

Winter Menu 1 to 4 years old.

Week 1	Breakfast	Snack	Lunch	Snack	Tea
Monday	Toast/gluten free toast with selection of jams (homemade) or cream cheese with cooked tomatoes	Apple & banana.	Shepherd's pie/ cottage pie. *Vegan butter for mash & gluten free gravy. Quorn mince for veggie.	Blueberries & strawberries.	Broccoli Soup with Bread/ Gluten free Bread *Can swap bread to gluten free & butter to vegan
Tuesday	Plain Live Yogurt/Vegan yogurt with banana/blueberries/raisins/chopped dates.	Hummus, carrot & cucumber sticks.	Okra Cous Cous *Can swap to gluten free couscous	Apple & plum sticks.	Roast chicken/lentil & seed roast with roast potatoes, gravy peas & carrots. *Can swap gravy for gluten free gravy.
Wednesday	Pancakes with chopped banana/ blueberries/strawberries. *Can use vegan & nut free milk alternative.	Banana & pear.	Aubergine stew and Rice Greek Yoghurt	Rice Pudding *Can swap cows milk to vegan milk	Lentil & vegetable soup with bread/ gluten free bread. *Can swap bread to gluten free & butter to vegan one.
Thursday	Selection of cereals : Cornflakes Weetabix porridge	Apple & ½ an avocado.	Fish Pie Can swap for Potatoes instead of pastry Vegetables instead of Fish	Mini Vegetable muffins served with Zucchini and Spinach	Chickpea/chicken stew with potatoes & veg. *Can use gluten free gravy.

Winter Menu 1 to 4 years old.

Friday	Beery Burst Oatmeal-Blueberries/ raspberries or strawberries sprinkle of chia seeds Apple pie Oatmeal-Diced apples sprinkle of cinnamon and nutmeg.	Date balls with sunflower seeds, sugar free cocoa powder, maple syrup & oats. *Can swap to gluten free oats.	lentil curry with rice.	Banana with live/ vegan yogurt.	Tuna/ cheese & tomato pasta bake. *Can swap for gluten free pasta & dairy free cheese.
--------	---	--	-------------------------	---------------------------------	--

Week 2	Breakfast	Snack	Lunch	Snack	Tea
Monday	Apple pie Oatmeal-Diced apples sprinkle of cinnamon and nutmeg. Tropical sunshine oatmeal- Pineapple chunks and shredded coconut	Homemade flapjack, made with apple apricot and sultana squares. *Can swap to gluten free oats	Butterbean Stew Rice	Apple & banana.	Mini Veggie Quesadillas with Cheese and Mashed beans or Sweet Potato *Can swap bread to gluten free
Tuesday	Pancakes with chopped banana/ blueberries/strawberries. *Can use vegan & nut free milk alternative.	Apple & carrot sticks.	Roast chicken/lentil & seed roast with roast potatoes, gravy peas & carrots. *Can swap gravy for gluten free gravy.	Hummus, carrot & cucumber sticks.	Vegetable Bulgar with Greek Yoghurt
Wednesday	Toasts, with selection of jams (homemade) or cream cheese with cooked tomatoes.	Rice Pudding Can swap Cows milk to vegan Milk	Baked salmon, mashed potato & green beans Can use tofu as an alternative	Banana & pear.	Green Lentil Risotto

Winter Menu 1 to 4 years old.

Thursday	Selection of Cereal Weetabix Porridge Cornflakes	Banana with live/vegan yogurt.	Chickpea/chicken stew with potatoes & veg. *Can use gluten free gravy.	Apple & ½ an avocado.	Butternut & vegetable soup with bread/gluten free bread. *Can swap bread to gluten free & butter to vegan one.
Friday	Plain Live Yogurt/Vegan yogurt with banana/blueberries/raisins/chopped dates.	Mango and Peaches	Vegetable Lasagne	Date balls with sunflower seeds, sugar free cocoa powder, maple syrup & oats. *Can swap to gluten free oats.	Soft fish fingers with sweet potato mash and peas. * use veggie fingers as alternative

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/pitta is 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 chicken sausages are good for any children that have gluten allergies & intolerances/celiac/colic/reflux/eczema.

Benefits-

Winter Menu 1 to 4 years old.

Breakfasts-

- High protein (eggs/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.
- Eggs are high in omega 6 fats, vitamin D & protein, which are good for brain function, strong bones & muscles & support healthy immunity.
- Mushrooms contain B vitamins, zinc & magnesium for energy & fibre for a healthy gut.
- Tomatoes contain calcium & vitamin K for healthy bones & vitamin A for immunity & good eye sight.
- Hash browns (potato & onion)- contain fibre to prevent constipation & help maintain healthy gut flora.

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.

Winter Menu 1 to 4 years old.

- 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.
- 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.