



Winter/Spring 2025



Menu

Week 1 Weeks Beg: 20.01.25, 17.02.25, 17.03.25, 07.04.25, 14.04.25, 12.05.25	Breakfast Snack	Lunch	Afternoon Snack
Monday	Choice of low salt & sugar, high in fibre breakfast cereals & Porridge. Wholemeal toasted bread. Selection of fresh fruits.	Sweet pepper, tomato & white bean soup, served with homemade herb croutons. Creamy parmesan linguine pasta with courgette. Yogurt with freshly made strawberry puree & sliced strawberry.	Oatcakes with turkey/chicken slices & cucumber & a Selection of Fresh Seasonal Fruit.
Tuesday	Choice of low salt & sugar, high in fibre breakfast cereals & Porridge. Wholemeal toasted bread. Selection of fresh fruits.	Vegetable and lentil soup. Baked chicken curry served with yellow rice, caramelised onions and peas. Honey yogurt served with sliced banana and a sprinkle of toasted coconut crumb.	Mackerel pate & pepper wraps & a Selection of Fresh Seasonal Fruit.
Wednesday	Choice of low salt & sugar, high in fibre breakfast cereals & Porridge. Wholemeal toasted bread. Selection of fresh fruits.	Chunky mixed vegetable soup. Homemade lamb koftas served with flatbread crunchy vegetables and homemade tzatziki dip. No added sugar jelly and a selection of fresh fruit.	Melba toast/cracker bread, cream cheese & tomatoes, a Selection of Fresh Seasonal Fruit.
Thursday	Choice of low salt & sugar, high in fibre breakfast cereals & Porridge. Wholemeal toasted bread. Selection of fresh fruits.	Mixed hidden vegetable soup with little pasta shapes. Aubergine & courgette curry served with rice & broccoli. Natural yogurt mixed with frozen berries.	Scrambled egg and wholemeal toast & a Selection of Fresh Seasonal Fruit.
Friday	Choice of low salt & sugar, high in fibre breakfast cereals & Porridge. Wholemeal toasted bread. Selection of fresh fruits.	Potato and smoky bacon soup. Fish fingers and homemade baked beans. Warm spiced apples with low sugar ice cream.	Wholemeal pitta pockets, spreading cheese, cucumber & a Selection of Fresh Seasonal Fruit.

Blue highlighted dishes are 'Setting the Table' recipe suggestions & *Green highlighted dishes are 'Parent Picks' shared recipes*

All soups and main meals are prepared fresh daily.

Water is available throughout the day. Fresh milk and water is provided at all snack and mealtimes.

Allergies/intolerances and other dietary requirements are catered for by adapting ingredients to offer equivalent alternatives.

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Week 2 Weeks Beg; 27.01.25, 24.02.25, 24.03.25, 21.04.25, 19.05.25	Breakfast Snack	Lunch	Afternoon Snack
Monday	Choice of low salt & sugar, high in fibre breakfast cereals & Porridge. Wholemeal toasted bread. Selection of fresh fruits.	Chicken, carrot, spring onion & sweetcorn soup with rice. Homemade spaghetti hoops and crusty bread. Low sugar custard with sliced pears.	Melba toast, chicken slices, tomato & a Selection of Fresh Seasonal Fruit.
Tuesday	Choice of low salt & sugar, high in fibre breakfast cereals & Porridge. Wholemeal toasted bread. Selection of fresh fruits.	Butternut squash and sweet potato soup. Wraps with cheese, salmon, tuna crunch or chicken. Served with a salad bowl & salad dressing. (Poppies will build their own). Natural yogurt and selection of fresh seasonal fruit.	Oatcakes with turkey/chicken slices & cucumber & a Selection of Fresh Seasonal Fruit.
Wednesday	Choice of low salt & sugar, high in fibre breakfast cereals & Porridge. Wholemeal toasted bread. Selection of fresh fruits.	Carrot and coriander soup. Homemade Chinese style beef curry served with rice and peas. Honey & ginger flavoured natural yogurt with melon & pineapple pieces.	Mixed bean, salmon & tomato couscous & a Selection of Fresh Seasonal Fruit
Thursday	Choice of low salt & sugar, high in fibre breakfast cereals & Porridge. Wholemeal toasted bread. Selection of fresh fruits.	Tomato & basil soup. Creamy tuna pasta shells mixed with a selection of crunchy raw salad. Natural yogurt and selection of fresh seasonal fruit.	Cracker bread/cream crackers, sliced cheese & grated carrot & a Selection of Fresh Seasonal Fruit.
Friday	Choice of low salt & sugar, high in fibre breakfast cereals & Porridge. Wholemeal toasted bread. Selection of fresh fruits.	Roasted red pepper and sweet potato soup. Homemade herb chicken meatballs with sage and onion gravy, served with creamy mash and peas. Pineapple puree natural yogurt and apple slices.	Wholemeal toast & baked beans & a Selection of Fresh Seasonal Fruit

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Week 3 Weeks Beg; 03.02.25, 3.03.25, 31.03.25, 28.04.25, 26.05.25	Breakfast Snack	Lunch	Afternoon Snack
Monday	Choice of low salt & sugar, high in fibre breakfast cereals & Porridge. Wholemeal toasted bread. Selection of fresh fruits.	Carrot & butterbean soup. Oven baked garlic and herb fresh salmon, served with mini roast potatoes, peas & carrots. Natural yogurt with spiced toasted oats & dried cranberries.	Melba toast, spreading cheese & tomatoes, & a Selection of Fresh Seasonal Fruit.
Tuesday	Choice of low salt & sugar, high in fibre breakfast cereals & Porridge. Wholemeal toasted bread. Selection of fresh fruits.	Chicken and sweetcorn soup. Mixed vegetable quesadilla served with salsa, sour cream and guacamole. Mexican style low sugar rice pudding with cinnamon, served with freshly made mango puree and banana slices.	Fruity rice & hard boiled eggs. & a Selection of Fresh Seasonal Fruit.
Wednesday	Choice of low salt & sugar, high in fibre breakfast cereals & Porridge. Wholemeal toasted bread. Selection of fresh fruits.	Tomato, chorizo and lentil soup. Creamy garlic parmesan, chicken & broccoli pasta. Vanilla flavoured natural yogurt with melon pieces.	Rice cakes, tuna & grated carrot & a Selection of Fresh Seasonal Fruit.
Thursday	Choice of low salt & sugar, high in fibre breakfast cereals & Porridge. Wholemeal toasted bread. Selection of fresh fruits.	Mixed hidden vegetable soup with little pasta shapes. Selection of sandwiches with cheese, tuna crunch, turkey, chicken or salmon. Served with a salad bowl dressing. Natural yogurt with a selection of fresh fruit.	Cracker bread/cream crackers, chicken slices & cucumber and a Selection of Fresh Seasonal Fruit.
Friday	Choice of low salt & sugar, high in fibre breakfast cereals & Porridge. Wholemeal toasted bread. Selection of fresh fruits.	Creamy carrot & thyme soup. Mince beef and peas served with creamy mash, diced carrots and turnips. Yogurt with mixed berries and a sprinkle of shortbread crumble.	Bread sticks, dips, steamed carrot sticks & turkey slices & a Selection of Fresh Seasonal Fruit.

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Week 4 Weeks Beg; 10.02.23, 10.03.25, 07.04.24, 05.05.25	Breakfast Snack	Lunch	Afternoon Snack
Monday	Choice of low salt & sugar, high in fibre breakfast cereals & Porridge. Wholemeal toasted bread. Selection of fresh fruits.	Tomato & basil soup. Herby garlic breads with cheeseburger pasta. Homemade strawberry yogurt milkshake, with fresh berries on the side.	Pepper & cream cheese wraps & a Selection of Fresh Seasonal Fruit.
Tuesday	Choice of low salt & sugar, high in fibre breakfast cereals & Porridge. Wholemeal toasted bread. Selection of fresh fruits.	Chicken & vegetable light broth soup. Butternut squash mac 'n' cheese pasta. Natural yogurt with a selection of fresh fruit.	Pitta pockets, turkey slices, tomatoes & a Selection of Fresh Seasonal Fruit.
Wednesday	Choice of low salt & sugar, high in fibre breakfast cereals & Porridge. Wholemeal toasted bread. Selection of fresh fruits.	Creamy tomato and vegetable soup. Pork sausages with creamy mash and homemade baked beans. Low sugar custard with sliced peaches.	Cracker bread/cream crackers, ham & cheese & a Selection of Fresh Seasonal Fruit.
Thursday	Choice of low salt & sugar, high in fibre breakfast cereals & Porridge. Wholemeal toasted bread. Selection of fresh fruits.	Vegetable and lentil soup. Homemade oven baked breaded chicken nuggets, served with sweetcorn and peas. (homemade ketchup on the side). No added sugar jelly and a selection of fresh fruit.	Rice cakes, spreading cheese & cucumber & a Selection of Fresh Seasonal Fruit.
Friday	Choice of low salt & sugar, high in fibre breakfast cereals & Porridge. Wholemeal toasted bread. Selection of fresh fruits.	Hidden veg soup with little pasta shapes. Garlic & herb mini baked potatoes served with salmon and a side of coleslaw & cheese. Natural yogurt with a selection of fresh fruit.	Vegetable muffin pizzas & a Selection of Fresh Seasonal Fruit.

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