

## Week 1: Mary Poppins example spring/summer menu (children aged 1-4 years)

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b> Planned to provide 20% of a child's daily nutritional requirements  Drinks: Water only	Malt wheat cereal with milk and sliced banana  Crumpet and spread	Cornflakes with milk, raisins and kiwi fruit quarters  White toast and spread	Hard-boiled egg and tomatoes with wholemeal bread and spread  Banana	Wheat bisks with milk and mixed berries  Half a slice of fruit bread and spread	Crisped rice cereal and milk  Half a bagel with spread and melon
<b>Mid-morning snack</b> Planned to provide 10% of a child's daily nutritional requirements	Breadsticks and mixed vegetable sticks  Milk or water	Toasted crumpet, spread and strawberries  Milk or water	Yoghurt and sliced grapes  Milk or water	Wholemeal toast with spread and mangetout  Milk or water	Banana slices  Milk or water
<b>Lunch</b> Planned to provide 30% of a child's daily nutritional requirements  Drinks: Water only	Thai chicken curry (or Thai tofu curry) with white rice  Seasonal fruit salad	Lamb moussaka (or Lentil moussaka) with garlic bread and mixed salad  Rhubarb fool	Pork ragu (or soya and apple ragu) with new potatoes, broad beans and courgettes  Pineapple upside down pudding with custard	Salmon and pea risotto (or bean and pea risotto)  Blueberry sponge cake	Bean and veggie sausage wholemeal pasta bake  Plain Greek yoghurt with raspberry puree
<b>Mid-afternoon snack</b> Planned to provide 10% of a child's daily nutritional requirements	Cheese (sliced or cut into sticks) and sliced tomatoes  Milk or water	Pineapple slices  Milk or water	Mashed avocado and pitta bread  Milk or water	Mixed chopped seasonal fruit  Milk or water	Cucumber and carrots sticks with crackers and cream cheese  Milk or water
<b>Tea</b> Planned to provide 20% of a child's daily nutritional requirements  Drinks: Water only	Bean and tomato gnocchi bake with bread and spread  Strawberry frozen yoghurt	Tuna fishcakes (or potato and lentil cakes) with tomato relish  Seasonal fruit salad	Pasta with beans and peas  Rice pudding with peach purée	Wholemeal English muffin pizza with various toppings  Banana slices	Crustless quiche with potato salad and pepper sticks  Apple slices and raisins
<b>Note:</b> Fresh drinking water is available and accessible at all times.					