

Key:

<p>Protein</p> <p>These include:</p> <ul style="list-style-type: none">• beans, pulses and nuts• meat and poultry• fish and shellfish• eggs• meat alternatives	<p>Provide a portion of protein as part of lunch and tea each day.</p> <ul style="list-style-type: none">• Provide a variety of protein sources as part of lunch and tea across the week.• Provide at least 1 lunch and 1 tea for children each week which uses beans, lentils, pulses or a meat alternative as the protein source. • Provide vegetarian and vegan children with a variety of protein sources such as beans, pulses, and meat alternatives each week as part of lunch and tea Provide oily fish (such as salmon, sardines or mackerel) at least once every 3 weeks; this can be provided as part of lunch or tea. When oily fish is not provided as a main meal in the week, you could try to provide oily fish as a snack.• Limit oily fish to a maximum of twice per week.• Limit the provision of processed meat products (e.g. sausages, breaded chicken, meatballs), processed fish products (e.g. fish fingers, fish cakes), and products made from meat alternatives (e.g. vegetarian sausages), to once a week for each of the 3 types as these products can be high in saturated fat and salt
<p>Starchy Carbohydrates</p> <p>These include:</p> <ul style="list-style-type: none">• bread• potatoes, sweet potatoes, and other starchy root vegetables• pasta and noodles• rice and other grains• breakfast cereals.	<p>Provide a portion of starchy food as part of each main meal (breakfast, lunch and tea) each day.</p> <ul style="list-style-type: none">• Provide plain starchy food such as plain savoury crackers, or unsalted unsweetened rice or corn cakes as part of at least 1 snack each day.• Provide at least 3 different types of starchy food and a variety of wholegrain and white starchy foods across breakfasts, snacks, lunch and tea each week.• Provide wholegrain starchy foods for at least 1 breakfast, lunch and tea each week.• Limit sugar and salt content in breakfast cereals. Choose those with the lowest sugar and salt content which are labelled as 'low' (green). Limit the salt content in bread and bread products. Choose those with a lower salt content which are labelled as 'low' (green) or 'medium' (amber) in salt.• Limit starchy foods which have been fried to a maximum of once a week (e.g. chips, fried rice and fried noodles).• Limit tinned pasta in sauce (e.g. spaghetti hoops) and choose no added sugar options.• Avoid cereals labelled as 'high' (red) in sugar such as sugar-coated or chocolate-flavoured cereals.• Avoid flavoured dried rice, pasta and noodle products e.g. packets and pots of instant flavoured noodles, pasta and rice.
<p>Dairy</p> <p>These include:</p> <ul style="list-style-type: none">• milk• cheese• yoghurt and fromage frais	<p>Provide 3 portions of milk and unsweetened dairy foods each day (which includes those provided at home).</p> <ul style="list-style-type: none">• Provide non-dairy alternatives that are unsweetened and calcium fortified (e.g. oat milk or soya milk).• Provide full fat dairy foods (such as cheese and unsweetened yoghurt and fromage frais) for children under the age of 2 and gradually introduce lower-fat dairy options after this age.• Avoid sweetened yoghurts and fromage frais (including non-dairy alternatives) and choose plain unsweetened options.
<p>Fruit/Vegetable</p> <p>These include:</p> <ul style="list-style-type: none">• fresh, frozen, tinned or dried fruit and vegetables • pulses such as lentils and beans.	<p>Provide at least 1 portion of vegetables and/or fruit as part at each main meal (breakfast, lunch, dinner) and as part of some snacks (not including dried fruit).</p> <ul style="list-style-type: none">• Provide a variety of vegetables or fruit across the day and each week.• Limit baked beans to once a week if this is being counted as a vegetable.• Avoid dried fruit as a snack. It should only be provided as part of a meal.• Avoid fruit tinned in syrup and choose fruit tinned in juice.• Avoid added salt and sugar in tinned vegetables and pulses and choose no added salt and sugar options or those tinned in water.

Wk 1	Breakfast	Snack	Dinner	Snack	Tea
Monday	Toast and Cereal with a Fruit Portion	Oat Cakes	Egg and Cheese Rolls with Cucumber Sticks Banana	Carrot Sticks with Hummus	Vegetable and Bean Chilli with Couscous Natural Yoghurt with Mixed Berries
Tuesday	Toast and Cereal with a Fruit Portion	Cucumber Sticks with a Mint Yoghurt dip	Tomato and Lentil Soup with Wholemeal Bread and Butter Grapes	Crackers with Cream Cheese	Roast Chicken, Roast Potatoes and Seasonal Vegetables V Quorn Chicken Stewed Pear with Rolled Oats
Wednesday	Toast and Cereal with a Fruit Portion	Bread Sticks	Mixed Bean and Cream Cheese Pitta Pockets Pear	Pepper Sticks	Turkey Meatballs in a Tomato Sauce with Couscous and Green Beans V Falafel Fruit Salad
Thursday	Toast and Cereal with a Fruit Portion	Carrot Sticks with Cream Cheese	Beans on Wholemeal Toast Natural Yoghurt with Mango	Rice Cakes	Fish Pie with Peas V Lentil Pie Watermelon
Friday	Toast and Cereal with a Fruit Portion	Pitta Strips with Houmous	Potato Wedges with Ham, Cheese and a Mixed Salad V Quorn Slices	Carrot Sticks	Spaghetti Bolognese with Parmesan Cheese V Bean Bolognese Natural Yoghurt with Pineapple

Wk 2	Breakfast	Snack	Dinner	Snack	Tea
Monday	Toast and Cereal with a Fruit Portion	Cucumber Sticks	Wholemeal Pitta Bread with Broad Bean and Cream Cheese Dip and Pepper Sticks Melon	Malt Loaf	Chicken and Vegetable Casserole, Creamed Potato and Peas V Quorn Natural Yoghurt with Fruit Compote
Tuesday	Toast and Cereal with a Fruit Portion	Bread Stick with Cream Cheese	Hummus on Wholemeal Toast with Tomatoes Strawberries	Grapes	Lentil Bolognaise, Pasta and Sweetcorn Greek Yoghurt Stewed Apple
Wednesday	Toast and Cereal with a Fruit Portion	Rice Cake	Seasonal Vegetable & Lentil Soup with a Buttered Wholemeal Roll Lemon Yoghurt	Pepper Sticks with Cream Cheese	Fishcakes, Potato Wedges and Broccoli V Vegetable Cakes Kiwi
Thursday	Toast and Cereal with a Fruit Portion	Oat Cake	Egg, Tuna and Sweetcorn Sandwiches with Cherry Tomatoes Banana	Cucumber Sticks with a Mint Yoghurt Dip	Sausage and Vegetable Pasta Bake V Vegetarian Sausages Greek Yoghurt with Honey
Friday	Toast and Cereal with a Fruit Portion	Cheese and Cherry Tomatoes	Beans on Wholemeal Toast Pear	Cracker with Cream Cheese	Cauliflower and Split Pea Curry with Rice Watermelon
Wk 3	Breakfast	Snack	Dinner	Snack	Tea

Monday	Toast and Cereal with a Fruit Portion	Cheese and Grapes	Carrot, Lentil and Coriander Soup with a Buttered Roll Apple	Rice Cake	Cottage Pie with Mixed Vegetables V Mixed Beans Pie Greek Yoghurt with Mango Compote
Tuesday	Toast and Cereal with a Fruit Portion	Oat Cake with Cream Cheese	Jacket Potatoes with Mixed Bean Chilli and Cheese Satsuma	Pepper Sticks	Chickpea and Vegetable Curry with Rice Fruit Salad
Wednesday	Toast and Cereal with a Fruit Portion	Malt Loaf	Crumpets with Beans and Cheese Banana	Carrot Sticks	Roast Chicken, Roast Potatoes and Seasonal Vegetables V Quorn Chicken Natural Yoghurt with Mixed Berries
Thursday	Toast and Cereal with a Fruit Portion	Avocado with Toast Fingers	Chicken and Sweetcorn Wrap with Cherry Tomatoes V Hummus Pear	Cracker with Cream Cheese	Tomato and Lentil Pasta Bake with a Cheese and Breadcrumb Crust Melon
Friday	Toast and Cereal with a Fruit Portion	Bread Stick	Egg and Cream Cheese Sandwiches with Pepper Sticks Apple	Cucumber Sticks	Fish Fingers, Creamed Potato and Peas V Vegetable Fingers Banana and Natural Yoghurt