

# Spring/Summer Menu

## Fruits

Raspberries  
Mix berries  
Pear  
Strawberries  
Kiwi  
Plums  
Apple  
Grapes  
Watermelon  
Blackberry  
Pineapple  
Peach  
Grapefruit  
Banana  
Melon  
Orange

## Vegetables

Asparagus  
Red cabbage  
Green beans  
Broccoli  
Cucumber  
Tomatoes  
Sweetcorn  
Avocado  
Potatoes  
Peppers  
Onion  
Garlic  
Mushrooms  
Red radishes  
Spinach

## Proteins

Lamb  
Chicken  
Pork  
Beef  
Eggs  
Ham  
Tuna  
Cod fish  
Salmon  
Hummus

## Diaries and Alternatives

Oat milk  
Cow's milk  
Cheddar cheese  
Soya milk  
Coconut milk  
Greek Yogurt  
Feta cheese  
Mozzarella cheese  
Cottage cheese

## Grains and Bakery

Porridge  
Wholegrain cereal  
Basmati rice  
Orzo  
Risotto rice  
Panini & Bagel  
Lentil  
Pasta  
Croissant  
Cinnamon swirl  
Tortilla&Flatbread  
Strudel

## Fat

Butter  
Olive oil  
Mayo



# OUR AIMS!

Mealtimes are special and important times in our setting. We all eat together and we all use good table manners! We learn about healthy eating and we talk about food we like and we do not like and why? We are independent and we serve our meals and pour our drinks all by ourselves!

## INDEPENDENCE

Children serve and pour their drinks all by themselves! They learn to use jugs, dispensers, kitchen tongs etc. Children are involved in preparing meals and we often plan cooking experiences!

## Children's Voice and Rights

Children have opportunities to choose between different options as we respect their individual tastes! Children are involved in creating the menus so they know their views are respected and listened to! Children have the right to say "No" and they are never pushed to eat or finish their food

## INDIVIDUAL NEEDS

Our meals reflect children's background and cultural beliefs as well as their individual dietary requirements!

## TABLE MANNERS

Children are encouraged to use knife, fork and napkin. We teach them about good table manners!

## RESPECT OTHERS AND THE ENVIRONMENT

Children take turns to serve their meals so they learn to patience, respect and accept other needs. Children help to clean and wipe the table after meals so they learn to respect and look after the environment!

## HEALTHY EATING

Children eat freshly cooked and homemade prepared food so they learn about healthy eating! We regularly plan activities to support children's understanding of the importance of healthy eating! Children are encouraged to try new food and tastes so they can discover what they like!



The menu's various versions are color-coded, allowing you to easily identify which menu is in use for each week.

### APRIL

| M  | T  | W  | T  | F  | S  | S  |
|----|----|----|----|----|----|----|
| 1  | 2  | 3  | 4  | 5  | 6  | 7  |
| 8  | 9  | 10 | 11 | 12 | 13 | 14 |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 29 | 30 |    |    |    |    |    |

### MAY

| M  | T  | W  | T  | F  | S  | S  |
|----|----|----|----|----|----|----|
|    |    | 1  | 2  | 3  | 4  | 5  |
| 6  | 7  | 8  | 9  | 10 | 11 | 12 |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| 27 | 28 | 29 | 30 | 31 |    |    |

### JUNE

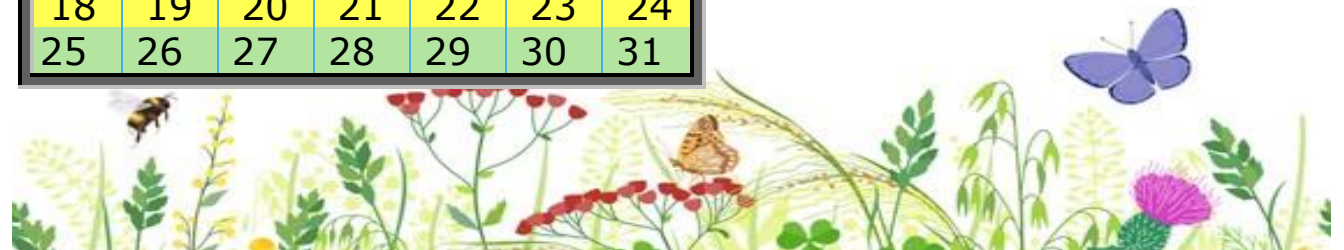
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|----|----|----|----|----|----|----|
|    |    |    |    |    | 1  | 2  |
| 3  | 4  | 5  | 6  | 7  | 8  | 9  |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |

### JULY

| M  | T  | W  | T  | F  | S  | S  |
|----|----|----|----|----|----|----|
| 1  | 2  | 3  | 4  | 5  | 6  | 7  |
| 8  | 9  | 10 | 11 | 12 | 13 | 14 |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 29 | 30 | 31 | 31 |    |    |    |

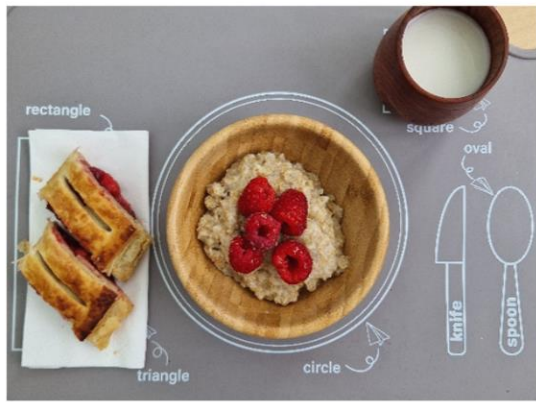
### AUGUST

| M  | T  | W  | T  | F  | S  | S  |
|----|----|----|----|----|----|----|
|    |    |    |    | 1  | 2  | 3  |
| 4  | 5  | 6  | 7  | 8  | 9  | 10 |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| 25 | 26 | 27 | 28 | 29 | 30 | 31 |



Monday

Breakfast



**Porridge** with raspberries  
Mix berries **strudel**  
Cup of coconut milk

AM snack

Pear  
**Cheese cracker**

Lunch



**Green lentil curry**  
Basmati rice  
Steamed broccoli

PM snack

**Hummus**  
Cucumber sticks

Tea



**Mac & Cheese**  
Cherry tomatoes  
Cucumber sticks

Tuesday

Breakfast



Freshly baked **croissant**  
Strawberries and Kiwi

AM snack

**Yogurt**  
**Biscuit crumbs**

Lunch

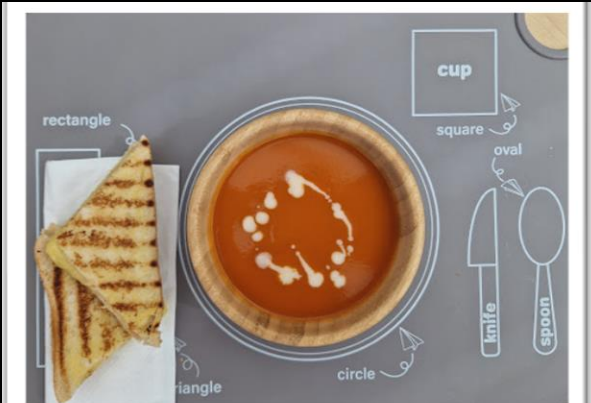


**Beef burger**, Oven-baked  
chips and Corn on cob

PM snack

Plums  
**Cheese cracker**

Tea



**Tomato soup; Grilled Cheese**  
**Sandwich**

Wednesday

Breakfast



Wholegrain **cereal**; Plums;  
**Toast** with **cottage cheese** and  
mashed avocado

AM  
snack

Apple  
Rice  
cakes

Lunch

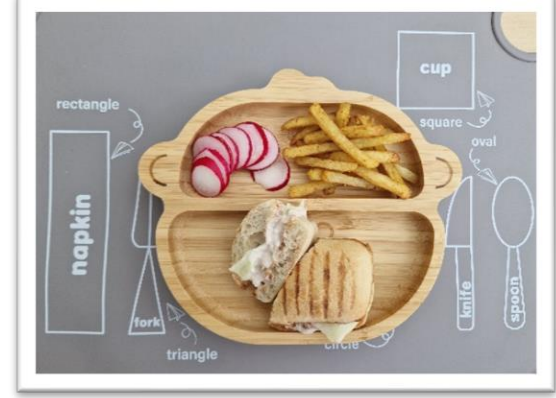


Chicken and mushroom risotto;  
Papper sticks; Cucumber sticks

PM  
snack

Tomato  
slices  
**Feta  
cheese  
cubes**

Tea



Grilled **tuna panini**; French  
fries; Red radish slices

Thursday

Breakfast



Toasted **bagel** with **butter**  
Hard-boiled **eggs**; Grapes

AM snack

**Yogurt**  
Strawbe  
ries

Lunch

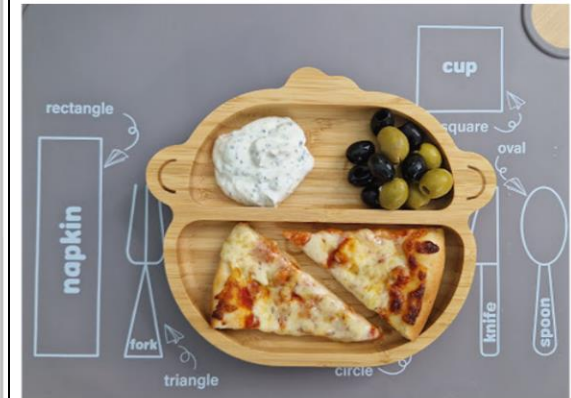


Lamb meatballs in gravy; Peas in  
**butter**; Roast potatoes

PM  
snack

Waterme  
lon  
Cream  
crackers

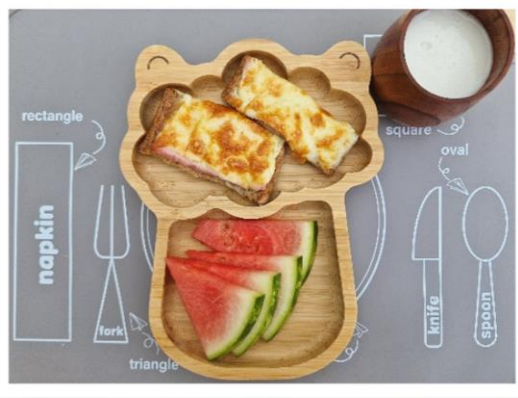
Tea



**Pizza Margherita**; **Tzatziki**;  
olives

## Friday

### Breakfast



Ham and **cheese toasties**; Cup of coconut milk; Watermelon slices

### AM snack

Plums  
**Cheese oatcake**



Greek style **orzo** with pork mince and **feta**; Spinach salad with **yogurt** dressing

### PM snack

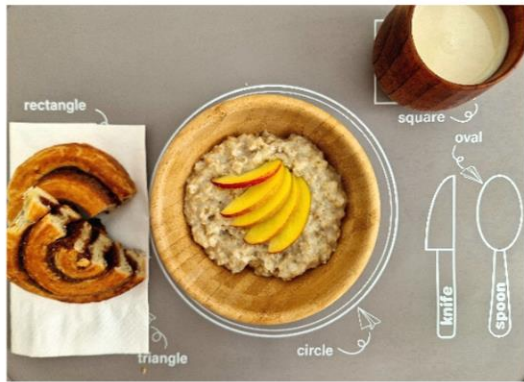
**Bread sticks**  
Kiwi



**Fish pie**  
Steamed broccoli  
Potato wedges

Monday

Breakfast



**Porridge** with peach; **Cinnamon swirl**; Cup of soya **milk**

AM snack

**Yogurt**  
**Blackberry**

Lunch

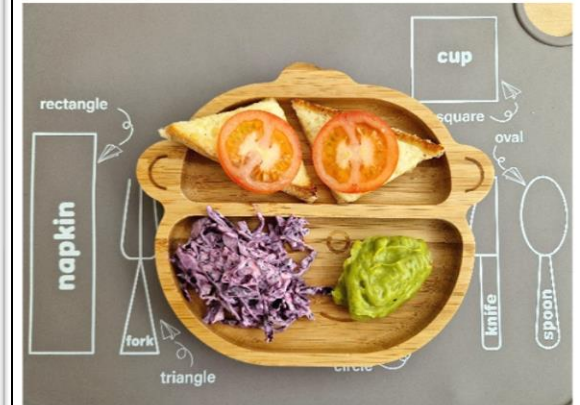


Tomato **tuna pasta**; **Cheese** sticks; Fresh pepper sticks

PM snack

Grapefruit slices  
Multi-grain **cracker**

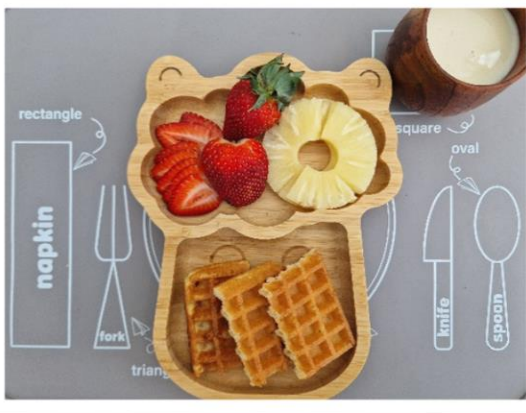
Tea



**Cheese** and tomato **toastie**; **Guacamole**; Red cabbage salad with **mayo dressing**

Tuesday

Breakfast

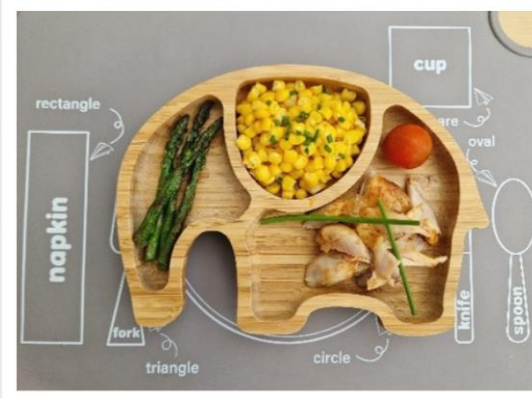


**Waffles**; Strawberries; Cup of **oat milk**; Fresh Pineapple slices

AM snack

Peach  
**Oatcake**

Lunch

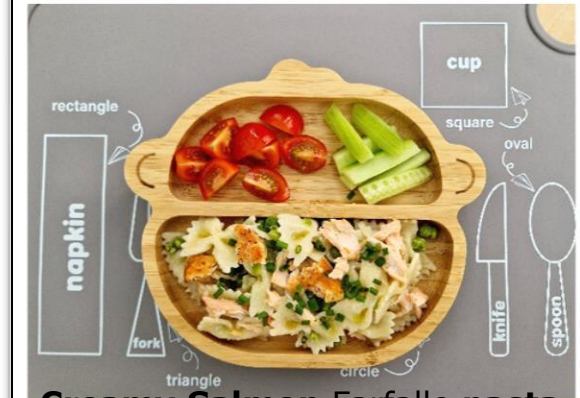


Roast chicken; Grilled asparagus  
Sweetcorn

PM snack

Pepper sticks  
**Bread sticks**

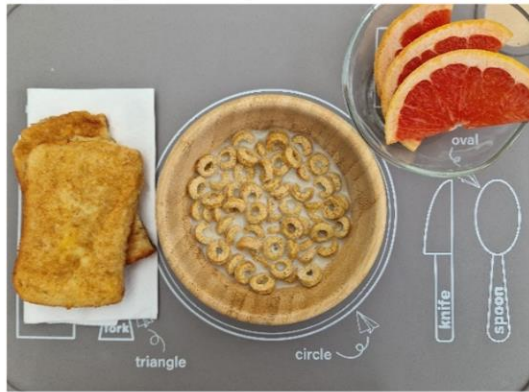
Tea



**Creamy Salmon Farfalle pasta** with peas; Cherry tomatoes; Cucumber strips

Wednesday

Breakfast

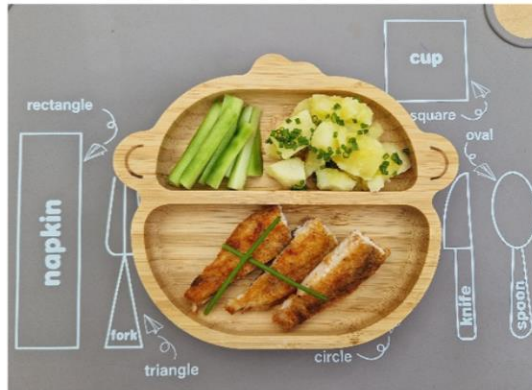


Wholegrain cereal with soya milk; Grapefruit; French toast

AM snack

Banana Yogurt

Lunch



Pan-seared fish fillet  
Potato salad  
Cucumber sticks

PM snack

Pineapple Rice cake

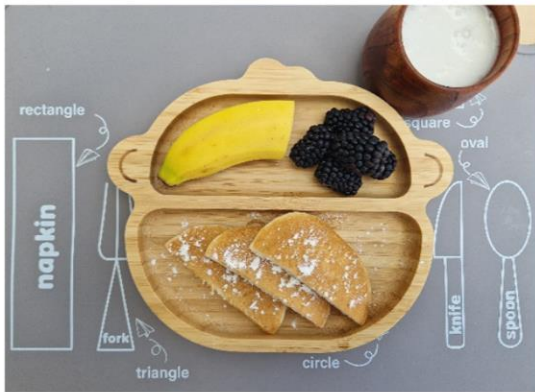
Tea



Sweet and sour chicken  
Green beans  
Egg noodles

Thursday

Breakfast



Pancakes; Blackberries; Banana  
Cup of coconut milk

AM snack

Melon  
Tea biscuits

Lunch



Chickpea Korma curry  
Rice; Sugar snap peas

PM snack

Orange  
Cream cracker

Tea



Tomato and herbs flatbread;  
Avocado; Fresh mozzarella



Friday

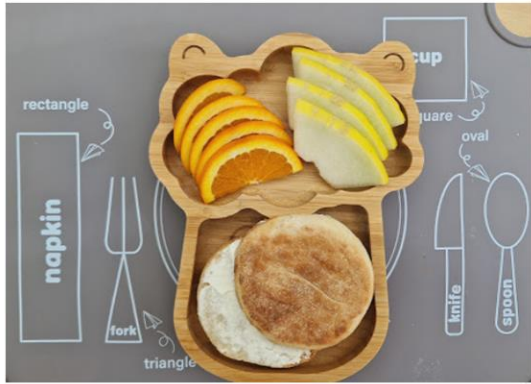
Breakfast

AM snack

Lunch

PM snack

Tea



Apple  
**Multi-grain cracker**



Cucumb  
er sticks  
**Cheese cracker**



Toasted **English muffins** with **cream cheese**; Orange; Melon;

Pan-roasted chicken fillet; Tomato slices; **Fresh mozzarella**

**Sausage rolls**; **Yogurt** and **mayo** dip; Rainbow peppers sticks