Eat Better Start Better

Spring/summer menu and recipes for early years settings
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</tbody>
</table>
Introduction

This document contains an example one-week spring/summer 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 autumn/winter 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.

It is important that the food and drink provided for children is balanced across each day, and also that children eat regularly, with breakfast, lunch, tea, and two or three snacks provided daily (either within an early years setting or at home). Using these food and drink guidelines to plan meals and snacks for children will help to make sure that all children eat a healthy, balanced diet, whether they attend full-day care in one setting, or several settings throughout the week.

Understanding the food and drink guidelines

The ‘At a glance’ sections on pages 9, 13, 19 and 43 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.

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*b 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.
*c 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 spring/summer 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>Changes in weight of foods from raw to cooked</th>
</tr>
</thead>
<tbody>
<tr>
<td>Food</td>
</tr>
<tr>
<td>-----------------</td>
</tr>
<tr>
<td>Pasta (boiled)</td>
</tr>
<tr>
<td>White rice (boiled)</td>
</tr>
<tr>
<td>Lean minced beef (stewed)</td>
</tr>
<tr>
<td>Beef, braising steak (stewed)</td>
</tr>
<tr>
<td>Chicken breast (casseroled)</td>
</tr>
<tr>
<td>Pork sausages (grilled)</td>
</tr>
<tr>
<td>Salmon (steamed)</td>
</tr>
<tr>
<td>Red split lentils (boiled)</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></th>
</tr>
</thead>
<tbody>
<tr>
<td>Allergy warning – wheat</td>
<td>![Wheat]</td>
</tr>
<tr>
<td>Allergy warning – dairy</td>
<td>![Dairy]</td>
</tr>
<tr>
<td>Allergy warning – egg</td>
<td>![Egg]</td>
</tr>
<tr>
<td>Vegetarian main dishes</td>
<td>![Vegetarian]</td>
</tr>
<tr>
<td>Portion of starchy food</td>
<td>![Starch]</td>
</tr>
<tr>
<td>Portion of fruit</td>
<td>![Fruit]</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 64–67. This information can be used to compare the nutrient content of different recipes.
# Spring/summer menu for early year settings

This spring/summer 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>Cornflakes with whole milk and raisins</td>
<td>Pear and hard boiled egg with wholemeal bread and spread</td>
<td>Rice crispies and whole milk with dried apricots and banana</td>
<td>Plain yoghurt with malt loaf and spread</td>
<td>Wheat biscuits with whole milk and mixed berries</td>
</tr>
<tr>
<td></td>
<td>Toasted crumpet and spread</td>
<td>Whole milk</td>
<td>Water</td>
<td>Diluted apple juice</td>
<td>Toasted teacake and spread</td>
</tr>
<tr>
<td></td>
<td>Water</td>
<td></td>
<td></td>
<td></td>
<td>Water</td>
</tr>
<tr>
<td></td>
<td><strong>Mid-morning snack</strong></td>
<td><strong>Mid-morning snack</strong></td>
<td><strong>Mid-morning snack</strong></td>
<td><strong>Mid-morning snack</strong></td>
<td><strong>Mid-morning snack</strong></td>
</tr>
<tr>
<td></td>
<td>Rice cakes and banana</td>
<td>Toasted muffin with spread and melon</td>
<td>Toasted bagel and spread with strawberries</td>
<td>Wholemeal toast and spread with apple and grapes</td>
<td>Sugar snap peas and houmous</td>
</tr>
<tr>
<td></td>
<td>Water</td>
<td>Water</td>
<td>Whole milk</td>
<td>Water</td>
<td>Water</td>
</tr>
<tr>
<td></td>
<td><strong>Lunch</strong></td>
<td><strong>Lunch</strong></td>
<td><strong>Lunch</strong></td>
<td><strong>Lunch</strong></td>
<td><strong>Lunch</strong></td>
</tr>
<tr>
<td></td>
<td>Beef bolognaise or Vegetarian bolognaise (v) with white spaghetti</td>
<td>Chickpea and vegetable curry (v) with brown rice</td>
<td>Pork and apple casserole or mixed bean casserole (v) with new potatoes and carrots</td>
<td>Lamb burger or bean burger (v) with homemade tomato sauce, potato wedges and garden peas</td>
<td>Salmon and broccoli pasta or broccoli and lentil pasta (v) with sweetcorn</td>
</tr>
<tr>
<td></td>
<td>Carrot cake</td>
<td>Raspberry puree with fromage frais</td>
<td>Pineapple upside down pudding with custard</td>
<td>Banana buns</td>
<td>Eve's pudding with custard</td>
</tr>
<tr>
<td></td>
<td>Water</td>
<td>Water</td>
<td>Water</td>
<td>Water</td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>Mid-afternoon snack</strong></td>
<td><strong>Mid-afternoon snack</strong></td>
<td><strong>Mid-afternoon snack</strong></td>
<td><strong>Mid-afternoon snack</strong></td>
<td><strong>Mid-afternoon snack</strong></td>
</tr>
<tr>
<td></td>
<td>Strawberries and plain yoghurt</td>
<td>Breadsticks with mozzarella balls and cherry tomatoes</td>
<td>White bread and spread with grapes</td>
<td>Pitta bread with tsatziki and carrot sticks</td>
<td>Sliced peach with fromage frais and rice cakes</td>
</tr>
<tr>
<td></td>
<td>Water</td>
<td>Whole milk</td>
<td>Water</td>
<td>Water</td>
<td>Water</td>
</tr>
<tr>
<td></td>
<td><strong>Tea</strong></td>
<td><strong>Tea</strong></td>
<td><strong>Tea</strong></td>
<td><strong>Tea</strong></td>
<td><strong>Tea</strong></td>
</tr>
<tr>
<td></td>
<td>Beef and vegetable enchiladas or bean and vegetable enchiladas (v)</td>
<td>Ratatouille with mozzarella cheese and a jacket potato</td>
<td>Tuna and sweetcom wholemeal pasta or chickpea and sweetcorn wholemeal pasta (v) with red pepper sticks</td>
<td>Chicken and vegetable couscous salad or Quorn™ and vegetable couscous salad</td>
<td>Savoury omelette with potato salad and cucumber</td>
</tr>
<tr>
<td></td>
<td>or Fresh fruit platter</td>
<td>Ginger biscuits with sliced apple</td>
<td>Blueberry muffin</td>
<td>Rice pudding with sultanas</td>
<td>Crunchy summer crumble with yoghurt</td>
</tr>
<tr>
<td></td>
<td>Water</td>
<td>Water</td>
<td>Water</td>
<td>Water</td>
<td>Water</td>
</tr>
</tbody>
</table>
Breakfast

Page 9  Breakfast at a glance

Page 10  Breakfasts included within the spring/summer menu
## 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>
<tr>
<td><strong>Starchy foods</strong></td>
<td>✓ Provide a portion of starchy food as part of breakfast each day.</td>
</tr>
<tr>
<td></td>
<td>✓ Provide at least three different varieties of starchy food across breakfasts each week.</td>
</tr>
<tr>
<td></td>
<td>✓ Provide a variety of wholegrain and white starchy foods as part of breakfast each week.</td>
</tr>
<tr>
<td></td>
<td>☑ It is good practice to provide wholegrain starchy foods for at least one breakfast each week.</td>
</tr>
<tr>
<td></td>
<td>✓ Choose breakfast cereals with low or medium sugar content.</td>
</tr>
<tr>
<td></td>
<td>Avoid cereals high in sugar such as sugar-coated or chocolate-flavoured cereals.</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 a portion of fruit or vegetables at breakfast each day.</td>
</tr>
<tr>
<td></td>
<td>✓ If you offer fruit juice at breakfast, this should be unsweetened and diluted (half juice and half water).</td>
</tr>
<tr>
<td><strong>Meat, fish, eggs, beans and non-dairy sources of protein</strong></td>
<td>☑ Food from this group provides a useful source of iron and zinc and can be provided as part of breakfast.</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); one of these can be provided as part of breakfast.</td>
</tr>
<tr>
<td><strong>Drinks</strong></td>
<td>✓ Children must have access to fresh drinking water.</td>
</tr>
<tr>
<td></td>
<td>✓ If you offer fruit juice at breakfast, this should be unsweetened and diluted (half juice and half water).</td>
</tr>
</tbody>
</table>
**Breakfasts included within the spring/summer menu**

<table>
<thead>
<tr>
<th>Day</th>
<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><strong>Monday</strong></td>
<td>Cornflakes</td>
<td>25g (4 tablespoons)</td>
<td>20g</td>
<td>30g</td>
</tr>
<tr>
<td></td>
<td>Whole milk</td>
<td>100ml</td>
<td>100ml</td>
<td>100ml</td>
</tr>
<tr>
<td></td>
<td>Raisins</td>
<td>25g (1 tablespoon)</td>
<td>25g</td>
<td>25g</td>
</tr>
<tr>
<td></td>
<td>Toasted crumpet</td>
<td>20g (½ a crumpet)</td>
<td>15g</td>
<td>25g</td>
</tr>
<tr>
<td></td>
<td>Spread</td>
<td>4g (thinly spread)</td>
<td>3g</td>
<td>5g</td>
</tr>
<tr>
<td>Drink</td>
<td>Water</td>
<td>100ml</td>
<td>100ml</td>
<td>100ml</td>
</tr>
<tr>
<td><strong>Tuesday</strong></td>
<td>Hard boiled egg</td>
<td>50g (1 egg)</td>
<td>50g</td>
<td>50g</td>
</tr>
<tr>
<td></td>
<td>Wholemeal bread</td>
<td>25g (1 medium slice)</td>
<td>20g</td>
<td>30g</td>
</tr>
<tr>
<td></td>
<td>Spread</td>
<td>4g (thinly spread)</td>
<td>3g</td>
<td>5g</td>
</tr>
<tr>
<td></td>
<td>Pear</td>
<td>40g (¼ pear)</td>
<td>40g</td>
<td>40g</td>
</tr>
<tr>
<td>Drink</td>
<td>Whole milk</td>
<td>100 ml</td>
<td>100ml</td>
<td>100ml</td>
</tr>
<tr>
<td><strong>Wednesday</strong></td>
<td>Rice crispies</td>
<td>25g (6 tablespoons)</td>
<td>20g</td>
<td>30g</td>
</tr>
<tr>
<td></td>
<td>Whole milk</td>
<td>100ml</td>
<td>100ml</td>
<td>100ml</td>
</tr>
<tr>
<td></td>
<td>Dried apricots</td>
<td>25g (1 tablespoon)</td>
<td>25g</td>
<td>25g</td>
</tr>
<tr>
<td></td>
<td>Banana</td>
<td>40g (½ a banana)</td>
<td>40g</td>
<td>40g</td>
</tr>
<tr>
<td>Drink</td>
<td>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>Malt loaf</td>
<td>35g (1 slice)</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>Plain yoghurt, full fat</td>
<td>60g (1½ tablespoons)</td>
<td>50g</td>
<td>70g</td>
</tr>
<tr>
<td>Drink: Diluted apple juice</td>
<td>(50ml apple juice, 50ml water)</td>
<td>(50ml apple juice, 50ml water)</td>
<td>(50ml apple juice, 50ml water)</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>Wheat biscuits</td>
<td>25g (1 biscuit)</td>
<td>20g</td>
<td>20g</td>
</tr>
<tr>
<td>Whole milk</td>
<td>100ml</td>
<td>100ml</td>
<td>100ml</td>
</tr>
<tr>
<td>Mixed berries</td>
<td>40g</td>
<td>40g</td>
<td>40g</td>
</tr>
<tr>
<td>Toasted teacake</td>
<td>35g (½ a 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>Drink: Water</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 spring/summer menu
Page 16  Mid-afternoon snacks included within the spring/summer menu
## Mid-morning and mid-afternoon snacks at a glance

<table>
<thead>
<tr>
<th>Menu planning advice</th>
<th>Food and drink guidelines</th>
</tr>
</thead>
<tbody>
<tr>
<td>Plan menus for snacks to ensure that they are varied across the week and that the food provision across the day is balanced.</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>
</table>
| Starchy foods | ☑ Provide a starchy food as part of at least one snack each day.  
☑ Provide at least three different varieties of starchy food across snacks each week.  
☑ Choose bread and bread products with a low salt content where possible. |
| Fruit and vegetables | ☑ Provide fruit or vegetables as part of some snacks.  
☑ Provide a variety of fruit and vegetables across the day, and each week.  
☑ Dried fruit should not be provided as part of snacks. |
| Meat, fish, eggs, beans and non-dairy sources of protein | ☑ 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. |
| Milk and dairy foods | ☑ 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. |
| Drinks | ☑ Children must have access to fresh drinking water.  
☑ Water and milk are the only drinks that should be provided between meals and as part of snacks. |
## Mid-morning snacks included within spring/summer menu

<table>
<thead>
<tr>
<th>Day</th>
<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><strong>Monday</strong></td>
<td>Banana</td>
<td>40g (½ banana)</td>
<td>40g</td>
<td>40g</td>
</tr>
<tr>
<td></td>
<td>Rice cakes</td>
<td>16g (2 cakes)</td>
<td>14g</td>
<td>18g</td>
</tr>
<tr>
<td></td>
<td><strong>Drink:</strong> Water</td>
<td>100ml</td>
<td>100ml</td>
<td>100ml</td>
</tr>
<tr>
<td><strong>Tuesday</strong></td>
<td>Melon</td>
<td>40g</td>
<td>40g</td>
<td>40g</td>
</tr>
<tr>
<td></td>
<td>Toasted muffin</td>
<td>30g (% muffin)</td>
<td>25g</td>
<td>35g</td>
</tr>
<tr>
<td></td>
<td>Spread</td>
<td>4g (thinly spread)</td>
<td>3g</td>
<td>5g</td>
</tr>
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<td>100ml</td>
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<tr>
<td><strong>Wednesday</strong></td>
<td>Strawberries</td>
<td>40g</td>
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<td>40g</td>
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<tr>
<td></td>
<td>Toasted bagel</td>
<td>50g (% bagel)</td>
<td>45g</td>
<td>55g</td>
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<td>Spread</td>
<td>4g (thinly spread)</td>
<td>3g</td>
<td>5g</td>
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<td><strong>Drink:</strong> Whole milk</td>
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### Thursday

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>1–4 year olds</th>
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<tbody>
<tr>
<td>Apple</td>
<td>20g</td>
<td>20g</td>
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<tr>
<td>Grapes</td>
<td>20g</td>
<td>20g</td>
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<tr>
<td>Wholemeal toast</td>
<td>25g (1 medium slice)</td>
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<tr>
<td>Spread</td>
<td>4g (thinly spread)</td>
<td>3g</td>
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<tr>
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### Friday

<table>
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<tr>
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<tr>
<td>Sugar snap peas</td>
<td>40g</td>
<td>40g</td>
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<tr>
<td>Houmous</td>
<td>40g (1 tablespoon)</td>
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Eat Better, Start Better: mid-afternoon snacks

Mid-afternoon snacks included within spring/summer menu

<table>
<thead>
<tr>
<th>Day</th>
<th>Ingredients</th>
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<th>3–4 year olds</th>
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<tr>
<td>Monday</td>
<td>Strawberries</td>
<td>40g (3–4 halved)</td>
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</tr>
<tr>
<td></td>
<td>Plain yoghurt, full-fat</td>
<td>60g (1½ tablespoons)</td>
<td>50g</td>
<td>70g</td>
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<td></td>
<td>Drink: Water</td>
<td>100ml</td>
<td>100ml</td>
<td>100ml</td>
</tr>
<tr>
<td>Tuesday</td>
<td>Tomato</td>
<td>40g (3 cherry or ½ medium)</td>
<td>40g</td>
<td>40g</td>
</tr>
<tr>
<td></td>
<td>Mozzarella, full fat</td>
<td>17g</td>
<td>15g</td>
<td>20g</td>
</tr>
<tr>
<td></td>
<td>Breadsticks, low salt</td>
<td>7g (5 mini sticks)</td>
<td>6g</td>
<td>8g</td>
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<tr>
<td></td>
<td>Drink: Whole milk</td>
<td>100ml</td>
<td>100ml</td>
<td>100ml</td>
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<tr>
<td>Wednesday</td>
<td>Grapes</td>
<td>40g (8 halved)</td>
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<td>40g</td>
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<tr>
<td></td>
<td>White bread</td>
<td>25g (1 medium slice)</td>
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<td>Spread</td>
<td>4g (thinly spread)</td>
<td>3g</td>
<td>5g</td>
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<td>Drink: Water</td>
<td>100ml</td>
<td>100ml</td>
<td>100ml</td>
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<tr>
<td>Thursday</td>
<td>Ingredients</td>
<td>1–4 year olds</td>
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<td>3–4 year olds</td>
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<td>---------------</td>
<td>---------------</td>
<td>---------------</td>
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<tr>
<td></td>
<td>Carrot sticks</td>
<td>40g</td>
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<td></td>
<td>Pitta bread</td>
<td>35g (½ pitta)</td>
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<td></td>
<td>Tsatziki</td>
<td>30g (1 tablespoon)</td>
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<td>35g</td>
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<td>100ml</td>
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<tbody>
<tr>
<td>Peach</td>
<td>40g</td>
<td>40g</td>
<td>40g</td>
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<tr>
<td>Fromage frais, full-fat</td>
<td>60g (1½ tablespoons)</td>
<td>50g</td>
<td>65g</td>
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</tr>
<tr>
<td>Rice cakes</td>
<td>16g (2 cakes)</td>
<td>14g</td>
<td>18g</td>
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<td>Drink: Water</td>
<td></td>
<td>100ml</td>
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<td>100ml</td>
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</table>
Lunch

Page 19  Lunch at a glance

Lunch – main dishes

Page 20  Beef bolognaise
Page 21  Lamb burger
Page 22  Pork and apple casserole
Page 23  Salmon and broccoli pasta
Page 24  Bean burger
Page 25  Broccoli and lentil pasta
Page 26  Chickpea and vegetable curry
Page 27  Mixed bean casserole
Page 28  Vegetarian bolognaise
### Lunch at a glance

<table>
<thead>
<tr>
<th>Menu planning advice</th>
<th>Food and drink guidelines</th>
</tr>
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<tbody>
<tr>
<td><strong>Food Group</strong></td>
<td></td>
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<tr>
<td><strong>Starchy foods</strong></td>
<td>🟧 Provide a portion of starchy food as part of each lunch.</td>
</tr>
<tr>
<td></td>
<td>🟧 Provide at least three different starchy foods as part of lunches 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 lunch each week.</td>
</tr>
<tr>
<td></td>
<td>🟧 Limit starchy foods which have been fried to once a week at lunch.</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>
<tr>
<td><strong>Fruit and vegetables</strong></td>
<td>🟩 Provide a portion of fruit and/or vegetables as part of lunch every day.</td>
</tr>
<tr>
<td></td>
<td>🟩 Provide a variety of fruit and vegetables across the week at lunchtime.</td>
</tr>
<tr>
<td></td>
<td>🟩 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.</td>
</tr>
<tr>
<td></td>
<td>🟩 If you offer fruit juice at lunch, this should be unsweetened and diluted (half juice and half water).</td>
</tr>
<tr>
<td><strong>Meat, fish, eggs, beans and non-dairy sources of protein</strong></td>
<td>🟦 Provide a portion of meat, fish, meat alternative, eggs or pulses as part of lunch each day.</td>
</tr>
<tr>
<td></td>
<td>🟦 Provide a variety of foods from this group as part of lunch across the week.</td>
</tr>
<tr>
<td></td>
<td>🟦 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.</td>
</tr>
<tr>
<td></td>
<td>🟦 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.</td>
</tr>
<tr>
<td></td>
<td>🟦 Provide one lunch for all children each week which uses a meat alternative or pulses as the protein source.</td>
</tr>
<tr>
<td></td>
<td>🟦 Provide a portion of oily fish at least once every three weeks; this can be provided as part of lunch or tea.</td>
</tr>
<tr>
<td></td>
<td>🟦 Limit the provision of meat products, fish products and products made from meat alternatives to once a week for each of the three types.</td>
</tr>
<tr>
<td><strong>Milk and dairy foods</strong></td>
<td>🟨 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.</td>
</tr>
<tr>
<td><strong>Drinks</strong></td>
<td>🟩 Children must have access to fresh drinking water.</td>
</tr>
<tr>
<td></td>
<td>🟩 If fruit juice is provided as part of lunch, this should be unsweetened and diluted (half juice and half water).</td>
</tr>
</tbody>
</table>
Method

1. Preheat the oven to 200ºC /400ºF/gas mark 6.
2. Dice the onion and pepper and place on a large baking tray. Drizzle with half the olive oil, sprinkle with the basil and roast in the oven for 20 minutes.
3. Remove the vegetables from the oven, cover and leave to cool. Once cool, mix with the canned tomatoes and blend until smooth.
4. Meanwhile heat the remaining olive oil in a pan, add the mince and cook until brown. Skim the fat from the mince and discard.
5. Wash and dice the mushrooms then add these along with the blended vegetables and water to the mince.
6. Bring to the boil and simmer for 20 minutes.
7. Serve with boiled pasta.

Recipe adapted from Ashby Nursery.

Ingredients – Serves 20

Onion, peeled 240g (1 large)
Fresh peppers, red or green, cored 320g (2 medium)
Olive oil 2 tablespoons
Basil, fresh Handful
Canned tomatoes, chopped 800g (2 x 400g cans)
Minced beef, lean 850g
Mushrooms 240g
Water 400ml

Ingredients – Serves 5

Onion, peeled 60g (1 small)
Fresh peppers, red or green, cored 80g (½ medium)
Olive oil ½ tablespoon
Basil, fresh 1 teaspoon
Canned tomatoes, chopped 200g (1 x 200g can)
Minced beef, lean 210g
Mushrooms 60g
Water 100ml

Suggested portion size for recipe

1–4 years – 110g
1–2 years – 90g
3–4 years – 130g

Preparation time

40 minutes

Cooking time

30 minutes

Serving suggestion

Serve with white spaghetti (see page 31)

Tip

Try other seasonal vegetables such as courgettes
Lamb burger

Ingredients – Serves 5

- Onion, peeled 30g (½ small)
- Egg 25g (½ egg)
- Minced lamb, lean 250g
- Dried mixed herbs ¼ teaspoon
- Garlic powder ¼ teaspoon
- Ground coriander ¼ teaspoon
- Ground cumin ¼ teaspoon
- Black pepper 1 pinch
- White breadcrumbs 30g (1 slice)

Ingredients – Serves 20

- Onion, peeled 120g (2 small)
- Egg 100g (2 eggs)
- Minced lamb, lean 1kg
- Dried mixed herbs 1 teaspoon
- Garlic powder 1 teaspoon
- Ground coriander 1 teaspoon
- Ground cumin 1 teaspoon
- Black pepper ¼ teaspoon
- White breadcrumbs 120g (4 slices)

Method

1. Preheat the oven to 180ºC/350ºF/gas mark 4.
2. Finely dice the onion.
3. Whisk the egg and use it to combine all the ingredients in a large bowl.
4. Flatten the mixture on to a work surface and divide into balls.
5. Roll and flatten each burger.
6. Place on a baking tray and bake in the oven for 20 minutes or until thoroughly cooked.

Recipe adapted from Pollyanna’s Nursery.

Suggested portion size for recipe

- 1–4 years – 50g
- 1–2 years – 40g
- 3–4 years – 60g

Preparation time

15 minutes

Cooking time

20 minutes

Serving suggestion

Serve with homemade tomato and basil sauce (see page 32), potato wedges and peas (see page 31 and 33)

Tip

Try with minced beef or pork instead of lamb
Pork and apple casserole

Method

1. Dice the onions, mushrooms, courgettes and apples.
2. Heat the oil and fry the pork mince with the onion and garlic powder.
3. Add the peppers, courgettes and mushrooms and fry for 2 minutes.
4. Mix the cornflour with a little of the water and then add to the pan together with the basil, apples, tomatoes and the rest of the water. Cover and simmer for 25–30 minutes.

Recipe adapted from Pollyanna’s Nursery.

Ingredients – Serves 5

Onion, peeled 30g (½ small)
Fresh peppers, green and red, cored 40g (¼ medium)
Mushrooms 30g (3 mushrooms)
Courgette 20g (½)
Apple, eating, peeled 75g (1 small)
Vegetable oil 1 teaspoon
Minced pork 200g
Garlic powder ½ teaspoon
Cornflour 4g (1 teaspoon)
Water 100ml
Basil, dried ½ teaspoon
Canned tomatoes, chopped 100g (½ x 200g can)

Ingredients – Serves 20

Onion, peeled 120g (2 small)
Fresh peppers, green and red, cored 160g (1 medium)
Mushrooms 120g (12 mushrooms)
Courgette 80g (¾ courgette)
Apple, eating, peeled 300g (3 medium)
Vegetable oil 4 teaspoons
Minced pork 800g
Garlic powder 2 teaspoons
Cornflour 16g (1 level tablespoon)
Water 400ml
Basil, dried 2 teaspoons
Canned tomatoes, chopped 400g (1 x 400g can)

Suggested portion size for recipe
1–4 years – 100g
1–2 years – 80g
3–4 years – 120g

Preparation time
15 minutes

Cooking time
35 minutes

Serving suggestion
Serve with boiled new potatoes and carrots (see page 30 and 32)

Tip
Try with other vegetables, such as broccoli
Salmon and broccoli pasta

Method

1. Either cook the fresh salmon or prepare the canned salmon by removing all bones and skin. Finely chop the onion and cut the broccoli into small florets.

2. Boil the pasta according to the instructions on the packet then drain.

3. Cook the broccoli and onion in boiling water until just tender, for approximately 10 minutes.

4. Make the cheese sauce: heat the margarine in a saucepan and stir in the flour. Remove from the heat and add the milk gradually and whisk until smooth. Bring the sauce to a gentle simmer, stirring all the time until it thickens. Add the grated cheese and stir until melted.

5. Combine the cheese sauce, pasta and broccoli then fold in the cooked, cooled salmon and parsley.

Recipe adapted from Pollyanna’s Nursery.

Ingredients – Serves 5

- Salmon, fresh or canned 1 x 212g can, or 200g fresh
- Onion, peeled 30g (½ small)
- Broccoli 75g
- Pasta, dried shapes 210g
- Soft margarine 15g
- Plain flour 15g
- Whole milk 300ml
- Cheddar cheese, full-fat 30g
- Parsley, dried ¼ teaspoon

Ingredients – Serves 20

- Salmon, fresh or canned 2 x 418g cans or 800g fresh
- Onion, peeled 120g (2 small)
- Broccoli 300g
- Pasta, dried shapes 850g
- Soft margarine 60g
- Plain flour 60g
- Whole milk 1.2L
- Cheddar cheese, full-fat 120g
- Parsley, dried 2 teaspoons

Suggested portion size for recipe

- 1–4 years – 200g
- 1–2 years – 180g
- 3–4 years – 210g

Preparation time

20 minutes

Cooking time

20 minutes

Serving suggestion

Serve with sweetcorn (see page 33) and garnish with chopped chives and parsley

Tip

Garnish with chopped fresh chives or parsley
Method

1. Preheat the oven to 180°C/350°F/gas mark 4. Grease a baking tray with half the oil.
2. Finely chop the onion, mushrooms and parsley.
3. Heat half the oil in a frying pan and fry the onion until softened.
4. Add the mushrooms and parsley and cook until the mushrooms have softened. Remove the mixture from the heat and leave to cool.
5. Mash the beans together in a bowl, add the mushroom mixture and combine with the beaten egg, breadcrumbs and pepper. Cover and place in the fridge for 30 minutes.
6. Divide the bean mixture into burger shapes, roll in the flour, place on a greased baking tray and oven cook until heated through.

Recipe adapted from The Caroline Walker Trust.
Method

1. To make the tomato sauce, first chop the garlic and onion.
2. Wash the broccoli and break into florets.
3. Heat the oil in a saucepan, add the onion and garlic and soften for 5 minutes.
4. Add the broccoli, tomatoes, mixed herbs, water and lentils and cook uncovered for 12 minutes.
5. Melt the cream cheese by stirring it into the broccoli and tomato sauce.
6. Meanwhile cook the pasta according to the instructions on the pack.
7. Mix the cooked pasta with the broccoli and lentil sauce.

Recipe adapted from Busy Bees Nursery.

Suggestions

Serve with sweetcorn (see page 33) and garnish with chopped chives and parsley.

Tips

Garnish with chopped chives or parsley.

Preparation time
15 minutes

Cooking time
20 minutes

Suggested portion size for recipe
1–4 years – 200g
1–2 years – 170g
3–4 years – 230g

Ingredients – Serves 5

Garlic, peeled ½ clove
Onion, peeled 60g (1 small)
Broccoli 65g
Vegetable oil ½ tablespoon
Canned tomatoes, chopped 200g (1 x 200g can)
Dried mixed herbs ½ teaspoon
Water 200ml
Red lentils, dried 65g
Cream cheese, full-fat 60g (2 tablespoons)
White pasta, dried shapes 210g

Ingredients – Serves 20

Garlic, peeled 2 cloves
Onion, peeled 240g (1 large)
Broccoli 260g
Vegetable oil 2 tablespoons
Canned tomatoes, chopped 800g (2 x 400g cans)
Dried mixed herbs 2 teaspoons
Water 800ml
Red lentils, dried 250g
Cream cheese, full-fat 240g (8 tablespoons)
White pasta, dried shapes 850g
# Chickpea and vegetable curry

**Recipe adapted from** The Field’s Children Centre.

### Ingredients – Serves 5

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<th>Ingredient</th>
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<td>Onion, peeled</td>
<td>60g (1 small)</td>
</tr>
<tr>
<td>Garlic, peeled</td>
<td>½ clove</td>
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<tr>
<td>Vegetable oil</td>
<td>½ tablespoon</td>
</tr>
<tr>
<td>Flour, plain</td>
<td>15g (1 tablespoon)</td>
</tr>
<tr>
<td>Curry powder</td>
<td>½ tablespoon</td>
</tr>
<tr>
<td>Cumin, ground</td>
<td>½ teaspoon</td>
</tr>
<tr>
<td>Coriander, ground</td>
<td>½ teaspoon</td>
</tr>
<tr>
<td>Tomato purée</td>
<td>½ tablespoon</td>
</tr>
<tr>
<td>Water</td>
<td>300ml</td>
</tr>
<tr>
<td>Desiccated coconut</td>
<td>7g (½ tablespoon)</td>
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<tr>
<td>Canned chickpeas, no added salt or sugar, drained</td>
<td>¾ x 400g can (drained weight, 175g)</td>
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<td>Vegetables, mixed frozen</td>
<td>150g</td>
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### Ingredients – Serves 20

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<th>Ingredient</th>
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<tr>
<td>Onion, peeled</td>
<td>240g (1 large)</td>
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<tr>
<td>Garlic, peeled</td>
<td>2 cloves</td>
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<tr>
<td>Vegetable oil</td>
<td>2 tablespoons</td>
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<tr>
<td>Flour, plain</td>
<td>60g (4 tablespoons)</td>
</tr>
<tr>
<td>Curry powder</td>
<td>2 tablespoons</td>
</tr>
<tr>
<td>Cumin, ground</td>
<td>2 teaspoons</td>
</tr>
<tr>
<td>Coriander, ground</td>
<td>2 teaspoons</td>
</tr>
<tr>
<td>Tomato purée</td>
<td>2 tablespoons</td>
</tr>
<tr>
<td>Water</td>
<td>1.2L</td>
</tr>
<tr>
<td>Desiccated coconut</td>
<td>30g (2 tablespoons)</td>
</tr>
<tr>
<td>Canned chickpeas, no added salt or sugar, drained</td>
<td>3 x 400g cans (drained weight, 700g)</td>
</tr>
<tr>
<td>Vegetables, mixed frozen</td>
<td>600g</td>
</tr>
</tbody>
</table>

### Method

1. Chop the onion and garlic.
2. Heat the oil in a large pan, add the onion and garlic and cook until soft.
3. Stir in the flour, curry powder, cumin, coriander and tomato purée. Mix until blended into a paste.
4. Gradually stir the water into the mixture, until the desired consistency is achieved.
5. Add the coconut, chickpeas and vegetables and simmer for approximately 45 minutes.

### Serving suggestion

Serve with brown rice (see page 30)

### Tip

Try with fresh seasonal vegetables

### Preparation time

20 minutes

### Cooking time

45 minutes

### Suggested portion size for recipe

- 1–4 years – 120g
- 1–2 years – 110g
- 3–4 years – 130g
Method

1. Preheat the oven to 180ºC/350ºF/gas mark 4.
2. Chop the onion, celery, carrots and garlic.
3. Heat the oil in a frying pan, add the onions and fry until softened.
4. Add the celery, carrots and garlic and fry for 3–4 minutes.
5. Stir the flour, beans, chopped tomatoes, tomato purée, herbs and boiling water into the pan.
6. Pour into an ovenproof dish and cook for about 30–45 minutes.

Recipe adapted from Caroline Walker Trust.

Suggested portion size for recipe
1–4 years – 110g
1–2 years – 90g
3–4 years – 130g

Preparation time
15 minutes

Cooking time
45 minutes

Serving suggestion
Serve with boiled potatoes and carrots (see page 30 and 32)

Tip
Try different mixtures of beans and vegetables
**Method**

1. Preheat the oven to 200°C /400°F/gas mark 6.
2. Chop the onions and peppers. Place on a large baking tray, drizzle with half the olive oil and roast in the oven for 20 minutes.
3. Remove the vegetables from oven, cover and leave to cool. Once the vegetables are cool, mix with the canned tomatoes and basil and blend until smooth.
4. Meanwhile heat the remaining olive oil in a pan, add the soya mince and cook until brown.
5. Wash and dice the mushrooms then add these along with the blended vegetables and water to the mince. Simmer for 10 minutes before serving.

**Recipe adapted from Ashby Nursery.**
Lunch – starchy accompaniments

Page 30  Boiled new potatoes
Page 30  Brown rice
Page 31  Potato wedges
Page 31  White spaghetti

Lunch – vegetable accompaniments

Page 32  Carrots
Page 32  Homemade tomato and basil sauce
Page 33  Peas
Page 33  Sweetcorn
### Boiled new potatoes

<table>
<thead>
<tr>
<th>Ingredient</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>Portion size (as served, cooked)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>90g</td>
<td>80g</td>
<td>100g</td>
<td></td>
</tr>
<tr>
<td>Ingredients</td>
<td>Serves 5x90g portions</td>
<td>Serves 20x90g portions</td>
<td></td>
</tr>
<tr>
<td>New potatoes</td>
<td>450g</td>
<td>1.8kg</td>
<td></td>
</tr>
</tbody>
</table>

#### Method
1. Wash potatoes.
2. Boil in a large saucepan for 15 minutes or until soft. **Note:** cooking times will vary depending on the size of the potatoes.
3. Drain the water and serve.

### Brown rice

<table>
<thead>
<tr>
<th>Ingredient</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>Portion size (as served, cooked)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>90g</td>
<td>80g</td>
<td>100g</td>
<td></td>
</tr>
<tr>
<td>Ingredients</td>
<td>Serves 5x90g portions</td>
<td>Serves 20x90g portions</td>
<td></td>
</tr>
<tr>
<td>Brown rice, raw</td>
<td>175g</td>
<td>700g</td>
<td></td>
</tr>
</tbody>
</table>

#### Method
1. Cook the rice according to manufacturer’s instructions on the packet.
<table>
<thead>
<tr>
<th>Potato wedges</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>Portion size (as served, cooked)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>90g</td>
<td>80g</td>
<td>100g</td>
<td></td>
</tr>
<tr>
<td>Ingredients</td>
<td>Serves 5x90g portions</td>
<td>Serves 20x90g portions</td>
<td></td>
</tr>
<tr>
<td>Potatoes</td>
<td>750g</td>
<td>3kg</td>
<td></td>
</tr>
<tr>
<td>Vegetable oil</td>
<td>1 tablespoon</td>
<td>2 tablespoons</td>
<td></td>
</tr>
<tr>
<td>Method</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1. Preheat the oven to 200°C/400°F/gas mark 6.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2. Wash and chop the potatoes into wedges.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3. Put the wedges onto a baking try in a single layer, drizzle with oil and bake in the oven for 30 minutes or until golden and soft.</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>White spaghetti</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>Portion size (as served, cooked)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>90g</td>
<td>80g</td>
<td>100g</td>
<td></td>
</tr>
<tr>
<td>Ingredients</td>
<td>Serves 5x90g portions</td>
<td>Serves 20x90g portions</td>
<td></td>
</tr>
<tr>
<td>White spaghetti, raw</td>
<td>210g</td>
<td>840g</td>
<td></td>
</tr>
<tr>
<td>Method</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1. Cook the spaghetti according to manufacturer’s instructions on the packet.</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
### Homemade tomato and basil sauce

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

<table>
<thead>
<tr>
<th></th>
<th>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 5x90g portions</th>
<th>Serves 20x90g portions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Onion, peeled</td>
<td>60g (1 small)</td>
<td>300g (2 medium)</td>
</tr>
<tr>
<td>Fresh basil</td>
<td>1 tablespoon chopped</td>
<td>1 small bunch</td>
</tr>
<tr>
<td>Garlic, peeled</td>
<td>½ clove</td>
<td>2 cloves</td>
</tr>
<tr>
<td>Vegetable oil</td>
<td>½ tablespoon</td>
<td>2 tablespoons</td>
</tr>
<tr>
<td>Tomato purée</td>
<td>½ tablespoon</td>
<td>2 tablespoons</td>
</tr>
<tr>
<td>Canned tomatoes, chopped</td>
<td>100g (½ x 200g can)</td>
<td>400g (1 x 400g can)</td>
</tr>
</tbody>
</table>

**Method**

1. Dice the onions, basil and garlic.
2. Heat the oil in a pan, add the onion and garlic and fry for 2–3 minutes.
3. Add the tomato purée, chopped tomatoes, and water to the pan, bring to the boil and simmer for 15 minutes. Add the basil and purée using a blender to produce a smooth sauce.
### 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>Serves 5x90g portions</th>
<th>Serves 20x90g portions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Peas</td>
<td>200g</td>
</tr>
</tbody>
</table>

**Method**

1. Boil in unsalted water for approximately 5 minutes until soft.

### Sweetcorn

<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>Serves 5x90g portions</th>
<th>Serves 20x90g portions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sweetcorn 200g (1 x 200g can)</td>
<td>800g (4 x 200g cans)</td>
</tr>
</tbody>
</table>

**Method**

1. Boil in unsalted water until cooked.
Lunch – desserts

Page 35  Banana buns
Page 36  Carrot cake
Page 37  Custard
Page 38  Eve’s pudding
Page 39  Pineapple upside down pudding
Page 40  Raspberry purée and fromage frais
Method

1. Preheat the oven to 180°C/350°F/gas mark 4.
2. Put the bun cases into bun trays.
3. Measure out all of the ingredients.
4. Beat together the margarine, flour, baking powder, sugar, eggs, vanilla essence and milk in a bowl.
5. Peel and mash the bananas and gently fold into the sponge mixture.
6. Divide the mixture between the bun cases and bake in the oven for 20–25 minutes.

Recipe adapted from Ashby Nursery.

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

Preparation time
- 15 minutes

Cooking time
- 25 minutes

Serving suggestion
- Serve with custard (see page 37) or plain yoghurt

Tip
- Try adding some sultanas
Method

1. Preheat the oven to 180ºC/350ºF/gas mark 4 and grease and line a baking tin.
2. Peel and grate the carrots.
3. Whisk the eggs and sugar together in a large bowl until thick and creamy. Then whisk in the oil.
4. Gently fold in the remaining ingredients and mix together.
5. Spoon the mixture into the prepared tin, level the surface and bake for 20–25 minutes until firm to the touch and golden brown.
6. Cool on a wire tray and serve.

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

Preparation time 15 minutes

Cooking time 25 minutes

Serving suggestion
Serve hot with custard (see page 37) or cold with yoghurt

Tip
Portions of carrot cake can be frozen for up to one month

Recipe adapted from Caroline Walker Trust.
Custard

Method

1. Mix a little of the milk and all of the custard powder in a bowl until smooth. 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.

2. 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

- Milk, whole 250ml
- Custard powder 25g (1 level tablespoon)
- Caster sugar 15g (½ tablespoon)

Ingredients – Serves 10

- Milk, whole 500ml
- Custard powder 50g (1½ heaped tablespoons)
- Caster sugar 30g (1 heaped tablespoon)

Ingredients – Serves 20

- Milk, whole 1L
- Custard powder 100g (3 heaped tablespoons)
- Caster 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

- 5 minutes

Serving suggestion

Serve with fruit-based desserts such as eve’s pudding (see page 38)

Tip

Try adding cocoa powder to make cocoa custard, or fruit to make a fruity sauce
Eve’s pudding

Ingredients – Serves 10

Cooking apples, peeled and cored 300g (2 large)
Caster sugar 75g
Soft margarine 75g
Eggs (75g) 1½ eggs
Self raising flour 75g

Ingredients – Serves 20

Cooking apples, peeled and cored 600g (4 large)
Caster sugar 150g
Soft margarine 150g
Eggs (150g) 3 eggs
Self raising flour 150g

Method

1. Preheat the oven to 180°C/350°F/gas mark 4.
2. Slice the apples and arrange them on the bottom of a greased baking dish.
3. Beat the sugar and margarine until light and fluffy.
4. Beat the eggs and gradually beat them into the margarine mixture.
5. Fold in the flour.
6. Spread the sponge mixture on top of apples and bake for 25 minutes.

Recipe adapted from Pollyanna’s Nursery.

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

Preparation time
20 minutes

Cooking time
25 minutes

Serving suggestion
Serve with custard (see page 37)

Tip
Try adding dried or seasonal fresh fruit to the apples
Pineapple upside down pudding

Method

1. Preheat the oven to 180ºC/350ºF/gas mark 4
2. Drain the pineapple, if using canned, or peel and prepare fresh pineapple.
3. Put the flour, sugar, margarine and eggs into a bowl and beat for 2–3 minutes.
4. Grease an ovenproof dish and lay out the pineapple rings and glace cherries.
5. Top the pineapple with the sponge mixture and bake in the oven for 30 minutes.

Recipe adapted from Old School House Nursery.

Ingredients – Serves 10

Pineapple, canned in natural juices or fresh
1 x 432g can
(drained weight 275g)
Self-raising flour 75g
Caster sugar 75g
Soft margarine 75g
Eggs (75g) 1½ eggs
Glace cherries 35g

Ingredients – Serves 20

Pineapple, canned in natural juices or fresh
2 x 432g cans
(drained weight 550g)
Self-raising flour 150g
Caster sugar 150g
Soft margarine 150g
Eggs (150g) 3 eggs
Glace cherries 70g

Preparation time 15 minutes
Cooking time 30 minutes
Serving suggestion Serve with custard (see page 37)
Tip Try with peaches instead of pineapple

Suggested portion size for recipe
1–4 years – 60g
1–2 years – 50g
3–4 years – 70g
Raspberry purée and fromage frais

Ingredients – Serves 5

Raspberries, fresh 200g
Plain fromage frais, full-fat 300g

Ingredients – Serves 20

Raspberries, fresh 800g
Plain fromage frais, full-fat 1.2 kg

Method

1. Wash the raspberries.
2. Add the raspberries to a food processor and blend until smooth.
3. Serve the puréed raspberries on top of the fromage frais.

Recipe adapted from Old School House Day Nursery.

Preparation time 5 minutes
Cooking time None
Serving suggestion Mix the purée into the yoghurt to make a ripple effect
Tip Try with peaches.
Tea

Page 43  Tea at a glance

Tea – main dishes

Page 44  Beef and vegetable enchiladas
Page 45  Chicken with vegetable couscous salad
Page 46  Tuna and sweetcorn wholemeal pasta salad
Page 47  Bean and vegetable enchiladas
Page 48  Chickpea and sweetcorn wholemeal pasta salad
Page 49  Quorn™ and vegetable couscous salad
Page 50  Ratatouille and mozzarella
Page 51  Savoury omlette
### 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>![Check] Provide a portion of starchy food as part of teas each week. ![Check] Provide at least three different starchy foods as part of teas each week. ![Check] Provide a variety of wholegrain and white starchy foods each week. ![Check] It is good practice to provide wholegrain starchy foods for at least one tea each week. ![Check] Limit starchy foods which have been fried to once a week at tea. ![Check] Limit canned pasta in sauce. ![Check] Avoid flavoured dried rice, pasta and noodle products.</td>
</tr>
<tr>
<td><strong>Fruit and vegetables</strong></td>
<td>![Check] Provide a portion of fruit and/or vegetables as part of tea every day. ![Check] Provide a variety of fruit and vegetables across the week at teatime. ![Check] 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. ![Check] If you offer fruit juice at tea, this should be unsweetened and diluted (half juice and half water).</td>
</tr>
<tr>
<td><strong>Meat, fish, eggs, beans and non-dairy sources of protein</strong></td>
<td>![Check] Provide a portion of meat, fish, meat alternative, eggs or pulses as part of tea each day. ![Check] Provide a variety of foods from this group as part of tea across the week. ![Check] 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. ![Check] 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. ![Check] Provide one tea for all children each week which uses a meat alternative or pulses as the protein source. ![Check] Provide a portion of oily fish at least once every three weeks; this can be provided as part of lunch or tea. ![Check] Limit the provision of meat products, fish products and products made from meat alternatives to once a week for each of the three types.</td>
</tr>
<tr>
<td><strong>Milk and dairy foods</strong></td>
<td>![Check] 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.</td>
</tr>
<tr>
<td><strong>Drinks</strong></td>
<td>![Check] Children must have access to fresh drinking water. ![Check] If fruit juice is provided as part of tea, this should be unsweetened and diluted (half juice and half water).</td>
</tr>
</tbody>
</table>
**Method**

1. Preheat the oven to 220ºC, 425°F, gas mark 7.
2. Wash and chop the onion, red pepper and mushrooms.
3. Heat the oil in a large pan and add the onions. Cook until softened (approximately 5 minutes).
4. Add the mushrooms and peppers and cook for a further 10 minutes. When cooked remove from the heat and blend the vegetables.
5. Put the blended vegetables back into the pan with the canned tomatoes, garlic purée, tomato purée, water and herbs and simmer on a low heat for 30 minutes.
6. Meanwhile, slice the beef into thin strips and fry in a separate pan until browned. Add to the tomato and vegetable mixture.
7. In an oven proof dish, layer the sauce and tortilla, repeating to the top. Finish with the sauce and sprinkle the cheese on top.
8. Bake in the oven for around 30 minutes until the cheese has melted and turned golden.

**Recipe adapted from** Busy Bees Nursery.

**Ingredients – Serves 5**
- Onion, peeled 60g (1 small)
- Fresh red pepper, cored 80g (½ medium)
- Mushrooms 20g (2 mushrooms)
- Vegetable oil ½ tablespoon
- Canned tomatoes, chopped 200g (1 x 200g can)
- Garlic purée ½ teaspoon
- Tomato purée 1 teaspoon
- Water 50ml
- Dried mixed herbs ¼ teaspoon
- Frying beef steak 210g
- Tortilla wraps 150g (approx 2½ large wraps)
- Cheddar cheese, full-fat 50g

**Ingredients – Serves 20**
- Onion, peeled 240g (1 large)
- Fresh red pepper, cored 320g (2 medium)
- Mushrooms 80g (8 mushrooms)
- Vegetable oil 2 tablespoons
- Canned tomatoes, chopped 800g (2 x 400g cans)
- Garlic purée 2 teaspoons
- Tomato purée 1 heaped tablespoon
- Water 200ml
- Dried mixed herbs 1 teaspoon
- Frying beef steak 850g
- Tortilla wraps 600g (approx 10 large wraps)
- Cheddar cheese, full-fat 200g

**Preparation time** 60 minutes  
**Cooking time** 30 minutes

**Suggested portion size for recipe**
- 1–4 years – 140g
- 1–2 years – 120g
- 3–4 years – 160g

**Serving suggestion**
Serve with traditional Mexican dips such as guacamole and sour cream

**Tip**
Try with strips of chicken instead of beef
Chicken and vegetable couscous salad

Ingredients – Serves 5

- Couscous 180g
- Water 225ml
- Cooked chicken 150g
- Fresh peppers, cored 60g (½ small)
- Fresh tomato 85g (1 medium)
- Fresh coriander ½ teaspoon
- Fresh parsley ½ teaspoon
- Cucumber 60g
- Olive oil ½ tablespoon

Ingredients – Serves 20

- Couscous 720g
- Water 900ml
- Cooked chicken 600g
- Fresh peppers, cored 240g (1½ medium)
- Fresh tomato 340g (4 medium)
- Fresh coriander 2 teaspoons
- Fresh parsley 2 teaspoons
- Cucumber 240g
- Olive oil 2 tablespoons

Method

1. Boil the water and pour over the couscous in a bowl. Cover with cling film and leave to stand for 5 minutes or until all the water has been absorbed.
2. Meanwhile, chop the remaining ingredients.
3. When the couscous is ready, fluff with a fork and stir in the chopped chicken, vegetables, herbs and olive oil. Chill and serve.

Recipe adapted from Caroline Walker Trust.

Suggested portion size for recipe

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

Preparation time

- 10 minutes plus chilling time

Cooking time

- none

Serving suggestion

Serve with vegetable sticks

Tip

Try using fish, such as salmon instead of chicken
Tuna and sweetcorn wholemeal pasta salad

**Ingredients – Serves 5**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wholemeal pasta</td>
<td>175g</td>
</tr>
<tr>
<td>Canned sweetcorn, drained</td>
<td>½ x 198g can</td>
</tr>
<tr>
<td>(drained weight 85g)</td>
<td></td>
</tr>
<tr>
<td>Tuna, canned in spring water, drained</td>
<td>1⅛ x 185g cans</td>
</tr>
<tr>
<td>(drained weight, 160g)</td>
<td></td>
</tr>
<tr>
<td>Mayonnaise, full-fat</td>
<td>40g (1 heaped tablespoon)</td>
</tr>
<tr>
<td>Plain yoghurt, full-fat</td>
<td>40g (1 tablespoon)</td>
</tr>
</tbody>
</table>

**Ingredients – Serves 20**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wholemeal pasta</td>
<td>700g</td>
</tr>
<tr>
<td>Canned sweetcorn, drained</td>
<td>2 x 198g can</td>
</tr>
<tr>
<td>(drained weight, 330g)</td>
<td></td>
</tr>
<tr>
<td>Tuna, canned in spring water, drained</td>
<td>5 x185g cans</td>
</tr>
<tr>
<td>(drained weight, 650g)</td>
<td></td>
</tr>
<tr>
<td>Mayonnaise, full-fat</td>
<td>160g (5 tablespoons)</td>
</tr>
<tr>
<td>Plain yoghurt, full-fat</td>
<td>160g (4 tablespoons)</td>
</tr>
</tbody>
</table>

**Method**

1. Boil the pasta according to the instructions on the packet until tender.
2. Drain the pasta and rinse under cold water. Mix the pasta with the sweetcorn, tuna, mayonnaise and yoghurt.
3. Cover and chill before serving.

**Recipe adapted from** Caroline Walker Trust.

**Suggested portion size for recipe**

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

**Preparation time**

10 minutes plus chilling time

**Cooking time**

15 minutes

**Serving suggestion**

Add colour with red pepper sticks (see page 54)

**Tip**

Recipe can be prepared ahead
Bean and vegetable enchilada

Method

1. Preheat the oven to 220ºC, 425°F, gas mark 7.
2. Wash and chop the onion, red pepper and mushrooms.
3. Heat the oil in a large pan and add the onions. Cook until softened (approximately 5 minutes).
4. Add the mushrooms and peppers and cook for a further 10 minutes. When cooked remove from the heat and blend the vegetables.
5. Put the blended vegetables back into the pan with the canned tomatoes, kidney beans, garlic purée, tomato purée and herbs, and simmer on a low heat for 30 minutes.
6. In an ovenproof dish, layer the sauce and tortilla, repeating to the top. Finish with the sauce and sprinkle the cheese on top.
7. Bake in the oven for around 30 minutes until the cheese has melted and turned golden.

Recipe adapted from Busy Bees Nursery.

Ingredients – Serves 5

Onion, peeled 60g (1 small)
Fresh red pepper, cored 80g (½ medium)
Mushrooms 20g (2 mushrooms)
Vegetable oil ½ tablespoon
Canned tomatoes, chopped 200g (1 x 200g can)
Canned red kidney beans, no added salt or sugar, drained 1½ x 225g cans, (drained weight 180g)
Garlic purée ½ teaspoon
Tomato purée 1 teaspoon
Dried mixed herbs ¼ teaspoon
Tortilla wraps 150g (approx 2½ large wraps)
Cheddar cheese, full-fat 50g
Water 50ml

Ingredients – Serves 20

Onion, peeled 240g (1 large)
Fresh red pepper, cored 320g (2 medium)
Mushrooms 80g (8 mushrooms)
Vegetable oil 2 tablespoons
Canned tomatoes, chopped 800g (2 x 400g cans)
Canned red kidney beans, no added salt or sugar, drained 3 x 400g cans, (drained weight 720g)
Garlic purée 2 teaspoons
Tomato purée 1 heaped tablespoon
Dried mixed herbs 1 teaspoon
Tortilla wraps 600g (approx 10 large wraps)
Cheddar cheese, full-fat 250g
Water 200ml

Suggested portion size for recipe

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

Preparation time

60 minutes

Cooking time

30 minutes

Serving suggestion

Serve with traditional Mexican dips such as guacamole and sour cream

Tip

Try rolling the sauce in the wraps rather than layering.
Chickpea and sweetcorn wholemeal pasta salad

**Ingredients – Serves 5**

- Wholemeal pasta 175g
- Canned sweetcorn, drained ½ x 198g can (drained weight 85g)
- Canned chickpeas, no added salt or sugar, drained ½ x 410g can (drained weight, 165g)
- Mayonnaise, full-fat 40g (1 heaped tablespoon)
- Plain yoghurt, full-fat 40g (1 tablespoon)

**Ingredients – Serves 20**

- Wholemeal pasta 700g
- Canned sweetcorn, drained 2 x 198g can (drained weight 330g)
- Canned chickpeas, no added salt and sugar, drained 2 ½ x 410g can (drained weight, 615g)
- Mayonnaise, full-fat 160g (5 tablespoons)
- Plain yoghurt, full-fat 160g (4 tablespoons)

**Method**

1. Boil the pasta until tender, according to the instructions on the packet.
2. Drain the pasta and rinse under cold water. Mix the pasta with the sweetcorn, chickpeas, mayonnaise and yoghurt.
3. Cover and chill before serving.

**Recipe adapted from** Caroline Walker Trust.

**Symbols relate to recipe, not complete meal**

**Suggested portion size for recipe**

- 1–4 years – 160g
- 1–2 years – 140g
- 3–4 years – 180g

**Preparation time**

10 minutes plus chilling time

**Cooking time**

15 minutes

**Serving suggestion**

Add colour with red pepper sticks (see page 54)

**Tip**

This recipe can be prepared ahead.
Quorn™ and vegetable couscous salad

Ingredients – Serves 5

- Couscous 180g
- Water 225ml
- Quorn™ pieces, cooked 175g
- Fresh peppers, cored 60g (½ small)
- Fresh tomato 85g (1 medium)
- Fresh coriander ½ teaspoon
- Fresh parsley ½ teaspoon
- Cucumber 60g
- Olive oil ½ tablespoon

Ingredients – Serves 20

- Couscous 720g
- Water 900ml
- Quorn™ pieces, cooked 700g
- Fresh peppers, cored 240g (1½ medium)
- Fresh tomato 340g (4 medium)
- Fresh coriander 2 teaspoons
- Fresh parsley 2 teaspoons
- Cucumber 240g
- Olive oil 2 tablespoons

Method

1. Boil the water and pour over the couscous in a bowl. Cover with cling film and leave to stand for 5 minutes or until all the water has been absorbed.
2. Meanwhile, chop the remaining ingredients.
3. When the couscous is ready, fluff with a fork and stir in the chopped Quorn™, vegetables herbs and olive oil. Chill and serve.

Recipe adapted from Caroline Walker Trust.

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

Preparation time
- 10 minutes plus chilling times

Cooking time
- None

Serving suggestion
- Serve with vegetable sticks

Tip
- This recipe can be prepared and stored in advance
# Ratatouille and mozzarella

## Ingredients – Serves 5

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Onion, peeled</td>
<td>30g (½ small)</td>
</tr>
<tr>
<td>Garlic, peeled</td>
<td>½ clove</td>
</tr>
<tr>
<td>Mushrooms</td>
<td>30g (3 mushrooms)</td>
</tr>
<tr>
<td>Courgette</td>
<td>50g (½ medium)</td>
</tr>
<tr>
<td>Canned tomatoes, chopped</td>
<td>200g (1 x 200g can)</td>
</tr>
<tr>
<td>Dried oregano</td>
<td>¼ teaspoon</td>
</tr>
<tr>
<td>Dried thyme</td>
<td>¼ teaspoon</td>
</tr>
<tr>
<td>Water</td>
<td>50ml</td>
</tr>
<tr>
<td>Mozzarella</td>
<td>75g</td>
</tr>
</tbody>
</table>

## Ingredients – Serves 20

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Onion, peeled</td>
<td>120g (2 small)</td>
</tr>
<tr>
<td>Garlic, peeled</td>
<td>2 cloves</td>
</tr>
<tr>
<td>Mushrooms</td>
<td>120g (12 mushrooms)</td>
</tr>
<tr>
<td>Courgette</td>
<td>200g (2 medium)</td>
</tr>
<tr>
<td>Canned tomatoes, chopped</td>
<td>800g (2 x 400g cans)</td>
</tr>
<tr>
<td>Dried oregano</td>
<td>1 teaspoon</td>
</tr>
<tr>
<td>Dried thyme</td>
<td>1 teaspoon</td>
</tr>
<tr>
<td>Water</td>
<td>200ml</td>
</tr>
<tr>
<td>Mozzarella</td>
<td>300g</td>
</tr>
</tbody>
</table>

## Method

1. Chop the onion, garlic, mushrooms and courgette.
2. Put the onion, garlic, mushrooms, courgettes, canned tomatoes, oregano, thyme and water into a large saucepan, bring to the boil and then simmer until all the vegetables are cooked (approximately 30 minutes).
3. Grate the mozzarella, and serve with ratatouille and a jacket potato.

## Suggested portion size for recipe

- 1-4 years – 50g ratatouille and 15g mozzarella
- 1-2 years – 40g ratatouille and 15g mozzarella
- 3-4 years – 60g ratatouille and 15g mozzarella

## Preparation time

10 minutes

## Cooking time

30 minutes

## Serving suggestion

Serve with a jacket potato (see page 53)

## Tip

Try with crumbled feta cheese instead of mozzarella

Recipe adapted from Pollyanna’s Nursery.
Savoury omelette

Ingredients – Serves 5

- New potato 50g (1)
- Onion, peeled 30g (½ small)
- Fresh, mixed peppers, cored 30g
- Eggs 250g (5 eggs)
- Vegetable oil ½ tablespoon

Ingredients – Serves 20

- New potato 200g (4)
- Onion, peeled 120g (2 small)
- Fresh, mixed peppers, cored 120g
- Eggs 1kg (20 eggs)
- Vegetable oil 2 tablespoons

Method

1. Wash and chop the potato, onion and pepper. Boil in unsalted water until cooked.
   (Approximately 10 minutes)
2. Drain the water from the potato and leave to cool then dice.
3. Crack the eggs into a mixing bowl and beat.
4. Heat the oil in a frying pan and add the onions and peppers. Cook until soft.
5. Add the diced, cooled potato and pour the egg over the ingredients.
6. Cook until the eggs are set and the base is golden then finish cooking under the grill.

Recipe adapted from Caroline Walker Trust.

Symbols relate to recipe, not complete meal

Suggested portion size for recipe
- 1–4 years – 70g
- 1–2 years – 60g
- 3–4 years – 80g

Preparation time
- 20 minutes

Cooking time
- 15 minutes

Serving suggestion
- Serving suggestion: Serve with potato salad (see page 53) and cucumber (see page 54)

Tip
- Preheat the grill to help cook the top of the omelette at the end
Tea – starchy accompaniments

Page 53  Jacket potato
Page 53  Potato salad

Tea – vegetable accompaniments

Page 54  Cucumber
Page 54  Red pepper sticks
## Jacket potato

<table>
<thead>
<tr>
<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>
</tr>
</tbody>
</table>

### Ingredients

<table>
<thead>
<tr>
<th>Serves 5x90g portions</th>
<th>Serves 20x90g portions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Baking potato 450g (5 small)</td>
<td>1.8kg (20 small)</td>
</tr>
</tbody>
</table>

### Method
1. Pre heat the oven to 180°C/350°F/gas mark 4.
2. Wash the potatoes.
3. Bake in the oven for about 2 hours.

## Potato salad

<table>
<thead>
<tr>
<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>
</tr>
</tbody>
</table>

### Ingredients

<table>
<thead>
<tr>
<th>Serves 5x90g portions</th>
<th>Serves 20x90g portions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Potato, peeled 400g</td>
<td>1.6kg</td>
</tr>
<tr>
<td>Red onion, peeled 40g (% small)</td>
<td>160g (1 medium)</td>
</tr>
<tr>
<td>Mayonnaise 25g (1 tablespoon)</td>
<td>100g (4 tablespoons)</td>
</tr>
</tbody>
</table>

### Method
1. Wash and chop the potatoes and onion.
2. Boil the potatoes in unsalted water until they are soft (approximately 20 minutes).
3. Drain the potatoes and leave to cool.
4. Once cooled, combine the potatoes, onion and mayonnaise and serve.
### Red pepper sticks

<table>
<thead>
<tr>
<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>
</tr>
</tbody>
</table>

#### Ingredients

<table>
<thead>
<tr>
<th>Serves 5x40g portions</th>
<th>Serves 20x90g portions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fresh, red pepper, cored</td>
<td>200g (1 medium)</td>
</tr>
</tbody>
</table>

#### Method

1. Wash and chop the peppers into strips.

### Cucumber

<table>
<thead>
<tr>
<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>
</tr>
</tbody>
</table>

#### Ingredients

<table>
<thead>
<tr>
<th>Serves 5x40g portions</th>
<th>Serves 20x90g portions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cucumber</td>
<td>200g</td>
</tr>
</tbody>
</table>

#### Method

1. Wash, chop the cucumber into strips.
## Tea – desserts

<table>
<thead>
<tr>
<th>Page</th>
<th>Dessert</th>
</tr>
</thead>
<tbody>
<tr>
<td>56</td>
<td>Blueberry muffin</td>
</tr>
<tr>
<td>57</td>
<td>Crunchy summer crumble and yoghurt</td>
</tr>
<tr>
<td>58</td>
<td>Fruit platter</td>
</tr>
<tr>
<td>59</td>
<td>Ginger biscuit with chopped apple</td>
</tr>
<tr>
<td>60</td>
<td>Rice pudding and sultanas</td>
</tr>
</tbody>
</table>
Method

1. Preheat the oven to 180°C/350°F/gas mark 4 and lay out muffin cases into a bun tray.
2. Beat together the flour, sugar, margarine and eggs.
3. Once the mixture is well combined and pale in colour, gently stir in the blueberries.
4. Divide the mixture between the muffin cases and bake in the oven for 25 minutes.

Recipe adapted from Ashby Nursery.

Serves 10
- Self-raising flour 95g
- Caster sugar 80g
- Soft margarine 95g
- Eggs 60g (1 large)
- Fresh blueberries 225g (1 x punnet)

Serves 20
- Self-raising flour 190g
- Caster sugar 160g
- Soft margarine 190g
- Eggs 120g (2 large)
- Fresh blueberries 450g (2 x 225g punnet)

Symbols relate to recipe, not complete meal
### Crunchy summer crumble and yoghurt

**Ingredients – Serves 10**
- Cooking apples, peeled and cored 300g
- Fresh raspberries 100g
- Soft margarine 40g
- Plain flour 50g
- Wholemeal flour 30g
- Caster sugar 40g
- Cornflakes 50g
- Plain yoghurt, full-fat 600g

**Ingredients – Serves 20**
- Cooking apples, peeled and cored 600g
- Fresh raspberries 200g
- Soft margarine 80g
- Plain flour 100g
- Wholemeal flour 60g
- Caster sugar 80g
- Cornflakes 100g
- Plain yoghurt, full-fat 1.2kg

### Method
1. Preheat the oven to 190°C/375°F/Gas mark 5
2. Slice the apples and place in the bottom of an ovenproof dish. Wash and scatter the raspberries over the apples and mix gently.
3. Gently rub together the margarine and flour until it resembles fine breadcrumbs. Add the sugar and cornflakes and combine, but do not over mix.
4. Sprinkle the crumble mixture evenly over the fruit and bake in the oven for 30–35 minutes. Serve with plain yoghurt.

### Suggested portion size for recipe
1–4 years – 120g
(60g crumble with 60g yoghurt)
1–2 years – 100g
(50g crumble with 50g yoghurt)
3–4 years – 140g
(70g crumble and 70g yoghurt)

### Recipe adapted from Eden Food Service.

### Preparation time
20 minutes

### Cooking time
35 minutes

### Serving suggestion
Serve with custard or yoghurt

### Tip
Try with different combinations of fruit – frozen fruit is great for crumbles
# Fruit platter

## Ingredients

### Serves 5 x40g

- Fresh strawberries 50g
- Fresh blueberries 50g
- Fresh peaches 50g
- Fresh grapes 50g

### Serves 20

- Fresh strawberries 200g
- Fresh blueberries 200g
- Fresh peaches 200g
- Fresh grapes 200g

## Method

1. Wash and chop up fruit.
2. Serve chilled.

## Suggested portion size for recipe

- 1–4 years – 40g
- 1–2 years – 40g
- 3–4 years – 40g

## Preparation time

5 minutes plus chilling time

## Cooking time

None

## Serving suggestion

Arrange the fruit in patterns, circles and lines and decorate with mint

## Tip

Try with other seasonal fruits, such as nectarines

Recipe adapted from Julia Deakin (Childminder).
Ginger biscuit with chopped apple

Ingredients – Serves 10

- Soft margarine 40g
- Caster sugar 30g
- Soft, dark brown sugar 25g
- Egg 25g (½ egg)
- Self-raising flour 75g
- Ground ginger ¼ teaspoon
- Eating apples, chopped (to serve) 200g

Ingredients – Serves 20

- Soft margarine 80g
- Caster sugar 60g
- Soft, dark brown sugar 50g
- Egg 50g (1 egg)
- Self-raising flour 150g
- Ground ginger ½ teaspoon
- Eating apples, chopped (to serve) 400g

Method

1. Preheat the oven to 180°C/350°F/gas mark 4 and grease a baking tray.
2. Cream together the margarine, the caster sugar and the dark brown sugar.
3. Add the egg, flour and ground ginger gradually and mix to form a dough.
4. Roll into balls and flatten. Place on the greased baking tray and bake for 10–15 minutes until golden brown.
5. Serve a biscuit with a portion of chopped apple.

Recipe adapted from Busy Bees Nursery.

Suggested portion size for recipe

1–4 years – 15g biscuit plus 20g apple
1–2 years – 15g biscuit plus 20g apple
3–4 years – 15g biscuit plus 20g apple

Preparation time

20 minutes

Cooking time

15 minutes

Serving suggestion

Serve with custard

Tip

Try using fresh strawberries
Rice pudding and sultanas

Method

1. Pre heat the oven to 160°C/325°F/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 to 2 hours until the rice is tender.
5. Sprinkle the rice pudding with sultanas.

Recipe adapted from Caroline Walker Trust.

Ingredients – Serves 20

Pudding rice 150g
Milk, whole 1.5L
Caster sugar 70g
Sultanas 500g

Ingredients – Serves 10

Pudding rice 75g
Milk, whole 750ml
Caster sugar 35g
Sultanas 250g

Suggested portion size for recipe
1–4 years – 100g
1–2 years – 85g
3–4 years – 115g

Preparation time
15 minutes

Cooking time
2 hours

Serving suggestion
Try with fresh strawberries

Tip
Add sultanas at the table
Drinks

Page 62  Diluted fruit juice
Page 62  Whole milk
Page 62  Water
### Diluted fruit juice

<table>
<thead>
<tr>
<th>Age Group</th>
<th>1–4 years</th>
<th>1–2 years</th>
<th>3–4 year olds</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>100ml</td>
<td>100ml</td>
<td>100ml</td>
</tr>
</tbody>
</table>

**Method**

1. Dilute 50ml of 100% unsweetened fruit juice with 50ml of water.

### Whole milk

<table>
<thead>
<tr>
<th>Age Group</th>
<th>1–4 years</th>
<th>1–2 years</th>
<th>3–4 year olds</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>100ml</td>
<td>100ml</td>
<td>100ml</td>
</tr>
</tbody>
</table>

### Water

<table>
<thead>
<tr>
<th>Age Group</th>
<th>1–4 years</th>
<th>1–2 years</th>
<th>3–4 year olds</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>100ml</td>
<td>100ml</td>
<td>100ml</td>
</tr>
</tbody>
</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 spring/summer 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.

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* 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 spring/summer menu. This is based on the suggested portion sizes for one to five-year-olds.

### Nutrient content of an average portion of one to four-year-olds by recipe

<table>
<thead>
<tr>
<th>Recipe</th>
<th>Portion size (g)</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><strong>Breakfast</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cornflakes with whole milk and raisins, toasted crumpet with spread and water</td>
<td>See page 10</td>
<td>272</td>
<td>6.5</td>
<td>49.2</td>
<td>8.0</td>
<td>7.1</td>
<td>3.0</td>
<td>0.7</td>
<td>155.6</td>
<td>66.0</td>
<td>2.3</td>
<td>309.0</td>
</tr>
<tr>
<td>1 hard boiled egg, with wholemeal bread and spread, pear and whole milk</td>
<td>See page 10</td>
<td>225</td>
<td>11.9</td>
<td>18.6</td>
<td>0.0</td>
<td>12.0</td>
<td>1.6</td>
<td>1.5</td>
<td>179.5</td>
<td>157.4</td>
<td>4.5</td>
<td>209.9</td>
</tr>
<tr>
<td>Rice cripsies with whole milk, dried apricots, banana and water</td>
<td>See page 10</td>
<td>233</td>
<td>4.5</td>
<td>44.6</td>
<td>6.3</td>
<td>6.2</td>
<td>2.8</td>
<td>0.8</td>
<td>251.9</td>
<td>53.8</td>
<td>6.7</td>
<td>160.0</td>
</tr>
<tr>
<td>Malt loaf and spread with plain yoghurt and diluted apple juice</td>
<td>See page 11</td>
<td>221</td>
<td>6.9</td>
<td>35.3</td>
<td>9.7</td>
<td>6.7</td>
<td>0.8</td>
<td>0.7</td>
<td>166.1</td>
<td>56.3</td>
<td>13.9</td>
<td>183.0</td>
</tr>
<tr>
<td>Wheat biscuits with whole milk and mixed berries, toasted teacake with spread and water</td>
<td>See page 11</td>
<td>288</td>
<td>8.6</td>
<td>44.5</td>
<td>2.5</td>
<td>9.5</td>
<td>4.0</td>
<td>1.2</td>
<td>172.5</td>
<td>69.3</td>
<td>24.9</td>
<td>273.3</td>
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<tr>
<td><strong>Snacks</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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<td></td>
<td></td>
</tr>
<tr>
<td>Rice cakes with banana and water</td>
<td>See page 14</td>
<td>97</td>
<td>0.7</td>
<td>22.3</td>
<td>0.0</td>
<td>2.0</td>
<td>0.1</td>
<td>0.1</td>
<td>4.6</td>
<td>1.4</td>
<td>4.4</td>
<td>24.7</td>
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<tr>
<td>Toasted muffin and spread with clementine and water</td>
<td>See page 14</td>
<td>79</td>
<td>0.5</td>
<td>16.0</td>
<td>0.0</td>
<td>3.2</td>
<td>0.4</td>
<td>0.2</td>
<td>40.4</td>
<td>22.5</td>
<td>3.6</td>
<td>108.6</td>
</tr>
<tr>
<td>Toasted bagel and spread with strawberries and whole milk</td>
<td>See page 14</td>
<td>249</td>
<td>8.7</td>
<td>36.0</td>
<td>2.7</td>
<td>8.7</td>
<td>0.9</td>
<td>0.9</td>
<td>222.1</td>
<td>56.8</td>
<td>31.3</td>
<td>226.0</td>
</tr>
<tr>
<td>Wholemeal toast and spread with apple, grapes and water</td>
<td>See page 15</td>
<td>108</td>
<td>3.3</td>
<td>17.8</td>
<td>0.0</td>
<td>3.0</td>
<td>0.8</td>
<td>0.5</td>
<td>36.6</td>
<td>15.8</td>
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<td>120.3</td>
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<tr>
<td>Houmous with sugar snap peas and water</td>
<td>See page 15</td>
<td>139</td>
<td>10.9</td>
<td>6.5</td>
<td>0.0</td>
<td>4.3</td>
<td>1.1</td>
<td>0.8</td>
<td>36.5</td>
<td>12.4</td>
<td>12.3</td>
<td>201.0</td>
</tr>
<tr>
<td>Plain yoghurt with strawberries and water</td>
<td>See page 16</td>
<td>58</td>
<td>1.8</td>
<td>7.0</td>
<td>1.9</td>
<td>3.7</td>
<td>0.2</td>
<td>0.5</td>
<td>126.1</td>
<td>19.4</td>
<td>29.9</td>
<td>50.3</td>
</tr>
<tr>
<td>Breadsticks, with tomato, mozzarella and whole milk</td>
<td>See page 16</td>
<td>145</td>
<td>7.9</td>
<td>11.7</td>
<td>0.4</td>
<td>7.4</td>
<td>0.3</td>
<td>1.0</td>
<td>182.4</td>
<td>109.4</td>
<td>13.3</td>
<td>140.5</td>
</tr>
<tr>
<td>White bread and spread with grapes and water</td>
<td>See page 16</td>
<td>110</td>
<td>3.6</td>
<td>18.6</td>
<td>0.0</td>
<td>2.1</td>
<td>0.7</td>
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Lunch: main dishes

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Lunch: accompaniments

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<th>Protein (g)</th>
<th>Iron (mg)</th>
<th>Zinc (mg)</th>
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<td>0.0</td>
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References


5 Voluntary Food and Drink Guidelines for Food and Drink in England – A Practical Guide www.childrensfoodtrust.org.uk/eatbetterstartbetter
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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