

Summer Menu 1 to 4 years old.

Week 1	Breakfast	Snack	Lunch	Snack	Tea
Monday	Plain Live Yogurt/Vegan yogurt with banana/blueberries/raisins/chopped dates.	Apple & banana.	Cheese & tomato pizza with salad. *Can swap to gluten free base & vegan cheese.	Strawberries & blueberries.	Jacket potato, melted cheese & salad. *Can swap to vegan cheese.
Tuesday	Selection of cereals : Cornflakes Weetabix porridge	Hummus, carrot & cucumber sticks.	Mexican Quinoa peppers, kidney beans and sweetcorn	Apple & steamed bell peppers	Tuna mayo & sweetcorn/cheese & tomato sandwich. *Vegan mayo can be used or vegan cheese.
Wednesday	Pancakes with chopped banana/blueberries/strawberries. *Can use vegan & nut free milk alternative.	Banana & pear.	Jacket potato with chicken mayo/hummus & salad. *Can swap for vegan mayo.	Homemade flapjack, made with sunflower seeds, coconut sugar & raisins. *Can swap to gluten free oats.	Chicken/mixed beans couscous salad. *Can swap to gluten free couscous.
Thursday	Toast/gluten free toast with selection of jams (homemade) or cream cheese with cooked tomatoes	Apple & ½ an avocado.	Veg Pasta Bake Pasta, tomato puree peppers onions and bechamel sauce	Banana with live/vegan yogurt.	Chicken/tofu stir fry & rice.
Friday	Apple pie Oatmeal-Diced apples sprinkle of cinnamon and nutmeg. Tropical sunshine oatmeal-Pineapple chunks and shredded coconuts	Halva.	Chicken/tofu & veg skewers (onion, pepper, mushroom) with rice.	Mango & banana.	Creamy Mushroom Pasta

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Week 2	Breakfast	Snack	Lunch	Snack	Tea
Monday	Beery Burst Oatmeal-Blueberries/ raspberries or strawberries sprinkle of chia seeds Apple pie Oatmeal-Diced apples sprinkle of cinnamon and nutmeg.	Strawberries & blueberries.	Jacket potato, melted cheese & salad. *Can swap to vegan cheese.	Apple & banana.	Cheese & tomato pizza with salad. *Can swap to gluten free base & vegan cheese.
Tuesday	Plain Live Yogurt/Vegan yogurt with banana/blueberries.	Apple & carrot sticks.	Lamb Pie Swap dough to potatoes, carrots, diced lamb onion and spices can use gluten free gravy	Hummus, carrot & cucumber sticks.	Tuna mayo & sweetcorn/cheese & tomato sandwich. *Vegan mayo can be used or vegan cheese.
Wednesday	Pancakes with chopped banana/ blueberries/strawberries. *Can use vegan & nut free milk alternative.	Homemade flapjack, made with apple apricot and sultana squares. *Can swap to gluten free oats.	Salmon broccoli and Rice Can swap salmon to tofu	Banana & pear.	Jacket potato with Turkey,mayo, hummus & salad. *Can swap for vegan mayo.
Thursday	Selection of Cereal Weetabix Cornflakes Porridge	Banana with live/ vegan yogurt.	Red Lentil and Tomato Pasta	Apple & ½ an avocado.	Cheesy courgette, spinache fritters

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Friday	Toast/gluten free toast with selection of jams (homemade) or cream cheese with cooked tomatoes	Mango & banana.	mixed beans couscous salad. *Can swap to gluten free couscous.	Halva.	Chicken/tofu & veg skewers (onion, pepper, mushroom) with rice.
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Swaps (food allergies/vegetarian/atopic conditions)-

- Vegan yogurt is good for any children with dairy allergies & intolerances/IBS/colic/reflux/eczema.
- Vegan milk is good for any children with dairy allergies & intolerances/IBS/colic/reflux/eczema.
- Vegan butter is good for any children with dairy allergies & intolerances/IBS/colic/reflux/eczema.
- Gluten free bread/pizza bases are good for any children that have gluten allergies & intolerances/celiac/colic/reflux/eczema.
- Gluten free gravy is good for any children that have gluten allergies & intolerances/celiac/colic/reflux/eczema.
- Vegan cheese is good for any children with dairy allergies & intolerances/IBS/colic/reflux/eczema.
- Vegan mayo is good for any children with dairy allergies & intolerances/IBS/colic/reflux/eczema.
- Gluten free oats is good for any children that have gluten allergies & intolerances/celiac/colic/reflux/eczema.
- Gluten free couscous is good for any children that have gluten allergies & intolerances/celiac/colic/reflux/eczema.

Benefits:

Breakfasts-

- High protein (beans/yogurt) breakfasts are good for blood sugar balance which helps with energy & mood throughout the day.
- Live yogurt contains beneficial bacteria for the gut to strengthen the immune system.
- Banana, strawberries & blueberries contain fibre to prevent constipation & antioxidants for the immune system.
- Tomatoes contain calcium & vitamin K for healthy bones & vitamin A for immunity & good eye sight.

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Snacks-

- Apple is good for fibre to prevent constipation & contain B vitamins & vitamin C for a healthy immune & nervous system (brain).
- Avocado is high in omega 6 good for the brain, skin & hormones.
- Sweet potato is high in vitamin A, C & B6 good for the immune system, hormones & brain.
- Hummus contains protein which is good for the body's growth & repair, plus iron, magnesium & manganese, which are good for red blood cells, energy & blood sugar balance.
- Carrots are high in vitamin A & C which are good for the immune system, plus fibre to help the good bacteria in the gut.
- Cucumber is good for babies that are teething & contains vitamins K & C, good for the immune system, bones & blood clotting.
- Butternut is high in vitamins A, C & E & B vitamins which is good for the immune & nervous system (brain).
- Pear contains copper, potassium & calcium which are a good source of electrolytes to prevent dehydration & overall cell functions.
- Sunflower seeds are a good source of vitamin E & B vitamins & selenium which are good for the immune system, hormones & nervous system (brain).
- Raisins are high in iron, calcium & antioxidants which are good for energy, the immune system & bone health.
- Dates are good for potassium, iron, magnesium & copper, which are good for hormone balance, electrolytes to prevent dehydration & energy.
- Oats contain phosphorous, zinc & selenium, plus B vitamins & fibre which are good for immunity, bones, hormones & the nervous system (brain), plus to keep the digestive tract healthy.
- Cocoa powder is a good source of iron, zinc, selenium & magnesium which is good for energy & hormone balance.
- Mango is high in vitamins A, C & E, plus potassium, which is good for the immune system & to prevent dehydration.

Lunches/Teas-

- Cheese is a good protein source for slow-release energy & contains calcium, vitamin D & zinc, which are good for immunity, hormones & bone health.
- Chicken contains a lot of protein which is great to balance blood sugar & improve energy, plus it contains zinc, iron & magnesium all good for energy & hormone balance.

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- Tofu is a good source of fibre & protein which can help gut health & also blood sugar balance. It is also a good source of calcium, iron, zinc & magnesium, all good for energy, hormones & bone health.
- Peppers are high in vitamins A, C & E, plus B6 & folate which are good for the immune & nervous system (brain).
- Rice is good for B vitamins, magnesium & potassium, which support the nervous system & provide electrolytes to prevent dehydration.
- Tuna contains a lot of protein, plus zinc, iodine & vitamin D which are needed for a strong immune system & hormonal balance.
- Mixed beans are a good source of protein, to help balance blood sugar, plus fibre to keep the gut healthy & also iron, potassium & B vitamins which support the nervous system (brain) & circulation system (blood)
- Couscous is high in fibre to keep the gut healthy, plus B vitamins & magnesium which are good for the nervous system & hormones.

*Use more purees for any children who have issues with constipation/reflux/colic/food texture aversions.