

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. <p>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.</p> <ul style="list-style-type: none">• 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	<p>Toast and Cereal with a Fruit Portion</p>	<p>Toasted bread fingers with Cream Cheese</p>	<p>Five a Day Lentil Pasta Natural Yoghurt with Pineapple</p>	<p>Carrot Sticks</p>	<p>Hummus, Cucumber and Pepper Pittas Watermelon</p>
Tuesday	<p>Toast and Cereal with a Fruit Portion</p>	<p>Oat Cakes</p>	<p>Butter Bean Cassoulet with Couscous Natural Yoghurt with Summer Berries</p>	<p>Carrot Sticks with Hummus</p>	<p>Cheese and Ham Muffins with Sliced Tomatoes V Egg Summer Fruit Sorbet</p>
Wednesday	<p>Toast and Cereal with a Fruit Portion</p>	<p>Cucumber Sticks with a Mint Yoghurt dip</p>	<p>Roast Chicken, Roast Potatoes and Seasonal Vegetables V Quorn Chicken Stewed Pear with Rolled Oats</p>	<p>Crackers with Cream Cheese</p>	<p>Tomato and Lentil Soup with Wholemeal Bread and Butter Grapes</p>
Thursday	<p>Toast and Cereal with a Fruit Portion</p>	<p>Oat Cake with Cream Cheese</p>	<p>Chickpea and Vegetable Curry with Cous Cous Fruit Salad</p>	<p>Pepper Sticks</p>	<p>Mixed Bean Chilli on Wholemeal Toast with Cheese Satsuma</p>
Friday	<p>Toast and Cereal with a Fruit Portion</p>	<p>Carrot Sticks with Cream Cheese</p>	<p>Fish Cakes, Creamed Potatoes and Peas V Veggie Fingers Watermelon</p>	<p>Rice Cakes</p>	<p>Beans on Wholemeal Toast Natural Yoghurt with Mango</p>

Wk 2	Breakfast	Snack	Dinner	Snack	Tea
Monday	Toast and Cereal with a Fruit Portion	Cheese and Cherry Tomatoes	Lamb Tagine with Cous Cous V Chickpeas Watermelon	Cracker with Cream Cheese	Cheese and Baked Beans on Toasted Crumpets Pear
Tuesday	Toast and Cereal with a Fruit Portion	Cheese and Cucumber Sticks	Spanish Chicken with Vegetables and Rice V Quorn Natural Yoghurt with Fruit Compote	Malt Loaf	Hummus with Grated Carrot and Pepper in a Wholemeal Wrap Melon
Wednesday	Toast and Cereal with a Fruit Portion	Bread Stick with Cream Cheese	Lentil Bolognese Pasta Natural Yoghurt Stewed Apple	Grapes	Egg and Tuna and Sweetcorn Sandwiches with Cucumber Sticks Strawberries
Thursday	Toast and Cereal with a Fruit Portion	Rice Cake	Fish Pie and Peas V Lentil Pie Kiwi	Pepper Sticks with Cream Cheese	Seasonal Bean and Vegetable Soup with a Buttered Wholemeal Roll Natural Yoghurt with Honey
Friday	Toast and Cereal with a Fruit Portion	Oat Cake	Sausages, Potato Wedges and Peas V Vegetarian Sausages Orange Slices	Cucumber Sticks with a Mint Yoghurt Dip	Mixed Bean Salsa with Cheese in a Pitta Pocket Banana

Wk 3	Breakfast	Snack	Dinner	Snack	Tea
Monday	Toast and Cereal with a Fruit Portion	Bread Stick	Fish Fingers, Creamed Potato and Peas V Vegetable Fingers Peaches and Natural Yoghurt	Cucumber Sticks	Egg and Cream Cheese Sandwiches with Pepper Sticks Apple
Tuesday	Toast and Cereal with a Fruit Portion	Cheese and Cherry Tomatoes	Tomato and Lentil Pomodoro Melon	Cracker with Cream Cheese	Chicken and Sweetcorn Pitta Pockets with Cucumber Sticks V Hummus Pear
Wednesday	Toast and Cereal with a Fruit Portion	Malt Loaf	Lemon, Broccoli and Chickpea Pasta Bake Natural Yoghurt with Mixed Berries	Carrot Sticks	Crumpets with Beans and Cheese Banana
Thursday	Toast and Cereal with a Fruit Portion	Bread Sticks	Sweet and Sour Chicken with Noodles V Quorn in a Sweet and Sour Sauce Natural Yoghurt with Banana	Pepper Sticks	Tuna and Sweetcorn/Cheese Wraps V Egg Pear
Friday	Toast and Cereal with a Fruit Portion	Cheese and Grapes	Beef Mince Jollof Rice V Kidney Beans Greek Yoghurt with Mango Compote	Rice Cake	Red Lentil and Carrot Soup with a Buttered Roll Apple