy portions | 2 | 2 | 2 | 2 | 2 |
| Fruit and vegetable portion | 2 | 2 | 2 | 3 | 3 |
| Meat, fish, eggs, beans and non dairy sources of protein portion | 0 | 0 | 1 | 1 | 1 |
| Milk and dairy foods | 3 | 3 | 2 | 3 | 3 |

BREAKFAST – Breakfast is served every day with a selection of cereals, toast, and fruit. Cereals used at this nursery are listed in the allergen’s information

The Break Menu Week 2

Menus are subject to change and availability created within guidelines set out by ‘startwell’ change 4 life and DFE ‘Eat Better, Start Better’

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Water available all day and with all meals. | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| Tea is served at 4.45pm | Potato waffles, Baked Beans and cheeseSelection of Fruit  | Bagel with Ham, Cheese, and saladYoghurt and Honey | Pasta with a Tomato sauce and grated cheeseSelection of fruit | Jacket Potato with Bolognaise sauce and Grated cheeseSelection of Fruit | Tomato Soup and BaguettesYoghurt and Honey |
| Afternoon snack served as soon as we get in from school |  Oatcakes and Pineapple  | Rice cakes and Banana | Bread and butter with Apple  | Melba thins and Orange | Cracker and Pear |
| Starchy portions | 2 | 2 | 2 | 2 | 2 |
| Fruit and vegetable portion | 3 | 2 | 3 | 3 | 1 |
| Meat, fish, eggs, beans and non dairy sources of protein portion | 1 | 1 | 0 | 1 | 0 |
| Milk and dairy foods | 2 | 4 | 2 | 2 | 3 |

BREAKFAST – Breakfast is served every day with a selection of cereals, toast, and fruit. Cereals used at this nursery are listed in the allergen’s information

The Break Menu Week 3

Menus are subject to change and availability created within guidelines set out by ‘startwell’ change 4 life and DFE ‘Eat Better, Start Better’

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Water available all day and with all meals. | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| Tea is served at 4.45pm | Jacket Potato, Baked Beans and cheeseSelection of Fruit  | Pizza and saladYoghurt and Honey | Tomato Soup and Bread Selection of fruit | Fish Fingers, New Potatoes and VegYoghurt and Honey | Chicken wraps with salad, grated Cheese and Mayo. Selection of Fruit |
| Afternoon snack served as soon as we get in from school |  Bread and butter with Pear  | Oatcake and Pineapple | Cracker and Banana  | Rice Cake and Apple | Melba thins and Orange |
| Starchy portions | 2 | 2 | 2 | 1 | 2 |
| Fruit and vegetable portion | 2 | 2 | 2 | 3 | 3 |
| Meat, fish, eggs, beans and non dairy sources of protein portion | 1 | 0 | 0 | 1 | 1 |
| Milk and dairy foods | 2 | 3 | 2 | 2 | 2 |

BREAKFAST – Breakfast is served every day with a selection of cereals, toast, and fruit. Cereals used at this nursery are listed in the allergen’s information