Autumn/winter menu and recipes for early years settings
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Introduction

This document contains an example one-week autumn/winter menu for early years settings. The example menu has been developed to meet the national voluntary food and drink guidelines for early years settings. It illustrates the types and amounts of food and drink that can be provided to meet the nutritional requirements of children aged one to five years.

An example one-week spring/summer menu is available to download from the Children’s Food Trust website www.childrensfoodtrust.org.uk/eatbetterstartbetter

The menu includes three meals (breakfast, lunch and tea) and two snacks each day. Recipes for each menu item have been included within this document. These recipes are tried and tested favourites from early years settings across England. Each recipe has been photographed to illustrate typical portion sizes for one to four-year-olds. The actual portion size of each food is specified under each photograph, along with serving suggestions and tips.

The food and drink guidelines

A healthy balanced diet for children aged one to five years is based on the four food groups listed below, which provide a range of essential nutrients that children need to grow and develop:

Starchy foods
Fruit and vegetables
Meat, fish, eggs, beans and other non-dairy sources of protein
Milk and dairy foods

The food and drink guidelines describe how often, how much, and which types of food from each of the four food groups below should be provided for children aged one to five years. Following these guidelines will help to make sure that the food and drink provided for children is healthy, balanced and nutritious.

Understanding the food and drink guidelines

The ‘At a glance’ sections on pages 9, 13, 19 and 45 of this document list the food and drink guidelines for each meal and snack, as included in the practical guide.

The following symbols and terms are used in the ‘At a glance’ sections. Use these pages to help you plan your menus for meals, snacks and drinks. Limiting or avoiding some foods, ingredients and cooking practices will help to ensure that menus are healthy, balanced and nutritious.

Key to symbols

Food and drink guidelines – use these to plan your meals and snacks.

Limit Where the guidelines advise that food or drinks should be limited, these should be provided no more than once a week. This will help to decrease the amount of salt, sugar and saturated fat in children’s diets and increase the variety of food and drinks they are offered.

Good practice – consider these when planning your meals and snacks.

Avoid Where the guidelines advise that food or drinks should be avoided, these should not be provided as part of any meals or snacks.


* Portion sizes are typical example portion sizes for children aged one to five years and are not suitable for children under the age of one year.

* The food and drink guidelines have been written to ensure the nutritional requirements of children aged one to five years are met. The nutrient framework has been derived from the Dietary Reference Values (DRVs) for children aged one to four years. This includes children up to their fifth birthday.
Recipe key features

Recipes for each item on the one-week autumn/winter menu are included in this document. These recipes are tried and tested favourites from early years settings across England. Each recipe includes the following information.

Ingredients

The ingredients used in each recipe are in line with the food and drink guidelines and examples of good practice listed in the practical guide. For example:

• Canned pulses used in the recipes contain no added salt or sugar.
• Whole milk and full-fat yoghurt and cheese are used in the recipes. For more information about providing milk and dairy products for children aged one to five, see page 22 of the practical guide.

Quantities of ingredients are given in both metric and household measures where appropriate. These have been given as a guide. Individual products, brands and food items may vary in weight from those given.

Number of servings per recipe

Each recipe includes two sets of ingredient weights, to make either five or 20 servings. This means that the recipes can be used by childminders cooking for a small number of children, as well as nurseries, pre-schools and children’s centres cooking for larger numbers of children. The ingredient quantities in the recipes can be multiplied to cater for larger numbers of children where needed.

Food photos

Each recipe has been photographed as a meal and as individual accompaniments, to clearly illustrate the suggested portion size for children aged one-to-four years. The portion sizes of each recipe are also illustrated in the photos on each page. The actual sizes of the plates and bowls included in the photographs are listed below:

• Small bowl – 8cm
• Large bowl – 12cm
• Plate – 20cm

These diameters have been given to help those cooking and serving food in settings visualise the actual size of the portions given. To see the actual size plates and bowls, please refer to page 71 of the practical guide.

Typical portion sizes

The recipes include suggested portion sizes based on an average portion size for one to four-year-olds, so would be appropriate in a setting providing food and drink for a range of children. Portion sizes for one to two-year-olds and three to four-year-olds are also shown where appropriate. It is important to note that young children’s appetites vary, and that they should be encouraged to eat healthy food according to their appetite.

Typical portion sizes given are for the recipe as served. In some cases this will be cooked food. The weight of many foods can change during cooking, due to water loss or gain. Here are some examples of how the weight of food changes when cooked:

<table>
<thead>
<tr>
<th>Food</th>
<th>Raw weight (g)</th>
<th>Cooked weight (g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pasta (boiled)</td>
<td>35</td>
<td>80</td>
</tr>
<tr>
<td>White rice (boiled)</td>
<td>30</td>
<td>80</td>
</tr>
<tr>
<td>Lean minced beef (stewed)</td>
<td>35</td>
<td>30</td>
</tr>
<tr>
<td>Beef, braising steak (stewed)</td>
<td>50</td>
<td>30</td>
</tr>
<tr>
<td>Chicken breast (casseroled)</td>
<td>40</td>
<td>30</td>
</tr>
<tr>
<td>Pork sausages (grilled)</td>
<td>40</td>
<td>30</td>
</tr>
<tr>
<td>Salmon (steamed)</td>
<td>34</td>
<td>30</td>
</tr>
<tr>
<td>Red split lentils (boiled)</td>
<td>12</td>
<td>40</td>
</tr>
</tbody>
</table>
Symbols

Symbols are displayed on each recipe to help you identify the most appropriate recipes for you and your setting. These include identifying recipes containing common allergens, such as wheat, dairy, and eggs. The symbols also indicate if the recipe includes a portion of starchy food, fruit or vegetable, meat, fish, meat alternative, dairy and if the recipe is suitable to cook with children.

Please note, the symbols displayed at the top of each recipe relate to the recipe only, and not to the complete meal as shown in the photograph.

The symbols included on appropriate recipes are:

<table>
<thead>
<tr>
<th>Key to recipes</th>
<th>Symbol</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Allergy warning – wheat</td>
<td>!WHEAT</td>
<td>Portion of vegetables</td>
</tr>
<tr>
<td>Allergy warning – dairy</td>
<td>!DAIRY</td>
<td>Portion of meat</td>
</tr>
<tr>
<td>Allergy warning – egg</td>
<td>!EGG</td>
<td>Portion of fish</td>
</tr>
<tr>
<td>Vegetarian main dishes</td>
<td>V</td>
<td>Portion of meat alternative, pulses or eggs</td>
</tr>
<tr>
<td>Portion of starchy food</td>
<td>§</td>
<td>Portion of dairy</td>
</tr>
<tr>
<td>Portion of fruit</td>
<td>✿</td>
<td>Suitable to cook with children</td>
</tr>
</tbody>
</table>

An allergy symbol has been included on recipes that may contain wheat, dairy or egg. These are included as a guide. Individual brands and products may vary so it is important to read the label of products before using them. All margarine used within recipes in this booklet is vegetable margarine and does not contain milk or dairy products. See page 48 of the practical guide for more information.

Nutrient content of each recipe

Each recipe included in the menu has been nutritionally analysed using menu planning and nutrient analysis computer software. The energy and nutrient content of each recipe is listed in the table on pages 65–68. This information can be used to compare the nutrient content of different recipes.
# Autumn/winter menu for early year settings

This autumn/winter one week menu meets the food and drink guidelines and the average energy and nutrient requirements for children aged one to five.

<table>
<thead>
<tr>
<th>Meal</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Breakfast</strong></td>
<td>Wheat biscuits with yoghurt and dried apricots Diluted apple juice</td>
<td>Porridge with raisins Wholemeal toast and spread Water</td>
<td>Malt wheats with whole milk and chopped plum Toasted bagel and spread Water</td>
<td>Toasted muffin and spread with scrambled egg, tomato and mushrooms Whole milk</td>
<td>Rice crispies with whole milk Toasted teacake and spread Diluted orange juice</td>
</tr>
<tr>
<td><strong>Mid-morning snack</strong></td>
<td>Toasted English muffin and spread with a clementine Water</td>
<td>Wholemeal pitta bread with tuna dip, celery and red pepper sticks Whole milk</td>
<td>Plain pancake with yoghurt and pear Water</td>
<td>Rice cakes with cottage cheese, apple and beetroot Water</td>
<td>Wholemeal toast and spread with carrot sticks Whole milk</td>
</tr>
<tr>
<td><strong>Lunch</strong></td>
<td>Fish pie with sweet potato topping or vegetable and bean pie (v) with swede and cauliflower Apple and rhubarb crumble with custard Water</td>
<td>Beef lasagne or tomato and lentil lasagne (v) with garlic bread, carrots and peas Yoghurt with dates Diluted apple juice</td>
<td>Roast chicken and gravy or roast Quorn™ and tomato and basil sauce(v) with roast potatoes, red cabbage and parsnips Semolina with blackberry compote Water</td>
<td>Mixed bean and root vegetable stew (v) with apricot and herb couscous Cocoa and beetroot cake with cocoa custard Warm winter fruit salad with vanilla sauce Water</td>
<td>Lamb curry or chickpea curry (v) with brown rice, naan bread and tomato and coriander salad Warm winter fruit salad with vanilla sauce Water</td>
</tr>
<tr>
<td><strong>Mid-afternoon snack</strong></td>
<td>Breadsticks with hard boiled egg and cherry tomatoes Whole milk</td>
<td>Oatcake and satsuma Water</td>
<td>Apple with crackers and spread Whole milk</td>
<td>Banana with plain yoghurt Water</td>
<td>Celery and cucumber sticks with toasted bagel and spread Whole milk</td>
</tr>
<tr>
<td><strong>Tea</strong></td>
<td>Chicken risotto or Tofu risotto (v) Seasonal fruit salad Water</td>
<td>Scrambled egg on toast with mushrooms and tomatoes Banana and raisin flapjack Water</td>
<td>Herby pilchard pasta or herby tomato and bean pasta (v) Apple crumble tart Diluted orange juice</td>
<td>Leek, potato and butterbean soup (v) with wholemeal bread roll and spread Stewed seasonal fruit with plain yoghurt Water</td>
<td>Homemade tuna fishcakes or potato and lentil cakes (v) with tomato relish Banana and cinnamon rice pudding Water</td>
</tr>
</tbody>
</table>

**Note:** The autumn/winter menu has been developed using the estimated average requirement (EAR) for energy, and the nutrient-based standards for fat, saturated fat, carbohydrate and non-milk extrinsic sugars based on this EAR, as specified by COMA not the 2011 Dietary Recommendations for Energy published by SACN.
**Breakfast at a glance**

<table>
<thead>
<tr>
<th>Menu planning advice</th>
<th>Breakfast is an important meal for young children. Settings should liaise with parents to make sure that children always eat breakfast, whether at home or when they arrive at the setting.</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Food Group</strong></td>
<td><strong>Food and drink guidelines</strong></td>
</tr>
</tbody>
</table>
| **Starchy foods**    | - Provide a portion of starchy food as part of breakfast each day.  
- Provide at least three different varieties of starchy food across breakfasts each week.  
- Provide a variety of wholegrain and white starchy foods as part of breakfast each week.  
- It is good practice to provide wholegrain starchy foods for at least one breakfast each week.  
- Choose breakfast cereals with low or medium sugar content. Avoid cereals high in sugar such as sugar-coated or chocolate-flavoured cereals.  
- Choose bread and bread products with a low salt content where possible. |
| **Fruit and vegetables** | - Provide a portion of fruit or vegetables at breakfast each day.  
- If you offer fruit juice at breakfast, this should be unsweetened and diluted (half juice and half water). |
| **Meat, fish, eggs, beans and non-dairy sources of protein** | - Food from this group provides a useful source of iron and zinc and can be provided as part of breakfast. |
| **Milk and dairy foods** | - Children should have three portions of milk and dairy foods each day (including those provided at home); one of these can be provided as part of breakfast. |
| **Drinks** | - Children must have access to fresh drinking water.  
- If you offer fruit juice at breakfast, this should be unsweetened and diluted (half juice and half water). |
## Breakfasts included within the autumn/winter menu

### Monday

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>1–4 year olds</th>
<th>1–2 year olds</th>
<th>3–4 year olds</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wheat biscuits</td>
<td>25g (1 biscuit)</td>
<td>20g</td>
<td>30g</td>
</tr>
<tr>
<td>Yoghurt</td>
<td>60g (1½ tablespoons)</td>
<td>50g</td>
<td>70g</td>
</tr>
<tr>
<td>Dried apricots</td>
<td>25g (3 apricots)</td>
<td>25g (3 apricots)</td>
<td>25g (3 apricots)</td>
</tr>
<tr>
<td>Drink: Diluted apple juice</td>
<td>100ml</td>
<td>100ml</td>
<td>100ml</td>
</tr>
</tbody>
</table>

### Tuesday

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>1–4 year olds</th>
<th>1–2 year olds</th>
<th>3–4 year olds</th>
</tr>
</thead>
<tbody>
<tr>
<td>Porridge (made with whole milk)</td>
<td>100g</td>
<td>85g</td>
<td>115g</td>
</tr>
<tr>
<td>Raisins</td>
<td>25g (1 tablespoon)</td>
<td>25g</td>
<td>25g</td>
</tr>
<tr>
<td>Wholemeal toast</td>
<td>25g (1 medium slice)</td>
<td>20g</td>
<td>30g</td>
</tr>
<tr>
<td>Spread</td>
<td>4g (thinly spread)</td>
<td>3g</td>
<td>5g</td>
</tr>
<tr>
<td>Drink: Water</td>
<td>100 ml</td>
<td>100ml</td>
<td>100ml</td>
</tr>
</tbody>
</table>

### Wednesday

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>1–4 year olds</th>
<th>1–2 year olds</th>
<th>3–4 year olds</th>
</tr>
</thead>
<tbody>
<tr>
<td>Malt wheats</td>
<td>25g (4 tablespoons)</td>
<td>20g</td>
<td>30g</td>
</tr>
<tr>
<td>Whole milk</td>
<td>100ml</td>
<td>100ml</td>
<td>100ml</td>
</tr>
<tr>
<td>Chopped plum</td>
<td>40g</td>
<td>40g</td>
<td>40g</td>
</tr>
<tr>
<td>Toasted bagel</td>
<td>50g (½ bagel)</td>
<td>40g</td>
<td>60g</td>
</tr>
<tr>
<td>Spread</td>
<td>4g (thinly spread)</td>
<td>3g</td>
<td>5g</td>
</tr>
<tr>
<td>Drink: Water</td>
<td>100ml</td>
<td>100ml</td>
<td>100ml</td>
</tr>
</tbody>
</table>
### Thursday

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>1–4 year olds</th>
<th>1–2 year olds</th>
<th>3–4 year olds</th>
</tr>
</thead>
<tbody>
<tr>
<td>Scrambled egg</td>
<td>50g (1 egg)</td>
<td>50g</td>
<td>50g</td>
</tr>
<tr>
<td>Tomato</td>
<td>20g</td>
<td>20g</td>
<td>20g</td>
</tr>
<tr>
<td>Mushrooms</td>
<td>20g</td>
<td>20g</td>
<td>20g</td>
</tr>
<tr>
<td>Toasted muffin</td>
<td>30g (½ muffin)</td>
<td>25g</td>
<td>35g</td>
</tr>
<tr>
<td>Spread</td>
<td>4g (thinly spread)</td>
<td>3g</td>
<td>5g</td>
</tr>
<tr>
<td><strong>Drink:</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Whole milk</td>
<td>100ml</td>
<td>100ml</td>
<td>100ml</td>
</tr>
</tbody>
</table>

### Friday

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>1–4 year olds</th>
<th>1–2 year olds</th>
<th>3–4 year olds</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rice crispies</td>
<td>25g (6 tablespoons)</td>
<td>20g</td>
<td>30g</td>
</tr>
<tr>
<td>Whole milk</td>
<td>100ml</td>
<td>100ml</td>
<td>100ml</td>
</tr>
<tr>
<td>Toasted teacake</td>
<td>35g (½ teacake)</td>
<td>30g</td>
<td>40g</td>
</tr>
<tr>
<td>Spread</td>
<td>4g (thinly spread)</td>
<td>3g</td>
<td>5g</td>
</tr>
<tr>
<td><strong>Drink:</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Diluted orange juice</td>
<td>100ml</td>
<td>100ml</td>
<td>100ml</td>
</tr>
</tbody>
</table>
Mid-morning and mid-afternoon snacks

Page 13  Mid-morning and mid-afternoon snacks at a glance
Page 14  Mid-morning snacks included within the autumn/winter menu
Page 16  Mid-afternoon snacks included within the autumn/winter menu
**Mid-morning and mid-afternoon snacks at a glance**

<table>
<thead>
<tr>
<th>Menu planning advice</th>
<th>Plan menus for snacks to ensure that they are varied across the week and that the food provision across the day is balanced.</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>☑ Avoid sweet foods such as cakes, biscuits and confectionery between meals.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Food Group</th>
<th>Food and drink guidelines</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Starchy foods</strong></td>
<td>☑ Provide a starchy food as part of at least one snack each day.</td>
</tr>
<tr>
<td></td>
<td>☑ Provide at least three different varieties of starchy food across snacks each week.</td>
</tr>
<tr>
<td></td>
<td>☑ Choose bread and bread products with a low salt content where possible.</td>
</tr>
<tr>
<td><strong>Fruit and vegetables</strong></td>
<td>☑ Provide fruit or vegetables as part of some snacks.</td>
</tr>
<tr>
<td></td>
<td>☑ Provide a variety of fruit and vegetables across the day, and each week.</td>
</tr>
<tr>
<td></td>
<td>☑ Dried fruit should not be provided as part of snacks.</td>
</tr>
<tr>
<td><strong>Meat, fish, eggs, beans and non-dairy sources of protein</strong></td>
<td>☑ Foods from this group provide a useful source of iron and zinc and can be provided as part of snacks once or twice each week.</td>
</tr>
<tr>
<td><strong>Milk and dairy foods</strong></td>
<td>☑ Children should have three portions of milk and dairy foods each day (including those provided at home); a portion of milk or dairy food can be provided at snack time.</td>
</tr>
<tr>
<td><strong>Drinks</strong></td>
<td>☑ Children must have access to fresh drinking water.</td>
</tr>
<tr>
<td></td>
<td>☑ Water and milk are the only drinks that should be provided between meals and as part of snacks.</td>
</tr>
</tbody>
</table>
## Mid-morning snacks included within autumn/winter menu

### Monday

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>1–4 year olds</th>
<th>1–2 year olds</th>
<th>3–4 year olds</th>
</tr>
</thead>
<tbody>
<tr>
<td>Toasted muffin</td>
<td>30g (½ muffin)</td>
<td>25g</td>
<td>35g</td>
</tr>
<tr>
<td>Spread</td>
<td>4g (thinly spread)</td>
<td>3g</td>
<td>5g</td>
</tr>
<tr>
<td>Clementine</td>
<td>40g</td>
<td>40g</td>
<td>40g</td>
</tr>
<tr>
<td><strong>Drink: Water</strong></td>
<td>100ml</td>
<td>100ml</td>
<td>100ml</td>
</tr>
</tbody>
</table>

### Tuesday

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>1–4 year olds</th>
<th>1–2 year olds</th>
<th>3–4 year olds</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuna dip</td>
<td>30g (1 tablespoon)</td>
<td>25g</td>
<td>35g</td>
</tr>
<tr>
<td>Wholemeal pitta bread</td>
<td>35g (½ pitta bread)</td>
<td>30g</td>
<td>40g</td>
</tr>
<tr>
<td>Celery</td>
<td>20g</td>
<td>20g</td>
<td>20g</td>
</tr>
<tr>
<td>Red pepper sticks</td>
<td>20g</td>
<td>20g</td>
<td>20g</td>
</tr>
<tr>
<td><strong>Drink: Whole milk</strong></td>
<td>100ml</td>
<td>100ml</td>
<td>100ml</td>
</tr>
</tbody>
</table>

### Wednesday

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>1–4 year olds</th>
<th>1–2 year olds</th>
<th>3–4 year olds</th>
</tr>
</thead>
<tbody>
<tr>
<td>Plain pancake</td>
<td>25g</td>
<td>20g</td>
<td>30g</td>
</tr>
<tr>
<td>Plain yoghurt, full-fat</td>
<td>60g (1½ tablespoons)</td>
<td>50g</td>
<td>70g</td>
</tr>
<tr>
<td>Pear</td>
<td>40g</td>
<td>40g</td>
<td>40g</td>
</tr>
<tr>
<td><strong>Drink: Water</strong></td>
<td>100ml</td>
<td>100ml</td>
<td>100ml</td>
</tr>
</tbody>
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### Thursday

<table>
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<tr>
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<th>1–2 year olds</th>
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<tr>
<td>Rice cakes</td>
<td>16g (2 rice cakes)</td>
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<td>Cottage cheese</td>
<td>20g (½ tablespoon)</td>
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<tr>
<td>Beetroot</td>
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**Drink:** Water

- 100ml

### Friday

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<tr>
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</tr>
<tr>
<td>Carrot</td>
<td>40g</td>
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**Drink:** Whole milk

- 100ml
## Mid-afternoon snacks included within autumn/winter menu

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<tr>
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<tr>
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<td></td>
<td></td>
<td>sticks)</td>
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<tr>
<td></td>
<td>Hard boiled</td>
<td>50g (1 egg)</td>
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<tr>
<td></td>
<td>egg</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Tomato</td>
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<td>40g</td>
<td>40g</td>
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<tr>
<td></td>
<td><strong>Drink:</strong></td>
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<td></td>
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<tr>
<td></td>
<td>Whole milk</td>
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<tr>
<td></td>
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<td>spread)</td>
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<td></td>
<td>Apple</td>
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<td>40g</td>
<td>40g</td>
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<td></td>
<td><strong>Drink:</strong></td>
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<td></td>
<td>Whole milk</td>
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Eat Better, Start Better: mid-afternoon snacks

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<th>3–4 year olds</th>
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<td>70g</td>
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<td>Banana</td>
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<th>3–4 year olds</th>
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<tr>
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<td>Toasted bagel</td>
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<td>60g</td>
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<td>Spread</td>
<td>4g (thinly spread)</td>
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<td></td>
<td>Celery</td>
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<td>20g</td>
<td>20g</td>
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<tr>
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<td>Cucumber</td>
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<td>Water</td>
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Lunch

Page 19  Lunch at a glance

Lunch – main dishes

Page 20  Beef lasagne
Page 21  Lamb curry
Page 22  Roast chicken breast and gravy
Page 23  Fish pie with sweet potato topping
Page 24  Chickpea curry
Page 25  Mixed bean and root vegetable stew
Page 26  Roast Quorn™ with tomato and basil sauce
Page 27  Tomato and lentil lasagne
Page 28  Vegetable and bean pie
## Lunch at a glance

<table>
<thead>
<tr>
<th>Menu planning advice</th>
<th>Food and drink guidelines</th>
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<tbody>
<tr>
<td>Each lunch should include a main course and a dessert.</td>
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### Food Group

#### Starchy foods
- Provide a portion of starchy food as part of each lunch.
- Provide at least three different starchy foods as part of lunches each week.
- Provide a variety of wholegrain and white starchy foods each week.
- It is good practice to provide wholegrain starchy foods for at least one lunch each week.
- Limit starchy foods which have been fried to once a week at lunch.
- Limit canned pasta in sauce.
- Avoid flavoured dried rice, pasta and noodle products.

#### Fruit and vegetables
- Provide a portion of fruit and/or vegetables as part of lunch every day.
- Provide a variety of fruit and vegetables across the week at lunchtime.
- Check product labels to choose canned vegetables and pulses without added salt and sugar, fruit canned in juice not syrup, and reduced salt and sugar baked beans. Baked beans can count as a vegetable only once during each week.
- If you offer fruit juice at lunch, this should be unsweetened and diluted (half juice and half water).

#### Meat, fish, eggs, beans and non-dairy sources of protein
- Provide a portion of meat, fish, meat alternative, eggs or pulses as part of lunch each day.
- Provide a variety of foods from this group as part of lunch across the week.
- It is good practice to provide a portion each of red meat, poultry, fish and meat alternatives or pulses each week as part of lunch.
- It is good practice to provide vegetarian or vegan children with a variety of meat alternatives, pulses and nuts* each week as part of lunch.
- Provide one lunch for all children each week which uses a meat alternative or pulses as the protein source.
- Provide a portion of oily fish at least once every three weeks; this can be provided as part of lunch or tea.
- Limit the provision of meat products, fish products and products made from meat alternatives to once a week for each of the three types.

#### Milk and dairy foods
- Children should have three portions of milk and dairy food each day (including those provided at home); one portion of milk or a dairy food and/or a milk-based pudding can be provided as part of lunch.

#### Drinks
- Children must have access to fresh drinking water.
- If fruit juice is provided as part of lunch, this should be unsweetened and diluted (half juice and half water).
Method

1. Preheat the oven to 180ºC/350ºF/gas mark 4.

2. Chop the onion and garlic.

3. Put a large pan on a medium heat, add the mince and cook until brown. Add the onions, garlic, oregano and tomato purée and cook for 5 minutes until the onion has softened.

4. Add the canned tomatoes and water and leave to simmer for 20 minutes.

5. Prepare a roux white sauce: in a separate pan melt the margarine on a low heat. Once it has melted, stir in the flour cook on a low heat for 1–2 minutes. Gradually add the milk a little at a time stirring continuously, bringing the sauce to the boil until thickened.

6. In an ovenproof dish, layer the mince and lasagne sheets and top with a layer of white sauce.

7. Grate the cheese and sprinkle on the top. Bake in the oven for 45 minutes or until piping hot throughout and golden on top.

Recipe adapted from Sharon Taylor (Childminder).

Serving suggestion
Serve with garlic bread and seasonal vegetables

Preparation time
50 minutes

Cooking time
45 minutes

Suggested portion size for recipe
1–4 years – 150g
1–2 years – 130g
3–4 years – 170g

Tip
Make sure all the pasta is covered so that it cooks properly.
Lamb curry

Method

1. Chop the onion, carrot and tomatoes.
2. Heat the oil in a pan and add the diced lamb. Cook until browned.
3. Add the onion, carrots and tomatoes and cook for 5 minutes.
4. Add the tomato purée, turmeric, curry powder, chilli powder and water. Bring to the boil and simmer for 30 minutes or until the lamb is cooked and the vegetables are soft.

Recipe adapted from Eden Foodservice.

Ingredients – Serves 5

- Onion, peeled 75g (1 small)
- Carrot, peeled 30g (1 small)
- Fresh tomatoes 40g (½ medium)
- Vegetable oil ½ tablespoon
- Lamb, lean, diced 250g
- Tomato purée 1 tablespoon
- Ground turmeric 1 teaspoon
- Curry powder ½ heaped teaspoon
- Chilli powder ½ teaspoon
- Water 250ml

Ingredients – Serves 20

- Onion, peeled 300g (2 medium)
- Carrot, peeled 120g (4 small)
- Fresh tomatoes 160g (2 medium)
- Vegetable oil 2 tablespoons
- Lamb, lean, diced 1kg
- Tomato purée 4 tablespoon
- Ground turmeric 4 teaspoons
- Curry powder 2 heaped teaspoon
- Chilli powder 2 teaspoon
- Water 1L

Suggested portion size for recipe

1–4 years – 100g
1–2 years – 85g
3–4 years – 115g

Preparation time

15 minutes

Cooking time

40 minutes

Serving suggestion

Serve with brown rice (see page 30) and tomato and coriander salad (see page 34)

Tip

Dice the lamb into small chunks to reduce the cooking time
Roast chicken breast and gravy

Method

1. Preheat the oven to 190ºC/375ºF/gas mark 5.
2. Lay the chicken breasts in a roasting tin and cook for 20–25 minutes depending on the size of the chicken breast.
3. Check that the meat is cooked by inserting a skewer. The meat is ready when the juices run out clear or a meat thermometer has recorded a temperature of 180ºF (83ºC).
4. When the chicken is ready to serve, make up the gravy granules with boiling water according to the manufacturer’s instructions.

Recipe adapted from Eden Foodservice.

Ingredients – Serves 5

- Chicken breast 250g
- Gravy granules 5g
- Water 100ml

Ingredients – Serves 20

- Chicken breast 1kg
- Gravy granules 20g
- Water 400ml

Suggested portion size for recipe

1–4 years – 55g
(35g chicken and 20g gravy)
1–2 years – 45g
(30g chicken and 15g gravy)
3–4 years – 65g
(40g chicken and 25g gravy)

Preparation time
5 minutes

Cooking time
30 minutes

Serving suggestion
Serve with roast potatoes (see page 32), red cabbage and parsnips (see page 33)

Tip
Make the gravy with the chicken juices and cornflour
Fish pie with sweet potato topping

Method

1. Preheat the oven to 180°C/350°F/gas mark 4.
2. Chop the potato into 2cm cubes. Boil in water for 15 minutes or until soft.
3. Meanwhile put the salmon, haddock and smoked haddock in a large pan, cover with the milk (reserving some for the mashed potato) and simmer for 20 minutes or until the fish is cooked. Remove the fish, check for bones and set aside. Reserve the milk.
4. Drain the potatoes and then mash with enough margarine and milk to make a smooth consistency.
5. Prepare a roux white sauce: melt the remaining margarine in a pan on a low heat. Once the margarine has melted, add the flour and mix well. Gradually add the milk used to poach the fish to the margarine and flour mixture, stirring continuously until the sauce is smooth and thick.
6. Flake the fish into the white sauce, taking care to remove all bones.
7. Pour the fish mixture into a large ovenproof dish and top with the mashed potato.
8. Bake in the oven for 30 minutes or until piping hot throughout.

Recipe adapted from Acorn Grove Nursery.

Serving suggestion
Serve with swede and cauliflower (see page 33)

Tip
Add chopped fresh herbs to the white sauce to add colour and flavour
Chickpea curry

Method

1. Chop the onion, carrot and tomatoes.
2. Heat the oil in a pan, add the onion, carrots and tomatoes and cook for 5 minutes.
3. Add the tomato purée, turmeric, curry powder, chilli powder, water and chickpeas. Bring to the boil and simmer for 25 minutes or until the vegetables are soft.

Recipe adapted from Eden Foodservice.

Suggested portion size for recipe

<table>
<thead>
<tr>
<th>Age</th>
<th>Portion Size</th>
</tr>
</thead>
<tbody>
<tr>
<td>1–4 years</td>
<td>100g</td>
</tr>
<tr>
<td>1–2 years</td>
<td>85g</td>
</tr>
<tr>
<td>3–4 years</td>
<td>115g</td>
</tr>
</tbody>
</table>

Preparation time

15 minutes

Cooking time

25 minutes

Serving suggestion

Serve with brown rice (see page 30) and tomato and coriander salad (see page 34)

Tip

Swap chickpeas for kidney beans

Ingredients – Serves 5

Onion, peeled 75g (1 small)
Carrot, peeled 30g (1 small)
Fresh tomatoes 40g (1 small)
Vegetable oil ½ tablespoon
Tomato purée 1 tablespoon
Ground turmeric 1 teaspoon
Curry powder ½ heaped teaspoon
Chilli powder ½ teaspoon
Water 200ml
Canned chickpeas, no added salt or sugar, drained 1 x 400g can (drained weight, 240g)

Ingredients – Serves 20

Onion, peeled 300g (2 medium)
Carrot, peeled 120g (1 large)
Fresh tomatoes 160g (1 large)
Vegetable oil 2 tablespoons
Tomato purée 4 tablespoons
Ground turmeric 4 teaspoons
Curry powder 2 teaspoons
Chilli powder 2 teaspoons
Water 800ml
Canned chickpeas, no added salt or sugar, drained 4 x 400g can (drained weight, 960g)
Mixed bean and root vegetable stew

Method

1. Prepare the tomato and basil sauce following the recipe on page 26.
2. Chop the onion, parsnip and carrot into 2cm cubes.
3. Heat the oil in a large pan, add the onion and cook for 5 minutes until the onion softens.
4. Add the garlic purée, parsnips, carrot, beans, water and tomato sauce, bring to the boil and leave to simmer for 30–40 minutes until the vegetables are soft.

Recipe adapted from Early Years Catering at Illminster Avenue.

Ingredients – Serves 5

Tomato and basil sauce (see page 26 for recipe) 250ml
Onion, peeled 60g (1 small)
Parsnip, peeled 45g (½ small)
Carrot, peeled 60g (½ medium)
Vegetable oil ½ tablespoon
Garlic purée ½ teaspoon
Canned kidney beans, no added salt and sugar, drained ½ x 215g can (drained weight, 60g)
Canned haricot beans, no added salt and sugar, drained ½ x 215g can (drained weight, 60g)
Canned butter beans, no added salt and sugar, drained ½ x 215g can (drained weight, 60g)
Water 100ml

Ingredients – Serves 20

Tomato and basil sauce (see page 26 for recipe) 1L
Onion, peeled 240g (1 large)
Parsnip, peeled 180g (2 medium)
Carrot, peeled 240g (3 medium)
Vegetable oil 2 tablespoons
Garlic purée 2 teaspoons
Canned kidney beans, no added salt and sugar, drained 1 x 400g can (drained weight, 250g)
Canned haricot beans, no added salt and sugar, drained 1 x 400g can (drained weight, 250g)
Canned butter beans, no added salt and sugar, drained 1 x 400g can (drained weight, 250g)
Water 400ml

Suggested portion size for recipe
1–4 years – 120g
1–2 years – 100g
3–4 years – 140g

Preparation time
40 minutes

Cooking time
40 minutes

Serving suggestion
Serve with apricot and herb couscous (see page 30)

Tip
If you are short of time, use canned tomatoes or passata and fresh herbs instead of the tomato and basil sauce.
Roast Quorn™ with tomato and basil sauce

Method

1. Roast the Quorn™ according to the manufacturer’s instructions.
2. Meanwhile, chop the onions, basil and garlic.
3. Heat the oil in a pan, add the onion and garlic and fry for 2–3 minutes.
4. Add the tomato purée, chopped tomatoes and basil to the pan, bring to the boil and simmer for 15 minutes.

Recipe adapted from Busy Bees Nursery.

Ingredients – Serves 5

- **Quorn™ roast** 250g (half a family roast)
- **Onion, peeled** 60g (1 small)
- **Fresh basil** 1 tablespoon
- **Garlic, peeled** ½ clove
- **Vegetable oil** ½ tablespoon
- **Tomato purée** ½ tablespoon
- **Canned tomatoes, chopped** ½ x 200g can

Ingredients – Serves 20

- **Quorn™ roast** 1kg (2 family roasts)
- **Onion, peeled** 240g (1 large)
- **Fresh basil** 1 small bunch
- **Garlic, peeled** 2 cloves
- **Vegetable oil** 2 tablespoons
- **Tomato purée** 2 tablespoons
- **Canned tomatoes, chopped** 1 x 400g can

Preparation time
15 minutes

Cooking time
15 minutes

Serving suggestion
Serve with roast potatoes (see page 32), red cabbage and parsnips (see page 33)

Tip
Blend the sauce if children prefer a smooth consistency

Suggested portion size for recipe
- 1–4 years – 75g
- 1–2 years – 65g
- 3–4 years – 85g
**Method**

1. Preheat the oven to 180ºC/350ºF/gas mark 4.
2. Chop the onion and garlic.
3. Heat the oil in a large pan on a medium heat, add the onions and garlic, and cook for 5 minutes until the onion has softened. Then add the oregano, tomato purée, canned tomatoes, water and lentils and leave to simmer for 20 minutes.
4. Prepare a roux white sauce: in a separate pan melt the margarine on a low heat. Once it has melted, stir in the flour cook on a low heat for 1–2 minutes. Gradually add the milk a little at a time, stirring continuously, bringing the milk mixture to the boil until thickened.
5. In an ovenproof dish, layer the tomato and lentil mixture and lasagne sheets and top with a layer of white sauce.
6. Grate the cheese and sprinkle on the top. Bake in the oven for 45 minutes or until piping hot throughout and golden on top.

**Ingredients – Serves 5**

- Onion, peeled 60g (1 small)
- Garlic, peeled 1 clove
- Olive oil ½ tablespoon
- Oregano ½ teaspoon
- Tomato purée 15g (1 tablespoon)
- Canned tomatoes, chopped 100g (¼ x 200g can)
- Water 400ml
- Red lentils, dried 60g
- Soft margarine 20g
- Plain flour 20g
- Whole milk 200ml
- Lasagne sheets 90g (5–6 sheets)
- Cheddar cheese, full-fat 30g

**Ingredients – Serves 20**

- Onion, peeled 240g (1 large)
- Garlic, peeled 4 cloves
- Olive oil 2 tablespoons
- Oregano 2 teaspoons
- Tomato purée 60g (4 tablespoons)
- Canned tomatoes, chopped 400g (1 x 400g can)
- Water 1.6L
- Red lentils, dried 240g
- Soft margarine 80g
- Plain flour 80g
- Whole milk 800ml
- Lasagne sheets 350g (21–22 sheets)
- Cheddar cheese, full-fat 120g

**Recipe adapted from** Sharon Taylor (Childminder).

**Preparation time**

50 minutes

**Serving suggestion**

Serve with garlic bread (see 31) and carrots and peas (see page 32)

**Tip**

Make sure all the pasta is covered so that it cooks properly

**Suggested portion size for recipe**

- 1–4 years – 150g
- 1–2 years – 130g
- 3–4 years – 170g
Method

1. Preheat the oven to 180ºC/350ºF/gas mark 4.
2. Chop the potato into 2cm cubes. Boil in water for 15 minutes or until soft.
3. Drain the potatoes and then mash with the margarine and whole milk until a smooth consistency is formed.
4. Chop the onion and carrot. Heat the oil in a large saucepan and add the onion. Cook for 5 minutes or until soft.
5. Add the carrots, canned tomatoes, tomato purée, water, mixed herbs and kidney beans. Bring to the boil.
6. Pour the mixture into a large ovenproof dish and top with the mashed potato. Bake in the oven for 30 minutes or until piping hot throughout.

Recipe adapted from Acorn Grove Nursery.

Ingredients – Serves 5

Sweet potato, peeled 350g
White, floury potatoes, peeled 100g
Soft margarine 5g (1 teaspoon)
Whole milk 15ml (1 tablespoon)
Onion, peeled 30g (½ small)
Carrot, peeled 30g (1 small carrot)
Olive oil ½ tablespoon
Canned tomatoes, chopped 100g (½ x 200g can)
Tomato purée 15g (1 tablespoon)
Water 150ml
Mixed herbs, dried 1 teaspoon
Canned red kidney beans (no added salt or sugar), drained 1 x 400g can (drained weight, 240g)

Ingredients – Serves 20

Sweet potato, peeled 1.4kg
White, floury potatoes, peeled 400g
Soft margarine 20g
Whole milk 60ml
Onion, peeled 120g (2 small)
Carrot, peeled 120g (1 large)
Olive oil 2 tablespoons
Canned tomatoes, chopped 1 x 400g can
Tomato purée 60g (4 tablespoons)
Water 600ml
Mixed herbs, dried 4 teaspoons
Canned red kidney beans (no added salt or sugar), drained 4 x 400g cans (drained weight, 960g)
Lunch – starchy accompaniments

Page 30  Apricot and herb couscous
Page 30  Brown rice
Page 31  Garlic bread
Page 31  Naan bread
Page 32  Roast potatoes

Lunch – vegetable accompaniments

Page 32  Carrots and peas
Page 33  Parsnips and red cabbage
Page 33  Swede and cauliflower
Page 34  Tomato and coriander salad
# Apricot and herb couscous

<table>
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**Ingredients**

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</tr>
<tr>
<td>Fresh coriander</td>
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<tr>
<td>Dried apricot</td>
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<tr>
<td>Couscous</td>
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</tr>
<tr>
<td>Water</td>
<td>250ml</td>
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<tr>
<td>Olive oil</td>
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**Method**

1. Wash the parsley and coriander and chop with the apricots.
2. Make up the couscous according to the manufacturer’s instructions on the packet. Do not add any salt.
3. Stir in the chopped herbs and apricots and drizzle with oil.

---

# Brown rice

<table>
<thead>
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<th>Average</th>
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**Ingredients**

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<thead>
<tr>
<th>Serves 5x90g portions</th>
<th>Serves 20x90g portions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Brown rice, raw</td>
<td>175g</td>
</tr>
</tbody>
</table>

**Method**

1. Cook the rice according to manufacturer’s instructions on the packet. Do not add salt.
### Garlic bread

**Portion size (as served, cooked)**

<table>
<thead>
<tr>
<th></th>
<th>1–2 year olds</th>
<th>3–4 year olds</th>
</tr>
</thead>
<tbody>
<tr>
<td>25g</td>
<td>20g</td>
<td>30g</td>
</tr>
</tbody>
</table>

**Ingredients**

<table>
<thead>
<tr>
<th></th>
<th>Serves 5x25g portions</th>
<th>Serves 20x25g portions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Garlic, peeled</td>
<td>1 clove or 1 teaspoon purée</td>
<td>4 cloves or 4 teaspoons purée</td>
</tr>
<tr>
<td>Fresh parsley</td>
<td>2 sprigs</td>
<td>8 sprigs</td>
</tr>
<tr>
<td>Spread</td>
<td>5g (1 teaspoon)</td>
<td>20g (4 teaspoons)</td>
</tr>
<tr>
<td>White French stick</td>
<td>100g</td>
<td>400g</td>
</tr>
</tbody>
</table>

**Method**

1. Preheat the oven to 190°C/375°F/gas mark 5.
2. Chop the garlic and finely chop the parsley.
3. Combine the garlic, parsley and spread.
4. Slice the French stick into round circles, spread with the garlic mixture.
5. Bake in the oven for 10 minutes or until the butter has melted.

**Tip**

Try making your bread from scratch mixing garlic purée and herbs into the dough before baking.

### Naan bread

**Portion size (as served, cooked)**

<table>
<thead>
<tr>
<th></th>
<th>1–2 year olds</th>
<th>3–4 year olds</th>
</tr>
</thead>
<tbody>
<tr>
<td>20g</td>
<td>15g</td>
<td>25g</td>
</tr>
</tbody>
</table>

**Ingredients**

<table>
<thead>
<tr>
<th></th>
<th>Serves 5x20g portions</th>
<th>Serves 20x20g portions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Naan bread</td>
<td>100g</td>
<td>400g</td>
</tr>
</tbody>
</table>

**Method**

1. Heat the bread according to the manufacturer’s instructions on the packet.
## Roast potatoes

<table>
<thead>
<tr>
<th>Portion size (as served, cooked)</th>
<th>Average 1–4 year olds</th>
<th>1–2 year olds</th>
<th>3–4 year olds</th>
</tr>
</thead>
<tbody>
<tr>
<td>90g</td>
<td>80g</td>
<td>100g</td>
<td></td>
</tr>
</tbody>
</table>

### Ingredients

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Serves 5x90g portions</th>
<th>Serves 20x90g portions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Potatoes, peeled</td>
<td>450g</td>
<td>1.8kg</td>
</tr>
<tr>
<td>Vegetable oil</td>
<td>1 tablespoon</td>
<td>4 tablespoons</td>
</tr>
</tbody>
</table>

### Method

1. Preheat the oven to 200°C/400°F/gas mark 6.
2. Chop the potatoes into 4cm cubes.
3. Boil the potatoes for 20–25 minutes or until they are soft.
4. Drain the potatoes, arrange on a baking tray and drizzle with oil.
5. Roast in the oven for 25–30 minutes or until golden and crispy.

### Tip

Chop the potatoes into larger chunks to reduce the amount of oil absorbed.

## Carrots and peas

<table>
<thead>
<tr>
<th>Portion size (as served, cooked)</th>
<th>Average 1–4 year olds</th>
<th>1–2 year olds</th>
<th>3–4 year olds</th>
</tr>
</thead>
<tbody>
<tr>
<td>40g</td>
<td>40g</td>
<td>40g</td>
<td></td>
</tr>
</tbody>
</table>

### Ingredients

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Serves 5x40g portions</th>
<th>Serves 20x40g portions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Carrots, peeled</td>
<td>100g</td>
<td>400g</td>
</tr>
<tr>
<td>Peas</td>
<td>100g</td>
<td>400g</td>
</tr>
</tbody>
</table>

### Method

1. Chop the carrots into 2cm cubes.
2. Boil the carrots in unsalted water for approximately 20 minutes until soft.
3. Boil the peas in unsalted water according to manufacturer’s instructions.
## Parsnip and red cabbage

<table>
<thead>
<tr>
<th>Portion size (as served, cooked)</th>
<th>Average 1–4 year olds</th>
<th>1–2 year olds</th>
<th>3–4 year olds</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>40g</td>
<td>40g</td>
<td>40g</td>
</tr>
</tbody>
</table>

### Ingredients

<table>
<thead>
<tr>
<th></th>
<th>Serves 5x40g portions</th>
<th>Serves 20x40g portions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Red cabbage</td>
<td>100g</td>
<td>400g</td>
</tr>
<tr>
<td>Parsnips, peeled</td>
<td>100g</td>
<td>400g</td>
</tr>
</tbody>
</table>

### Method

1. Peel, wash and shred the cabbage and wash and chop the parsnips into 2cm cubes.
2. In separate pans, boil the red cabbage and parsnips in unsalted water for approximately 20 minutes until soft.

## Swede and cauliflower

<table>
<thead>
<tr>
<th>Portion size (as served, cooked)</th>
<th>Average 1–4 year olds</th>
<th>1–2 year olds</th>
<th>3–4 year olds</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>40g</td>
<td>40g</td>
<td>40g</td>
</tr>
</tbody>
</table>

### Ingredients

<table>
<thead>
<tr>
<th></th>
<th>Serves 5x40g portions</th>
<th>Serves 20x40g portions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fresh cauliflower</td>
<td>100g</td>
<td>400g</td>
</tr>
<tr>
<td>Fresh swede, peeled</td>
<td>100g</td>
<td>400g</td>
</tr>
</tbody>
</table>

### Method

1. Wash the cauliflower and chop into florets. Chop the swede into 2cm cubes.
2. Boil the swede in unsalted water for approximately 5 minutes. Then add the cauliflower and boil for a further 15 minutes until soft.
**Tomato and coriander salad**

<table>
<thead>
<tr>
<th>Portion size (as served, cooked)</th>
</tr>
</thead>
<tbody>
<tr>
<td>40g</td>
</tr>
<tr>
<td>40g</td>
</tr>
<tr>
<td>40g</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Serves 5x40g portions</th>
<th>Serves 20x40g portions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fresh tomatoes</td>
<td>150g (1 large)</td>
<td>600g (4 large or 7 medium)</td>
</tr>
<tr>
<td>Red onion, peeled</td>
<td>50g (1 small)</td>
<td>200g (1 large)</td>
</tr>
<tr>
<td>Fresh coriander</td>
<td>2 sprigs</td>
<td>8 sprigs</td>
</tr>
</tbody>
</table>

**Method**

1. Chop the onion, tomato and coriander.
2. Combine the ingredients in a large mixing bowl.
Lunch – desserts

Page 36       Apple and rhubarb crumble
Page 37       Cocoa and beetroot cake
Page 38       Cocoa custard
Page 39       Custard
Page 40       Semolina and blackberry compote
Page 41       Vanilla sauce
Page 42       Warm winter fruit salad
Page 43       Yoghurt and dates
Apple and rhubarb crumble

Method

1. Preheat the oven to 190ºC/375ºF/gas mark 5.
2. Chop the apples into 2cm slices and rhubarb into 4cm lengths and lay on the bottom of an ovenproof dish. Sprinkle with the caster sugar.
3. Prepare the crumble mixture: gently rub the margarine into the flour and brown sugar, then add the oats.
4. Sprinkle the mixture over the fruit and level ensuring all the fruit is covered.
5. Bake in the oven for 35 minutes.

Recipe adapted from Early Years Catering.

Suggested portion size for recipe
- 1–4 years – 60g
- 1–2 years – 50g
- 3–4 years – 70g

Preparation time
- 15 minutes

Cooking time
- 35 minutes

Serving suggestion
Serve with custard (see page 39)

Tip
Sprinkle cinnamon on the fruit before adding the crumble topping

Ingredients – Serves 10

- Apples (baking or solid apple pack) peeled and cored 200g (1 large)
- Fresh rhubarb 200g (2 stalks)
- Caster sugar 20g (1 tablespoon)
- Soft margarine 50g
- Plain flour 80g (4 tablespoons)
- Wholemeal flour 30g (1½ tablespoons)
- Dark brown sugar 50g (2½ tablespoons)
- Oats, rolled 20g

Ingredients – Serves 20

- Apples (baking or solid apple pack) peeled and cored 400g (2 large)
- Fresh rhubarb 400g (4 stalks)
- Caster sugar 40g (2 tablespoons)
- Soft margarine 100g
- Plain flour 160g (8 tablespoons)
- Wholemeal flour 60g (3 tablespoons)
- Dark brown sugar 100g (5 tablespoons)
- Oats, rolled 40g
Method

1. Preheat the oven to 200°C /400°F/gas mark 6. Grease and line a cake tin.
2. Wash and grate the beetroot.
3. Mix the cocoa, flour, baking powder, bicarbonate of soda, oil, caster sugar and egg in a large bowl and beat until smooth and light in colour.
4. Stir in the beetroot.
5. Pour into the cake tin and bake in the oven for approximately 30 minutes.

Recipe adapted from Eden Foodservice.
Method

1. Mix a little of the milk and all of the custard powder in a bowl until smooth.
2. Heat the rest of the milk in a saucepan until hot, then pour over the custard powder and mix well. Return the pan to the heat and stir continuously to avoid lumps.
3. When the mixture starts boiling, slightly lower the heat and add the sugar and cocoa. Continue stirring until the custard thickens.

Recipe adapted from Children’s Food Trust.
Custard

Method

1. Mix a little of the milk and all of the custard powder in a bowl until smooth.
2. Heat the rest of the milk in a saucepan until hot, then pour over the custard powder and mix well. Return the pan to the heat and stir continuously to avoid lumps.
3. When the mixture starts boiling, slightly lower the heat and add the sugar. Continue stirring until the custard thickens.

Recipe adapted from Children’s Food Trust.

Ingredients – Serves 5
Whole milk 250ml
Custard powder 25g (1 heaped tablespoon)
Sugar 15g (1 level tablespoon)

Ingredients – Serves 10
Whole milk 500ml
Custard powder 50g (2 heaped tablespoons)
Sugar 30g (1 heaped tablespoon)

Ingredients – Serves 20
Whole milk 1L
Custard powder 100g (5 tablespoons)
Sugar 60g (3 tablespoons)

Suggested portion size for recipe
1–4 years – 60g
1–2 years – 50g
3–4 years – 70g

Preparation time
5 minutes

Cooking time
10 minutes

Serving suggestion
Serve with fruit-based desserts such as apple and rhubarb crumble (see page 36)

Tip
Add cocoa to make chocolate-flavoured custard (see page 38)
Method

1. Wash the blackberries. Place in a blender and blend until smooth.
2. Place the semolina and milk in a large pan and bring to the boil.
3. Stir in the sugar; reduce the heat and simmer, stirring continuously until the semolina has thickened.
4. Serve the semolina with a portion of blackberry compot.

Recipe adapted from
St Pauls Nursery and Children’s Centre.

Ingredients – Serves 5

- Fresh blackberries 200g
- Semolina 25g
- Whole milk 375ml
- Caster sugar 20g (1 tablespoon)

Ingredients – Serves 20

- Fresh blackberries 800g
- Semolina 100g
- Whole milk 1.5L
- Caster sugar 80g

Tips
- Use different seasonal fruits to vary colour and texture
- Swirl the blackberry compot into the semolina to make a ripple effect

Serving suggestion

Use different seasonal fruits to vary colour and texture
Ingredients – Serves 10

Whole milk 500ml
Cornflour 25g (1 heaped tablespoon)
Vanilla extract ½ teaspoon
Caster sugar 15g (1 level tablespoon)

Ingredients – Serves 20

Whole milk 1L
Cornflour 50g (2 heaped tablespoons)
Vanilla extract 1 teaspoon
Caster sugar 30g (1½ tablespoons)

Method

1. Mix a small amount of the milk with the cornflour to make a smooth paste.
2. Heat the remaining milk with the vanilla extract, sugar and cornflour mixture on a low heat until it thickens.

Recipe adapted from Eden Foodservice.

Suggested portion size for recipe
1–4 years – 60g
1–2 years – 50g
3–4 years – 70g

Preparation time 5 minutes
Cooking time 10 minutes
Serving suggestion Serve with warm winter salad (see page 42)
Tip Stir continuously to avoid lumps forming
Warm winter fruit salad

Ingredients – Serves 5
Fresh pear, peeled
80g (⅛ medium)
Fresh orange, peeled
80g (⅛ medium)
Cranberry juice 50ml
Ground cinnamon
1 teaspoon

Ingredients – Serves 20
Fresh pear, peeled
320g (2 medium)
Fresh orange, peeled
320g (2 medium)
Cranberry juice 200ml
Ground cinnamon
4 teaspoons

Method
1. Core the pear and break the orange into segments. Chop the fruit.
2. Warm the fruit, juice and cinnamon in a large pan on a low heat until the fruit has softened.

Recipe adapted from Busy Bees Nursery.

Suggested portion size for recipe
1–4 years – 40g
1–2 years – 40g
3–4 years – 40g

Preparation time
10 minutes

Cooking time
10 minutes

Serving suggestion
Serve with vanilla sauce (see page 41)

Tip
Use different seasonal fruits each month
Yoghurt and dates

**Ingredients – Serves 5**

Dates, dried 125g
Natural yoghurt 300ml

**Ingredients – Serves 20**

Dates, dried 500g
Natural yoghurt 1.2l

**Method**

1. Chop the dates and either combine with the yoghurt and serve immediately or serve separately if children prefer.

**Recipe adapted from** Claire Knight (Childminder).

**Suggested portion size for recipe**

1–4 years – 85g (60g yoghurt, 25g dates)
1–2 years – 75g (50g yoghurt, 25g dates)
3–4 years – 95g (70g yoghurt, 25g dates)

**Preparation time**

5 minutes

**Cooking time**

Not required

**Serving suggestion**

Use apricots or dried mixed fruit

**Tip**

Let the children sprinkle dates on top of their yoghurt

Symbols relate to recipe, not complete meal.
Tea

Tea – main dishes

Page 45  Tea at a glance

Page 46  Chicken risotto

Page 47  Herby pilchard pasta

Page 48  Tuna fishcakes

Page 49  Herby tomato and bean pasta

Page 50  Leek, potato and butter bean soup

Page 51  Potato and lentil cakes

Page 52  Scrambled egg on toast with mushrooms and tomatoes

Page 53  Tofu risotto
# Tea at a glance

<table>
<thead>
<tr>
<th>Menu planning advice</th>
<th>Food and drink guidelines</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Starchy foods</strong></td>
<td>➕ Each tea should include a main course and a dessert.</td>
</tr>
<tr>
<td></td>
<td>➕ Provide a portion of starchy food as part of teas each week.</td>
</tr>
<tr>
<td></td>
<td>➕ Provide at least three different starchy foods as part of teas each week.</td>
</tr>
<tr>
<td></td>
<td>➕ Provide a variety of wholegrain and white starchy foods each week.</td>
</tr>
<tr>
<td></td>
<td>➕ It is good practice to provide wholegrain starchy foods for at least one tea each week.</td>
</tr>
<tr>
<td></td>
<td>➕ Limit starchy foods which have been fried to once a week at tea.</td>
</tr>
<tr>
<td></td>
<td>➕ Limit canned pasta in sauce.</td>
</tr>
<tr>
<td></td>
<td>➕ Avoid flavoured dried rice, pasta and noodle products.</td>
</tr>
</tbody>
</table>

| **Fruit and vegetables** | ➕ Provide a portion of fruit and/or vegetables as part of tea every day. |
|                         | ➕ Provide a variety of fruit and vegetables across the week at teatime. |
|                         | ➕ Check product labels to choose canned vegetables and pulses without added salt and sugar, fruit canned in juice not syrup, and reduced salt and sugar baked beans. Baked beans can count as a vegetable only once during each week. |
|                         | ➕ If you offer fruit juice at tea, this should be unsweetened and diluted (half juice and half water). |

| **Meat, fish, eggs, beans and non-dairy sources of protein** | ➕ Provide a portion of meat, fish, meat alternative, eggs or pulses as part of tea each day. |
|                                                             | ➕ Provide a variety of foods from this group as part of tea across the week. |
|                                                             | ➕ It is good practice to provide a portion each of red meat, poultry, fish and meat alternatives or pulses each week as part of tea. |
|                                                             | ➕ It is good practice to provide vegetarian or vegan children with a variety of meat alternatives, pulses and nuts* each week as part of tea. |
|                                                             | ➕ Provide one tea for all children each week which uses a meat alternative or pulses as the protein source. |
|                                                             | ➕ Provide a portion of oily fish at least once every three weeks; this can be provided as part of lunch or tea. |
|                                                             | ➕ Limit the provision of meat products, fish products and products made from meat alternatives to once a week for each of the three types. |

| **Milk and dairy foods** | ➕ Children should have three portions of milk and dairy food each day (including those provided at home); one portion of milk or a dairy food and/or a milk-based pudding can be provided as part of tea. |

| **Drinks** | ➕ Children must have access to fresh drinking water. |
|            | ➕ If fruit juice is provided as part of tea, this should be unsweetened and diluted (half juice and half water). |
Method

1. Chop the onion, garlic and pepper.
2. Heat the oil in a pan, add the onion and garlic and cook until softened.
3. Add the diced chicken and cook for 10 minutes.
4. Add the peppers and rice and fry for a few minutes.
5. Pour over ¾ of the water and cook until almost all the water has been absorbed by the rice.
6. Add the frozen peas and gradually add the remaining water until the rice is soft and the risotto is creamy.
7. Chop the parsley and stir into the risotto before serving.

Ingredients – Serves 5

Onion, peeled 60g (1 small)
Garlic, peeled 1 clove
Fresh red pepper, cored 100g (1 small pepper)
Vegetable oil ½ tablespoon
Chicken breast, diced 200g
White rice 150g
Water 300ml
Frozen peas 50g
Fresh parsley 3 sprigs

Ingredients – Serves 20

Onion, peeled 240g (1 large)
Garlic, peeled 4 cloves
Fresh red pepper, cored 400g (4 small)
Vegetable oil 2 tablespoons
Chicken breast, diced 800g
White rice 600g
Water 1.6L
Frozen peas 200g
Fresh parsley 12 sprigs

Serving suggestion
Serve with grated parmesan

Recipe adapted from Sheri Akambi (Childminder).

Suggested portion size for recipe
1–4 years – 170g
1–2 years – 145g
3–4 years – 195g

Preparation time
15 minutes

Cooking time
30–40 minutes

Tip
Use herbs and spices to add flavour rather than stock
**Herby pilchard pasta**

**Ingredients – Serves 5**

- White pasta, shapes 190g
- Canned sweetcorn, no added salt or sugar, drained
  - ½ x 198g can (drained weight, 80g)
- Frozen peas 80g
- Canned tomatoes, chopped
  - 1 x 200g can
- Mixed herbs, dried
  - ½ teaspoon
- Canned pilchards in tomato sauce
  - ½ x 415g can (200g)
- Tomato purée 15g
  - (1 tablespoon)
- Water 100ml

**Method**

1. Boil the pasta in a large pan according to the manufacturer’s instructions.
2. In a separate pan, boil the sweetcorn and peas for 5 minutes.
3. Drain the pasta and vegetables.
4. In a large pan, combine the pasta, vegetables, canned tomatoes, mixed herbs, pilchards, tomato purée and water. Bring to the boil before serving.

**Ingredients – Serves 20**

- White pasta, shapes 750g
- Canned sweetcorn, no added salt or sugar, drained
  - 2 x 198g cans (drained weight, 320g)
- Frozen peas 320g
- Canned tomatoes, chopped
  - 2 x 400g can
- Mixed herbs, dried
  - 2 teaspoons
- Canned pilchards in tomato sauce
  - 800g (7 x 115g cans)
- Tomato purée
  - 60g (4 tablespoons)
- Water 400ml

**Recipe adapted from** The Old School House Day Nursery.

**Preparation time**

5 minutes

**Cooking time**

30 minutes

**Suggested portion size for recipe**

- 1–4 years – 210g
- 1–2 years – 180g
- 3–4 years – 240g

**Serving suggestion**

Serve pasta and sauce separately if children prefer

**Tip**

Use fresh seasonal vegetables
Tuna fishcakes

Method

1. Preheat the oven to 200°C /400°F/gas mark 6. Grease a baking tray with half the oil.
2. Chop the potatoes and onions. Put the potatoes in a pan, cover with water and boil for 20 minutes or until soft.
3. Drain the potatoes and mash them until smooth.
4. Heat half the oil in a frying pan, add the onion and fry for 5 minutes or until soft.
5. Combine the potatoes, onions, tuna and herbs in a large bowl.
6. Make the bread into breadcrumbs and beat the egg in a bowl.
7. Roll the potato and tuna mixture into balls, coat in egg and breadcrumbs and place on the greased baking tray. Bake in the oven for 20–30 minutes.

Recipe adapted from Acorn Grove Nursery.

Ingredients – Serves 5

- Vegetable oil 1 tablespoon
- Baking potatoes, peeled 400g (2½ medium)
- Onion, peeled 60g (1 small)
- Canned tuna in spring water, drained 1⅛ x 185g cans (drained weight, 150g)
- Mixed herbs, dried 1 teaspoon
- Wholemeal bread 50g (2 medium slices)
- Egg 50g (1 egg)

Ingredients – Serves 20

- Vegetable oil 4 tablespoons
- Baking potatoes, peeled 1.6kg (10 medium)
- Onion, peeled 240g (1 large)
- Canned tuna in spring water, drained 4½ x 185g cans (drained weight, 600g)
- Mixed herbs, dried 4 teaspoons
- Wholemeal bread 200g (8 medium slices)
- Eggs 200g (4 eggs)

Preparation time 25 minutes
Cooking time 30 minutes
Serving suggestion Serve with tomato relish (see page 55)
Tip Use fresh herbs to add colour and flavour

Symbols relate to recipe, not complete meal
Herby tomato and bean pasta

Method

1. Boil the pasta in a large pan according to the manufacturer’s instructions.
2. In a separate pan, boil the sweetcorn and peas.
3. Drain the pasta and vegetables.
4. In a large pan, combine the pasta, vegetables, canned tomatoes, kidney beans, herbs, tomato purée and water. Bring to the boil before serving.

Ingredients – Serves 5

White pasta, shapes 190g
Canned sweetcorn no added salt or sugar, drained ½ 198g can (drained weight, 80g)
Frozen peas 80g
Canned tomatoes, chopped 1 x 200g can
Canned red kidney beans, no added salt or sugar, drained 1 x 215g cans (drained weight 140g)
Mixed herbs, dried ½ teaspoon
Tomato purée 15g (1 tablespoon)
Water 100ml

Ingredients – Serves 20

White pasta, shapes 750g
Canned sweetcorn no added salt or sugar, drained 2 x 198g cans (drained weight, 320g)
Frozen peas 320g
Canned tomatoes, chopped 2 x 400g can
Canned red kidney beans, no added salt or sugar, drained 2½ x 400g cans (drained weight, 600g)
Mixed herbs, dried 2 teaspoons
Tomato purée 60g (4 tablespoons)
Water 400ml

Recipe adapted from The Old School House Day Nursery.

Suggested portion size for recipe
1–4 years – 210g
1–2 years – 180g
3–4 years – 240g

Preparation time
5 minutes

Cooking time
30 minutes

Serving suggestion
Serve pasta and sauce separately if children prefer

Tip
Use fresh seasonal vegetables
Leek, potato and butter bean soup

Ingredients – Serves 5

Baking potato, peeled 190g (1 large)
Onion, peeled 60g (1 small)
Fresh leeks, trimmed 140g (1 leek)
Canned butter beans, no added salt or sugar, drained 1½ x 200g cans (drained weight, 180g)
Water 250ml
Whole milk 100ml
Vegetable oil ½ tablespoon

Ingredients – Serves 20

Baking potato, peeled 750g (4 large)
Onion, peeled 240g (1 large)
Fresh leeks, trimmed 560g
Canned butter beans, no added salt or sugar, drained 3 x 400g cans (drained weight, 710g)
Water 1L
Whole milk 400ml
Vegetable oil 2 tablespoons

Method

1. Chop the potato, onion and leeks.
2. Put the potato, onion, leek, butter beans and water in a large pan, and boil until the potato and vegetables are soft.
3. In a food processor, blend half the potatoes and vegetables with the cooking water and all the milk until smooth.
4. Add the remaining potato and vegetables to the blended soup mixture. Put the soup back in the large saucepan and bring to the boil before serving.

Recipe adapted from Donna Caddick (Childminder).

Suggested portion size for recipe
1–4 years – 150g
1–2 years – 130g
3–4 years – 170g

Preparation time
10 minutes

Cooking time
30 minutes

Serving suggestion
Serve with wholemeal bread roll and spread (see page 55)

Tip
Add some fresh herbs before serving to add flavour and colour
**Method**

1. Preheat the oven to 200ºC /400ºF/gas mark 6. Grease a baking tray with half the oil.
2. Chop the potatoes and onions. Put the potatoes in a pan, cover with water and boil for 20 minutes or until soft.
3. In a separate pan of boiling water add the green lentils and boil for 10 minutes.
   After 10 minutes add the red lentils and boil for a further 20 minutes before draining.
4. Drain the potatoes and mash them until smooth.
5. Heat half the oil in a frying pan, add the onion and fry for 5 minutes or until soft.
6. Combine the potatoes, onions, lentils and herbs in a large bowl.
7. Make the bread into breadcrumbs and beat the egg in a bowl.
8. Roll the potato and lentil mixture into balls, coat in egg and breadcrumbs and place on the greased baking tray.

**Ingredients – Serves 5**

- Vegetable oil 1 tablespoon
- Baking potatoes, peeled 400g (2½ medium)
- Onion, peeled 60g (1 small)
- Green lentils, dried 20g
- Red lentils, dried 30g
- Mixed herbs, dried 1 teaspoon
- Wholemeal bread 50g (2 medium slices)
- Egg 100g (1 egg)

**Ingredients – Serves 20**

- Vegetable oil 4 tablespoons
- Baking potatoes, peeled 1.6kg (10 large)
- Onion, peeled 240g (1 large)
- Green lentils, dried 80g
- Red lentils, dried 120g
- Mixed herbs, dried 4 teaspoons
- Wholemeal bread 200g (10 medium slices)
- Eggs 100g (2 eggs)

**Recipe adapted from** Acorn Grove Nursery.

**Suggested portion size for recipe**

- 1–4 years – 130g
- 1–2 years – 110g
- 3–4 years – 150g

**Preparation time**

- 55 minutes

**Cooking time**

- 30 minutes

**Serving suggestion**

Serve with tomato relish (see page 55)

**Tip**

Use fresh herbs to add colour and flavour
Method

1. Wash and slice the tomatoes and mushrooms.
2. In separate pans add the mushrooms and tomatoes with a little margarine and cook for 10 minutes.
3. Beat the eggs and milk in a bowl. Melt the margarine in a large pan, add the eggs and stir continuously over a low heat until the egg is set through.
4. Toast the bread, and spread with the margarine. Serve the toast with the scrambled egg, tomatoes and mushrooms.

Recipe adapted from Claire Knight (Childminder).

Ingredients – Serves 5

- Fresh tomatoes 100g
- Mushrooms, peeled 100g
- Egg 250g (5 eggs)
- Whole milk 40ml
- Soft margarine (for eggs) 25g
- Wholemeal bread 150g (5 slices)
- Margarine (for bread) 20g

Ingredients – Serves 20

- Fresh tomatoes 400g
- Mushrooms, peeled 400g
- Egg 1kg (20 eggs)
- Whole milk 160ml
- Soft margarine (for eggs) 100g
- Wholemeal bread 600g (20 slices)
- Margarine (for bread) 80g

Suggested portion size for recipe

- 1–4 years – 130g
- 1–2 years – 110g
- 3–4 years – 150g

Preparation time

10 minutes

Cooking time

10 minutes

Serving suggestion

Use English muffins or bagels instead of sliced bread

Tip

Try poaching eggs instead of scrambling
Method

1. Chop the onion, garlic and pepper.
2. Heat the oil in a pan, add the onion and garlic and cook until softened.
3. Add the diced tofu and cook for 10 minutes.
4. Add the peppers and rice and continue to cook for a few minutes.
5. Pour over ¾ of the water and cook until almost all the water has been absorbed by the rice.
6. Add the frozen peas and gradually add the remaining water until the rice is soft and the risotto is creamy.
7. Chop the parsley and stir into the risotto before serving.

Recipe adapted from Sheri Akambi (Childminder).

Suggested portion size for recipe
- 1–4 years – 170g
- 1–2 years – 145g
- 3–4 years – 195g

Preparation time
- 15 minutes

Cooking time
- 30–40 minutes

Serving suggestion
- Serve with grated parmesan cheese

Tip
- Use herbs and spices to add flavour rather than stock
Tea – starchy and vegetable accompaniments

Page 55  Wholemeal bread roll

Page 55  Tomato relish
### Wholemeal bread roll

<table>
<thead>
<tr>
<th>Portion size (as served, cooked)</th>
</tr>
</thead>
<tbody>
<tr>
<td>15g</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Serves 5 x 15g portions</th>
<th>Serves 20 x 15g portions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wholemeal bread roll</td>
<td>75g</td>
<td>300g</td>
</tr>
<tr>
<td>Spread</td>
<td>10g</td>
<td>40g</td>
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**Method**
1. Slice the bread rolls open. Add the spread to the bread thinly and cut in half.

### Tomato relish

<table>
<thead>
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<th>Portion size (as served, cooked)</th>
</tr>
</thead>
<tbody>
<tr>
<td>40g</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Serves 5 x 40g</th>
<th>Serves 20 x 40g</th>
</tr>
</thead>
<tbody>
<tr>
<td>Onion, peeled</td>
<td>30g</td>
<td>120g</td>
</tr>
<tr>
<td>Fresh, red pepper, cored</td>
<td>40g</td>
<td>160g</td>
</tr>
<tr>
<td>Ground ginger</td>
<td>½ teaspoon</td>
<td>2 teaspoons</td>
</tr>
<tr>
<td>Chilli powder</td>
<td>½ teaspoon</td>
<td>2 teaspoons</td>
</tr>
<tr>
<td>Caster sugar</td>
<td>2 level teaspoons</td>
<td>30g (1½ tablespoons)</td>
</tr>
<tr>
<td>Soft dark brown sugar</td>
<td>2 level teaspoons</td>
<td>35g (1½ tablespoons)</td>
</tr>
<tr>
<td>Canned tomatoes, chopped</td>
<td>100g (½ x 200g can)</td>
<td>400g (1 x 400g can)</td>
</tr>
<tr>
<td>Soy sauce</td>
<td>½ teaspoon</td>
<td>2 teaspoons</td>
</tr>
</tbody>
</table>

**Method**
1. Chop the onion and pepper.
2. Put all the ingredients into a pan, bring to the boil and simmer until a think sauce is formed.
Tea – desserts

Page 57  Apple crumble tart
Page 58  Banana and cinnamon rice pudding
Page 59  Banana and raisin flapjack
Page 60  Seasonal fruit salad
Page 61  Stewed seasonal fruit and yoghurt
Apple crumble tart

Method

1. Make the pastry by sifting the flour into a large bowl. Rub in the margarine until it forms a soft breadcrumb texture. Add enough cold water to make the crumb mixture come together to form a firm dough. Cover and refrigerate for 30 minutes.

2. Preheat the oven to 190°C/375°F/gas mark 5.

3. Flour the work surface and roll out the pastry to the size required to line a tart tin. Line the tin with the pastry, crimp the edges and bake blind with baking beans in the oven for 20 minutes. Remove the beans and return to the oven for a further 5 minutes. Leave the oven on at the same temperature.

4. Wash and slice the apples. Cover the pastry base with the sliced apples.

5. To make the crumble, rub the margarine into the flour until you have fine breadcrumbs, add the sugar then sprinkle the crumble mixture over the apples.

6. Bake in the oven for approximately 25 minutes or until golden.

Recipe adapted from Eden Foodservice

Ingredients – Serves 10

Pastry –
Plain flour 80g
Wholemeal flour 25g
Soft margarine 50g
Water 25ml

Filling –
Baking apples, peeled and cored 320g (2 large)

Crumble topping –
Plain flour 60g (2 tablespoons)
Wholemeal flour 30g (1 1/2 tablespoons)
Margarine 20g
Soft dark brown sugar 40g

Ingredients – Serves 20

Pastry –
Plain flour 160g
Wholemeal flour 50g (3 tablespoons)
Soft margarine 100g
Water 50ml

Filling –
Baking apples, peeled and cored 640g (4 large)

Crumble topping –
Plain flour 120g (4 tablespoons)
Wholemeal flour 60g (3 tablespoons)
Margarine 40g
Soft dark brown sugar 80g

Suggested portion size for recipe
1–4 years – 60g
1–2 years – 50g
3–4 years – 70g

Preparation time
1 hour 30 minutes

Cooking time
25 minutes

Serving suggestion
Serve with custard (see page 39)

Tip
Make at lunch and bake at tea if short of time
**Method**

1. Preheat the oven to 160ºC/325ºF/gas mark 3 and grease an ovenproof dish.
2. Wash the rice in a sieve and put it in the dish with the sugar.
3. Heat the milk in a pan and pour over the rice and sugar.
4. Bake in the oven for 1½–2 hours until the rice is tender.
5. Place the bananas in their skins on a baking tray and bake in the oven for 30 minutes.
6. After 30 minutes, remove the bananas from the oven, scoop out the banana flesh from the skins. Blend the banana flesh and cinnamon to a smooth purée. Combine with the rice pudding or serve separately.

**Recipe adapted from** Marsha Mclarty (Childminder) and Eden Foodservice.

**Ingredients – Serves 10**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pudding rice</td>
<td>75g</td>
</tr>
<tr>
<td>Caster sugar</td>
<td>30g (1½ tablespoons)</td>
</tr>
<tr>
<td>Whole milk</td>
<td>600ml</td>
</tr>
<tr>
<td>Banana</td>
<td>400g (4)</td>
</tr>
<tr>
<td>Cinnamon, ground</td>
<td>1 teaspoon</td>
</tr>
</tbody>
</table>

**Ingredients – Serves 20**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pudding rice</td>
<td>150g</td>
</tr>
<tr>
<td>Caster sugar</td>
<td>60g (3 tablespoons)</td>
</tr>
<tr>
<td>Whole milk</td>
<td>1.2l</td>
</tr>
<tr>
<td>Banana</td>
<td>800g (8)</td>
</tr>
<tr>
<td>Cinnamon, ground</td>
<td>2 teaspoons</td>
</tr>
</tbody>
</table>

**Suggested portion size for recipe**

- 1–4 years – 120g
- 1–2 years – 100g
- 3–4 years – 140g

**Preparation time**

- 10 minutes

**Cooking time**

- 2 hours

**Serving suggestion**

- Use stewed apples instead of bananas

**Tip**

- Take care when removing the hot banana flesh from the skins
Method

1. Preheat the oven to 170°C/325°F/gas mark 3. Grease a baking tray.
2. Chop the bananas.
3. Melt the margarine, sugar and syrup in a large saucepan over a medium heat.
4. Add the oats, banana and raisins and combine well.
5. Place the mixture onto the baking tray and press the mixture into the tin.
   Bake in the oven for 20–25 minutes.

Recipe adapted from The Old School House Day Nursery.

Ingredients – Serves 10

Banana, peeled 200g (2)
Soft margarine 80g
Caster sugar 50g (2½ tablespoons)
Golden syrup 25g (1 tablespoon)
Oats, rolled 180g
Raisins 40g

Ingredients – Serves 20

Banana, peeled 400g (4)
Soft margarine 150g
Caster sugar 100g (5 tablespoons)
Golden syrup 50g (2 tablespoons)
Oats, rolled 360g
Raisins 80g

Suggested portion size for recipe
1–4 years – 50g
1–2 years – 40g
3–4 years – 60g

Preparation time
20 minutes

Cooking time
25 minutes

Serving suggestion
Serve chilled with yoghurt or warm with custard

Tip
Swap raisins for cranberries for a seasonal alternative
Method

1. Break the satsuma into segments.
2. Wash and chop the grapes, apple, pear and plums. Put in a large mixing bowl and pour over the cranberry juice.

Recipe adapted from Claire Knight (Childminder).

Suggested portion size for recipe
- 1–4 years – 40g
- 1–2 years – 40g
- 3–4 years – 40g

Preparation time
15 minutes

Cooking time
Not required

Serving suggestion
Serve with yoghurt or fromage frais

Tip
Chop fruit just before it is required to keep it fresh
Stewed seasonal fruit and yoghurt

Method

1. Wash the fruit and slice the apples.
2. Heat in a saucepan with the water on a medium heat until stewed.
3. Serve the stewed fruit with the yoghurt.

Symbols relate to recipe, not complete meal

Recipe adapted from Busy Bees Nursery.

Ingredients – Serves 5

Apples, peeled and cored 100g
Blackberries 100g
Water 15ml
Yoghurt 300ml

Ingredients – Serves 20

Apples, peeled and cored 400g
Blackberries 400g
Water 60ml
Yoghurt 1.2L

Suggested portion size for recipe
1–4 years – 100g (60g yoghurt, 40g fruit)
1–2 years – 90g (50g yoghurt, 40g fruit)
3–4 years – 110g (70g yoghurt, 40g fruit)

Preparation time
5 minutes

Cooking time
15 minutes

Serving suggestion
Serve fruit on top of yoghurt or combine

Tip
Mix sweet and sour fruits together and add spices for variety
Drinks

Page 63    Diluted fruit juice
Page 63    Water
Page 63    Whole milk
**Eat Better, Start Better: drinks**

<table>
<thead>
<tr>
<th>Diluted fruit juice</th>
<th>Average</th>
<th>1–2 year olds</th>
<th>3–4 year olds</th>
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</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>100ml</td>
<td>100ml</td>
</tr>
<tr>
<td><strong>Method</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1. Dilute 50ml of 100% unsweetened fruit juice with 50ml of water.</td>
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<table>
<thead>
<tr>
<th>Water</th>
<th>Average</th>
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<tbody>
<tr>
<td></td>
<td></td>
<td>100ml</td>
<td>100ml</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Whole milk</th>
<th>Average</th>
<th>1–2 year olds</th>
<th>3–4 year olds</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>100ml</td>
<td>100ml</td>
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</table>
The nutrient framework

The food and drink guidelines are underpinned by a nutrient framework, which includes energy, and the key nutrients protein, fat, carbohydrate, non-milk extrinsic sugars, vitamin A, vitamin C, iron, zinc and sodium. Providing the type and amount of food and drink illustrated by the example menu on page 7 in this guide, will ensure children receive appropriate amounts of energy and nutrients. The nutrient-based standards included in the nutrient framework were agreed by the Advisory Panel on Food and Nutrition in Early Years and are based upon current UK Dietary Reference Values (DRVs), specifying the amounts of energy and nutrients needed by different groups of people, and the recommended target salt intake to be achieved by populations of infants and children as recommended by Scientific Advisory Committee on Nutrition (SACN). The menu in this document has been nutritionally analysed against the nutrient framework that underpins the food and drink guidelines, and meets the nutritional requirements of children aged one to five years.

The menu provides 90% of the energy and nutrient requirements for children aged one to five years. The nutrient framework divides energy requirements across meals and snacks provided during full day care in the following proportions:

- breakfast 20%
- mid-morning snack 10%
- lunch 30%
- mid-afternoon snack 10%
- tea 20%.

This leaves 10% for an additional drink or drink and snack at home in evening. The above proportions are based on the assumption that lunch is a main meal (providing about 30% of energy) and tea is a light meal (providing about 20% of energy). Where settings provide tea as a main meal and lunch as a light meal, these proportions should be reversed.

Note: The autumn/winter menu has been developed using the estimated average requirement (EAR) for energy, and the nutrient-based standards for fat, saturated fat, carbohydrate and non-milk extrinsic sugars based on this EAR, as specified by COMA, not the 2011 Dietary recommendations for Energy published by SACN.

* The Advisory Panel on Food and Nutrition in Early Years agreed that menus planned to cover a week or more, can have a maximum of 125% of the current population target for salt for children aged one to five years.
The table below displays the nutrient content in a portion of each of the recipes shown in the autumn/winter menu. This is based on the suggested portion sizes for one to four-year-olds.

### Nutrient content of an average portion of the recipe

<table>
<thead>
<tr>
<th>Recipe</th>
<th>Portion size (g) for average 1-4 year olds</th>
<th>Energy (kcal)</th>
<th>Fat (g)</th>
<th>Carbohydrate (g)</th>
<th>Non-milk extrinsic sugar (g)</th>
<th>Protein (g)</th>
<th>Iron (mg)</th>
<th>Zinc (mg)</th>
<th>Calcium (mg)</th>
<th>Vitamin A (μg)</th>
<th>Vitamin C (μg)</th>
<th>Sodium (mg)</th>
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<td><strong>Breakfast</strong></td>
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<td></td>
<td></td>
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<td></td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Wheat biscuits with yoghurt, dried apricots and diluted apple juice</td>
<td>See page 10</td>
<td>193</td>
<td>2.7</td>
<td>37.4</td>
<td>11.6</td>
<td>7.4</td>
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<td>Porridge with raisins, wholemeal toast with spread and water</td>
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<td>230</td>
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<td>45.7</td>
<td>1.1</td>
<td>155.1</td>
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<td>340</td>
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<td>7.4</td>
<td>11.1</td>
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<tr>
<td>Toasted muffin and spread with scrambled egg, tomato and mushrooms and whole milk</td>
<td>See page 11</td>
<td>257</td>
<td>15.0</td>
<td>19.1</td>
<td>0.0</td>
<td>12.1</td>
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<td>1.3</td>
<td>192.7</td>
<td>194.4</td>
<td>5.7</td>
<td>261.6</td>
</tr>
<tr>
<td>Rice crispies with whole milk, toasted teacake with spread and diluted orange juice</td>
<td>See page 11</td>
<td>303</td>
<td>8.2</td>
<td>51.2</td>
<td>9.0</td>
<td>8.0</td>
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<td>268.6</td>
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<tr>
<td>Toasted English muffin with spread, a clementine and water</td>
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<td>105</td>
<td>3.0</td>
<td>16.8</td>
<td>0.0</td>
<td>3.3</td>
<td>0.4</td>
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<td>39.0</td>
<td>10.8</td>
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<td>Wholemeal pitta bread with tuna dip, celery and red pepper sticks and whole milk</td>
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<td>219</td>
<td>7.7</td>
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<td>13.1</td>
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<td>168.9</td>
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<td>Plain pancake with yoghurt and pear and water</td>
<td>See page 14</td>
<td>125</td>
<td>5.2</td>
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<td>4.5</td>
<td>4.8</td>
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<td>Rice cakes with cottage cheese, apple and beetroot and water</td>
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<td>97</td>
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<td>34.2</td>
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<td>107.1</td>
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<tr>
<td>Wholemeal toast and spread with carrot sticks and whole milk</td>
<td>See page 15</td>
<td>159</td>
<td>7.3</td>
<td>18.4</td>
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<td>6.0</td>
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<td>880.4</td>
<td>4.5</td>
<td>156.0</td>
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<tr>
<td>Oatcake, satsuma and water</td>
<td>See page 16</td>
<td>76</td>
<td>2.3</td>
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<td>1.9</td>
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<td>20.5</td>
<td>5.0</td>
<td>10.8</td>
<td>109.6</td>
</tr>
<tr>
<td>Crackers, spread, apple and whole milk</td>
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<td>180</td>
<td>10.3</td>
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<td>10.9</td>
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<tr>
<td>Breadsticks, hard boiled egg, tomato, whole milk</td>
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<td>161</td>
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<td>4.8</td>
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<td>139.7</td>
<td>49.7</td>
<td>3.7</td>
<td>134.7</td>
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</table>
Nutrient content of an average portion of the recipe

<table>
<thead>
<tr>
<th>Snacks continued</th>
<th>Portion size (g) for average 1-4 year olds</th>
<th>Energy (kcal)</th>
<th>Fat (g)</th>
<th>Carbohydrate (g)</th>
<th>Non-milk extrinsic sugar (g)</th>
<th>Protein (g)</th>
<th>Iron (mg)</th>
<th>Zinc (mg)</th>
<th>Calcium (mg)</th>
<th>Vitamin A (μg)</th>
<th>Vitamin C (μg)</th>
<th>Sodium (mg)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Banana, plain yoghurt and water</td>
<td>See page 17</td>
<td>85</td>
<td>1.9</td>
<td>14.0</td>
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<td>0.5</td>
<td>122.4</td>
<td>20.3</td>
<td>5.0</td>
<td>48.4</td>
</tr>
<tr>
<td>Toasted bagel and spread with cucumber, celery sticks and water</td>
<td>See page 17</td>
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<th>Energy (kcal)</th>
<th>Fat (g)</th>
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<th>Non-milk extrinsic sugar (g)</th>
<th>Protein (g)</th>
<th>Iron (mg)</th>
<th>Zinc (mg)</th>
<th>Calcium (mg)</th>
<th>Vitamin A (μg)</th>
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<th>Fat (g)</th>
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<th>Zinc (mg)</th>
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### Nutrient content of an average portion of the recipe

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<th>Fat (g)</th>
<th>Carbohydrate (g)</th>
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<td>100</td>
<td>19</td>
<td>0.1</td>
<td>4.7</td>
<td>4.7</td>
<td>0.2</td>
<td>0.1</td>
<td>0.0</td>
<td>4.3</td>
<td>0.7</td>
<td>13.3</td>
</tr>
<tr>
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<td>19</td>
<td>0.1</td>
<td>4.7</td>
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<td>0.2</td>
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<td>0.7</td>
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<tr>
<td>Whole milk</td>
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<td>68</td>
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<td>0.4</td>
<td>121.7</td>
<td>34.2</td>
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**References**


Eat Better, Start Better: notes
The Children’s Food Trust
The Children’s Food Trust aims to reduce childhood obesity and improve educational performance through improving the food our children eat both in and out of school and in early years settings. We work directly with thousands of schools, millions of parents and with local authorities across the country. We campaign on key issues for school food. We run the UK’s biggest network of cooking clubs and, under our previous name of the School Food Trust, we were directly responsible for developing and introducing the national food and nutrition guidelines in both schools and early years settings. We make a difference, and would be pleased to help you too.

Let’s Get Cooking
Let’s Get Cooking provides training, support and resources for setting up and running healthy cooking activities for people of all ages. Let’s Get Cooking is a programme run by the Children’s Food Trust.
www.letsgetcooking.org.uk

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