

Early Years Menu Evaluation Report

For

Sebright Children's Centre

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INTRODUCTION:

This report has been developed to help early years providers to meet the Early Years Foundation Stage (EYFS) welfare requirement for the provision of healthy, balanced and nutritious food and drink. This report provides an evaluation of the menu provided compared to the recommended standards detailed in the *Voluntary Food and Drink Guidelines in Early Years Settings in England (2012), updated in 2017*.

Refer to the Eat Better Start Better Voluntary Food and Drink Guidelines for Early Years in England for all details related to this menu audit report.

<https://www.gov.uk/government/publications/example-menus-for-early-years-settings-in-england>

Requirements of young children

It is important that 1-4 year olds get enough energy (calories) for growth and development. While adults and children aged over 5 are encouraged to eat a diet that is high in starchy foods and low in fat, younger children on this sort of diet may not have the appetite to eat enough food to provide all the nutrients they need. 1-4 year olds will need regular meals which are 'nutrient-dense' – that means meals that provide energy and nutrients without being very bulky. Avoid giving under-5s low-fat foods that are designed for adults.

For young children in a full day setting: Breakfast, Lunch, Tea and am and pm snacks are recommended, with all meals and snacks being no more than 3 hours apart.

Summary of menu guidelines

The *Voluntary Food and Drink Guidelines in Early Years Settings in England (2012) updated in 2017* as follows:

The food groups:

- Potatoes, bread, rice, pasta and other starchy carbohydrates
4 portions of starchy food are provided each day: the recommendation is for 4 portions to be provided throughout a full day care setting, to help ensure that young children are getting enough energy, B vitamins and other important nutrients. Ensuring that at least one of the snacks throughout the day is based on starchy foods will provide 4 portions of this food group.
- Fruit and vegetables
5 portions of a variety of fruit and vegetables are provided each day, a portion with each main meal and with some snacks. This will help ensure that children are consuming a range of important vitamins and minerals. To help ensure that sugar levels are kept to a minimum: dried fruit is recommended to be provided at full meal times only, and not as a snack. To further reduced sugar and salt levels: canned vegetables and pulses with no added salt or sugar should be used; canned fruit in

natural juice not in syrup should be used; reduced salt and sugar baked beans should be used, and only served as a vegetable once per week.

- Beans, pulses, fish, eggs, meat and other proteins
A minimum of 2 portions of this food group are recommended per day (2-3 portions of non-dairy sources of protein for vegetarians), to provide adequate protein, iron and zinc.
Oily fish, which is provided at least once every 3 weeks throughout the menus, is a good source of omega 3, vitamins A and D.
- Dairy and alternatives
Young children should have a total of 3 portions of this food group each day, provided as part of meal, snacks and drinks.

Breakfast

Breakfast is an important meal and fortified breakfast cereals can make an important contribution to daily vitamin and mineral intakes. Choose cereals which are low in added salt and sugar.

During full day care, it is estimated that Breakfast should provide approximately 20% of energy requirements.

A starchy portion is provided as part of breakfast each day, which will provide energy and a variety of other important nutrients.

In order to limit sugar, the selection of breakfast cereals should include those which contain low or medium sugar content, and not include sugar-coated or chocolate-flavoured cereals or other cereals high in sugar.

The selection of cereals should ensure at least 3 different varieties of starchy food across breakfast each week, e.g. porridge, wheat biscuits, rice crispies.

In order to limit salt, choose bread and bread products with a low salt content where possible. The mix of white and brown toast and a mix of some wholegrain breakfast cereals will ensure a good mix of wholegrain and white starchy foods.

Semi skimmed milk can be used on breakfast cereals for children who are aged 2 years and over, provided they are growing and thriving well. For those aged under 2 years, whole milk should be used. Goats' milk, sheep's milk and unsweetened calcium fortified soya milk can be served on breakfast cereal for children over the age of 1 year.

The guidelines include the recommendation for a portion of fruit and/or vegetables to be included as part of breakfast each day, e.g. porridge with raisins, chopped banana on toast.

Avoid fruit juice (even diluted fruit juice). Fruit juice (including fruit juice from concentrate) provides nutrients such as vitamin C but it also contains large amounts of fruit sugar (fructose), and is acidic. Fruit sugar and acid can cause tooth decay in children.

Breakfast at a glance

Menu planning advice

Breakfast is an important meal for young children. Settings should liaise with parents to make sure that children always eat breakfast, whether at home or when they arrive at the setting.

Food groups	Food and drink guidelines
Potatoes, bread, rice, pasta and other starchy carbohydrates	<ul style="list-style-type: none"> ✔ Provide a portion of starchy food as part of breakfast each day. ✔ Provide at least three different types of starchy food across breakfast each week, for example cornflakes, wholegrain toast and porridge. ✔ Provide a variety of wholegrain and white starchy foods as part of breakfast each week. 💡 It is good practice to provide wholegrain starchy foods for at least one breakfast each week. ✔ Choose breakfast cereals with the lowest sugar content. Choose those which are labelled as 'low' (green) or 'medium' (amber) in sugar. Avoid cereals labelled as 'high' (red) in sugar such as sugar-coated or chocolate-flavoured cereals. ✔ Choose bread and bread products with a lower salt content. Choose those which are labelled as 'low' (green) or 'medium' (amber) in salt.
Fruit and vegetables	<ul style="list-style-type: none"> ✔ Provide a portion of vegetables or fruit at breakfast each day.
Beans, pulses, fish, eggs, meat and other proteins	<ul style="list-style-type: none"> 💡 Foods from this group provide a useful source of iron and zinc and can be provided as part of breakfast.
Dairy and alternatives	<ul style="list-style-type: none"> 💡 It is best practice to provide three portions of milk and dairy foods each day (including those provided at home); one of these can be provided as breakfast each week.
Drinks	<ul style="list-style-type: none"> ✔ Children must have access to fresh drinking water. ✔ Provide only fresh tap water and plain milk for children to drink.

Morning and afternoon snacks

Children need to eat regularly and need nutritious snacks between meals. The best snacks are those which are low in added sugar. A variety of snacks should be offered including fruit, vegetables, milk, yoghurt, any type of bread, and sandwiches with savoury fillings. The recommendation is to provide a starchy food (3 different varieties per week) and a protein food (meat, fish, eggs, and meat alternative) once or twice a week.

It is recommended that each snack should provide approximately 10% of energy requirements. 2-3 snacks should be provided each day when a child may be attending only part of the day and requires a substantial snack. Suitable snacks are offered between breakfast and lunch and between lunch and tea.

Fruit and vegetables are recommended to be provided as part of some mid-morning snacks, which are a good source of vitamins, minerals and dietary fibre. The guidelines recommend that dried fruit should not be provided at snack times but only at meal times. This is because of the high sugar content and it sticks to children's teeth and may damage them.




Mid-morning and mid-afternoon snacks at a glance

Menu planning advice

Plan menus for snacks to ensure that they are varied across the week and that the food provision across the day is balanced

- ✔ Avoid sweet foods such as cakes, biscuits and confectionery between meals.

Food groups	Food and drink guidelines
Potatoes, bread, rice, pasta and other starchy carbohydrates	<ul style="list-style-type: none"> ✔ Provide a starchy food such as crackers, breadsticks, bread, rice cakes as part of at least one snack each day. ✔ Provide at least three different varieties of starchy food across snacks each week. ✔ Choose bread and bread products with a lower salt content. Choose those which are labelled as 'low' (green) or 'medium' (amber) in salt.
Fruit and vegetables	<ul style="list-style-type: none"> ✔ Provide vegetables or fruit as part of some snacks. ✔ Provide a variety of vegetables or fruit across the day, and each week. ✔ Dried fruit should not be provided as part of snacks.
Beans, pulses, fish, eggs, meat and other proteins	<ul style="list-style-type: none"> ✔ Foods from this group provide a useful source of iron and zinc and can be provided as part of snacks once or twice each week.

Dairy and alternatives	 It is best practice to provide three portions of milk and dairy foods each day (including those provided at home); one of these can be provided as part of snacks.
Drinks	 Children must have access to fresh drinking water.  Provide only fresh tap water and plain milk for children to drink.

Drinks

Children should have access to drinking water, and be encouraged to help themselves throughout the day, to help ensure they drink the recommended 6-8 drinks a day. (They may need more in hot weather and after physical activity.)

Water and milk are the only drinks that should be provided between meals and snacks, as they don't damage teeth.

Avoid fruit juice (even diluted fruit juice). Fruit juice (including fruit juice from concentrate) provides nutrients such as vitamin C but it also contains large amounts of fruit sugar (fructose), and is acidic. Fruit sugar and acid can cause tooth decay in children. In addition drinks such as fruit juice drinks (which contain only a small proportion of fruit juice), soft drinks (squash, fizzy drinks, energy drinks), tea, coffee should never be provided.

Note: Revised guidelines recommending avoiding fruit juice with water or milk as the preferred choice.

Lunch

During full day care, it is estimated that lunch should provide approximately 30% of energy requirements.

For each lunch on the menu cycle to meet the EBSB voluntary guidance the following recommendation need to be followed:

- Each lunch includes a main course and dessert.
- A starchy portion is provided as part of lunch every day.
- At least 3 different starchy foods are served every week with lunch (a combination of pasta, rice and potatoes).
- There are wholegrain and white varieties of starchy food provided. (The guidance recommends that as good practice wholegrain starchy foods are provided at least once a week with lunch.)
- Fried starchy foods have been limited to well below the maximum of once a week at lunch:
- A portion of fruit and/or vegetables is provided as part of lunch every day, with a variety being offered across the week.

- A portion of meat, fish, egg, beans, pulses (and other proteins) are provided as part of lunch every day, with a variety being offered across the week.
- The guidelines recommend that one lunch is provided for all children each week which uses a meat alternative or pulses as the protein source. These recipes include pulses such as: beans (kidney beans, haricot beans, butter beans, pinto beans, broad beans), chick peas, red and green lentils, split peas, processed peas and baked beans.
- It is good practice to provide vegetarian or vegan children with a variety of meat alternatives, pulses or *nuts (be allergy aware www.allergyuk.org *)
- Oily fish is provided at least once every three weeks as part of lunch or tea.

Lunch Desserts

- A good variety of desserts are provided throughout the menu: Fruit based desserts will provide a range of important vitamins and minerals, and help children achieve their 5 a day; milk based desserts are good sources of calcium.
- The use of confectionary in the desserts is limited as young children are vulnerable to tooth decay, as the enamel on their teeth is not as developed as that on an adult's teeth – therefore limiting sugar levels will help protect their teeth.
- Milk based puddings should be made with whole milk to ensure there is enough energy provided. Skimmed milk must not be provided for children aged under 5 years old.
- Full fat yoghurts, fromage frais etc should be used for children under the age of 2 years old. Low fat varieties can be introduced for children over the age of 2 years, if they are growing and thriving well.

Lunch at a glance

Menu planning advice

Each lunch should include a main course and a dessert. Vary the desserts you offer with lunch each week. Provide a variety of different desserts each week (e.g. fruit-based such as apple crumble, dairy-based desserts such as rice pudding) and limit provision of cakes and biscuits.

Food groups	Food and drink guidelines
Potatoes, bread, rice, pasta and other starchy carbohydrates	<ul style="list-style-type: none"> ✔ Provide a portion of starchy food as part of each lunch. ✔ Provide at least three different starchy foods as part of lunches each week. ✔ Provide a variety of wholegrain and white starchy foods each week. 🧠 It is good practice to provide wholegrain starchy foods for at least one lunch each week. ✔ Limit starchy foods which have been fried to once a week at lunch. ✔ Limit canned pasta in sauce. ✔ Avoid flavoured dried rice, pasta and noodle products e.g. packets and pots of instant flavoured noodles, pasta and rice.

Fruit and vegetables	<ul style="list-style-type: none"> ✔ Provide a portion of vegetables and/or fruit as part of lunch each day. ✔ Provide a variety of vegetables and fruit across the week at lunchtime. ✔ Check product labels to choose canned vegetables and pulses without added salt and sugar, fruit canned in juice not syrup and reduced salt and sugar baked beans. Baked beans can count as a vegetable only once during each week.
Beans, pulses, fish, eggs, meat and other proteins	<ul style="list-style-type: none"> ✔ Provide a portion of beans, pulses, fish, eggs, meat (e.g. red meat or poultry) or other proteins (e.g. meat alternatives) as part of lunch each day. ✔ Provide a variety of foods from this group as part of lunch across the week. 💡 It is good practice to provide a portion each of beans, pulses, fish, eggs, meat (e.g. red meat and poultry) or other proteins (e.g. meat alternatives) each week as part of lunch. ✔ Provide vegetarian children with a variety of protein sources such as pulses, eggs and meat alternatives each week as part of lunch. ✔ Provide one lunch for all children each week which uses pulses or a meat alternative as the protein source. ✔ Provide oily fish (such as salmon, sardines or pilchards) at least once every three weeks; this can be provided as part of lunch or tea. ✔ Limit the provision of meat products (e.g. sausages, meatballs), 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 three types.
Dairy and alternatives	<ul style="list-style-type: none"> 💡 It is best practice to provide three portions of milk and dairy foods each day (including those provided at home); one portion of milk or a dairy food and/or a milk-based pudding can be provided as part of lunch.
Drinks	<ul style="list-style-type: none"> ✔ Children must have access to fresh drinking water. ✔ Provide only fresh tap water and plain milk for children to drink.

Tea

During full day care, it is estimated that Tea should provide approximately 20% of energy requirements. For each tea on the menu cycle to meet the EBSB voluntary guidance the following recommendation need to be followed:

- Each tea includes a main course.
- A starchy portion is provided as part of tea every day.
- The guidelines recommend that at least 3 different starchy foods are served every week with tea, this standard has been met
- The guidance recommends that as good practice wholegrain starchy foods are provided at least once a week with tea.
- A portion of fruit and/or vegetables should be provided as part of tea every day, with a variety across the week.
- The guidelines recommend that one portion of a variety of meat, fish, meat alternatives, eggs or pulses is provided as part of tea every day.
- The guidelines also recommend that one tea is provided for all children each week which uses a meat alternative or pulses as the protein source.

- A portion of oily fish is provided at least once every 3 weeks as part of lunch or tea.

Tea Desserts

- See notes above for lunch desserts

Tea at a glance

Menu planning advice ✓ Each tea should include a main course and a dessert. Vary the desserts you offer with tea each week. For light meals (typically tea) provide fruit (such as seasonal fruit salad) and/or dairy-based desserts such as yoghurt, and avoid cakes and biscuits.

Food groups	Food and drink guidelines
Potatoes, bread, rice, pasta and other starchy carbohydrates	<ul style="list-style-type: none"> ✓ Provide a portion of starchy food as part of each tea. ✓ Provide at least three different starchy foods as part of teas each week. ✓ Provide a variety of wholegrain and white starchy foods each week. ⚙ It is good practice to provide wholegrain starchy foods for at least one tea each week. ✓ Limit starchy foods which have been fried to once a week at tea. ✓ Limit canned pasta in sauce. ✓ Avoid flavoured dried rice, pasta and noodle products e.g. packets and pots of instant flavoured noodles, pasta and rice.
Fruit and vegetables	<ul style="list-style-type: none"> ✓ Provide a portion of vegetables and/or fruit as part of tea each day. ✓ Provide a variety of vegetables and fruit across the week at tea time. ✓ Check product labels to choose canned vegetables and pulses without added salt and sugar, fruit canned in juice not syrup, and reduced salt and sugar baked beans. Baked beans can count as a vegetable only once during each week.
Beans, pulses, fish, eggs, meat and other proteins	<ul style="list-style-type: none"> ✓ Provide a portion of beans, pulses, fish, eggs, meat (e.g. red meat or poultry) or other proteins (e.g. meat alternatives) as part of tea each day. ⚙ Provide a variety of foods from this group as part of tea across the week. ⚙ It is good practice to provide a portion each of beans, pulses, fish, eggs, meat (e.g. red meat and poultry) or other proteins (e.g. meat alternatives) each week as part of tea. ✓ Provide vegetarian children with a variety of protein sources such as pulses, eggs and meat alternatives each week as part of tea. ✓ Provide one tea for all children each week which uses pulses or a meat alternative as a protein source. ✓ Provide oily fish (such as salmon, sardines or pilchards) at least once every three weeks; this can be provided as part of lunch or tea. ✓ Limit the provision of meat products (e.g. sausages, meatballs), 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 three types.

Dairy and alternatives	<ul style="list-style-type: none"> It is best practice to provide three portions of milk and dairy foods each day (including those provided at home); one of these can be provided as part of tea.
Drinks	<ul style="list-style-type: none"> Children must have access to fresh drinking water. Provide only fresh tap water and plain milk for children to drink.

MENU REVIEW CHECKLIST			
Name of setting: Sebright Children's Centre		Review Date: 10th July 2023	
Food and drink guidelines		Has the food and drink guideline been met?	
		Yes/No	Action to take if guideline is not met
Part 1: Used to evaluate food and drink provision for each meal and snack offered to children			
Breakfast			
1.1	Provide a portion of starchy food as part of breakfast each day.	✓	
1.2	Provide at least three different varieties of starchy food across breakfasts each week, for example cornflakes, wholegrain toast and porridge.	✓	Cereal, toast, porridge, toasted tea cakes, crumpets and bagels offered
1.3	Provide a variety of wholegrain and white starchy foods each week. It is good practice to provide wholegrain varieties at least once a week at breakfast.	✓	
1.4	Choose breakfast cereals with the lowest sugar content. Choose those which are labelled as 'low' (green) or 'medium' (amber) in sugar. Avoid cereals labelled as 'high' (red) in sugar such as sugar-coated or chocolate-flavoured cereals.	✓	Rice crispies, Weetabix and cornflakes offered
1.5	Provide a portion of fruit and/or vegetables as part of breakfast each day.	✓	Apples, Raisins, Oranges, bananas, plums, and pears offered
1.6	Provide only fresh tap water and plain milk for children to drink.	✓	Milk and water is available across the day
1.7	Ensure children have access to fresh drinking water.	✓	
Morning and afternoon snacks			
2.1	Provide a starchy food such as crackers, breadsticks, rice cakes as part of at least one snack each day.	✓	Starchy snacks are offered as part of daily mid-afternoon snacks
2.2	Provide at least three different varieties of starchy food across snacks each week.	✓	A great variety of starchy snacks are included in the menu including crackers, pitta bread, bagels, bread sticks, savoury scones, pastry pin wheels, and crumpets.
2.3	Provide fruit or vegetables as part of some snacks and provide a variety across the week.	✓	Vegetable sticks and seasonal fruits are offered at each mid-morning snack and sometimes with the mid-afternoon snack.
2.4	Dried fruit should not be provided as part of snacks.	✓	
2.5	Beans, pulses, fish, eggs, meat (e.g. red meat or poultry) or other proteins (e.g. meat alternatives) can be provided as part of snacks once or twice each week.	✓	All dips include chickpeas or beans as a base and meet the protein requirement.
2.6	Provide only fresh tap water and plain milk for children to drink. Ensure children have access to fresh drinking water	✓	

2.7	Avoid sweet foods such as cakes, biscuits and confectionery between meals.	✓	The homemade scones provided are savoury with no added sugar, such as homemade tomato & basil and cheese and tomato scones.
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Food and drink guidelines		Has the food and drink guideline been met?	
		Yes/No	Action to take if guideline is not met
Lunch			
3.1	Each lunch should include a main course and a dessert. Vary the desserts you offer with lunch each week (e.g. fruit-based such as apple crumble, dairy-based desserts such as rice pudding) and limit provision of cakes and biscuits.	✓	Fruit crumbles, homemade fruit yoghurt, fresh fruits and occasional fruit based sponges are on the menu.
3.2	Provide a portion of starchy food as part of lunch every day.	✓	
3.3	Provide at least three different starchy foods as part of lunches each week.	✓	Rice, potatoes, noodles, pasta
3.4	Provide a variety of wholegrain and white starchy foods each week: it is good practice to provide wholegrain varieties at least once a week at lunch.	✓	Wholegrains are included in both main course and desserts
3.5	Limit starchy foods which have been fried, to once a week at lunch.	✓	
3.6	Provide at least one portion of vegetables and/or fruit as part of lunch every day and provide a variety across the week.	✓	
3.7	Provide a portion of beans, pulses, fish, eggs, meat (e.g. red meat or poultry) or other proteins (e.g. meat alternatives) as part of lunch each day.	✓	Protein (meat, fish or meat alternatives) are incorporated into all the recipes of each lunch across the menu cycle daily. The vegetarian lunch dishes are fortified with either Quorn or pulses, for example macaroni cheese in week one is fortified with pesto made with pulses and the lasagna in week 3 has added lentils.
3.8	Provide a variety of meat, fish and meat alternatives as part of lunch across the week.	✓	All lunch include either a meat, poultry or plant based protein.
3.9	Provide one lunch for all children each week which uses a pulses or meat alternatives as the protein source.	✓	Each week the menu offers a meat free alternative protein such as Quorn, soya, beans and lentils
3.10	Provide oily fish (such as salmon, sardines or pilchards) at least once every three weeks; this can be provided as part of lunch or tea.	✓	Salmon and white fish cakes on week 1 and tuna and salmon, dill and lemon pasta in week 2.
3.11	Provide only fresh tap water and plain milk for children to drink.	✓	
3.12	Ensure children have access to fresh drinking water.	✓	

Tea

4.1	Each tea should include a main course and a dessert. Vary the desserts you offer. For light meals (typically tea) provide fruit (such as seasonal fruit salad) and/or dairy-based desserts such as yoghurt and avoid cakes and biscuits.	✓	Fresh fruit is the only tea dessert option.
4.2	Provide a portion of starchy food as part of tea every day.	✓	Pasta, bread
4.3	Provide at least three different starchy foods as part of tea each week.	✓	Pasta, bread and potatoes are offered as part of tea each week.
4.4	Provide a variety of wholegrain and white starchy foods each week: it is good practice to provide wholegrain varieties at least once a week at tea.	✓	Wholemeal bread is offered. We also recommend including Wholemeal rice or pasta occasionally.
4.5	Limit starchy foods which have been fried, to once a week at tea.	✓	No fried food are included in the tea options.
4.6	Provide a portion of fruit and/or vegetables as part of tea every day and provide a variety across the week.	✓	
4.8	Provide a variety of pulses, fish, eggs, meat (e.g. red meat or poultry) or other proteins (e.g. meat alternatives) as part of tea across the week.	✓	Protein (meat, fish or meat alternatives) is incorporated into the recipes of each tea across the menu cycle.
4.9	Provide one tea for all children each week which uses pulses or a meat alternative as the protein source.	✓	A variety of vegetable soups with either lentils or beans are offered once each week across the menu cycle.
4.10	Provide oily fish (such as salmon, sardines or pilchards) at least once every three weeks; this can be provided as part of lunch or tea.	✓	Oily fish is offered as part of the lunch menu twice in the four-week menu cycle.
4.11	Provide only fresh tap water and plain milk for children to drink.	✓	
4.12	Ensure children have access to fresh drinking water.	✓	

Food and drink guidelines		Has the food and drink guideline been met?	
		Yes/No	Action to take if guideline is not met
Part 2: Used to check that your food and drink provision is varied, and the types and amounts of food and drink provided are appropriate. The guidelines in part 2 apply to all meals and snacks.			
Portion sizes			
5.1	Check that portion sizes for meals and snacks are in line with the typical portion size information within the practical guide.		Not checked with this review
Potatoes, bread, rice, pasta and other starchy carbohydrates			
6.1	Provide at least three different varieties of starchy foods across each day.	✓	
6.2	Choose bread and bread products with a lower salt content. Choose those which are labelled as 'low' (green) or 'medium' (amber) in salt.	✓	

6.3	Limit canned pasta in sauce (such as spaghetti hoops).	✓	
6.4	Avoid flavoured dried rice, pasta and noodle products e.g. packets and pots of instant flavoured noodles, pasta and rice.	✓	
Fruit and vegetables			
7.1	Children should have five portions of fruit and vegetables each day, including those provided at home.	✓	
7.2	Provide a variety of fruit and vegetables. Aim to offer at least four different types during full day care, and two different types during sessional care.	✓	
7.3	Provide dried fruit at meal times only.	✓	
7.4	Choose canned vegetables and pulses with no added salt or sugar.	✓	
7.5	Choose fruit canned in natural juice without sugar.	✓	
7.6	Choose reduced salt and sugar baked beans and serve these as a vegetable only once each week.	✓	
Beans, pulses, fish, eggs, meat and other proteins			
8.1	Provide vegetarian or vegan children with two or three portions of meat alternatives, pulses or nuts each day.	✓	
8.2	Limit bought and homemade meat products to no more than once a week.	✓	
8.3	Limit bought and homemade fish products to no more than once a week.	✓	
8.4	Limit bought and homemade products made from meat alternatives to no more than once a week.	✓	
8.5	Avoid shark, swordfish and marlin, raw shellfish, raw or partially cooked eggs and whole nuts.	✓	
Dairy and alternatives Setting to review the following and confirm standards are being met			
9.1	It is best practice to provide three portions of milk and dairy foods each day, from meals, snacks and drinks, (including those provided at home).	✓	
9.2	Provide whole milk for children from one year up to two years as their main drink.	✓	
9.3	Provide full-fat yoghurts, fromage frais, cheese and cream cheese for children aged up to two years.	✓	
9.4	Avoid skimmed milk and skimmed milk products.	✓	
9.5	Choose yoghurts and fromage frais which are lower in sugar.	✓	
9.6	Avoid ice cream and sweetened frozen yoghurt between meals. Ice cream can be served once a week with a fruit-based dessert as part of a meal.	✓	
9.7	Avoid canned milks, sweetened milk drinks and sweetened milkshakes.		

		✓	
9.8	Avoid unpasteurised milk, milk drinks and cheese, mould-ripened cheese, soft blue-veined cheese and rice milk drinks.	✓	
Drinks - Setting to review the following and confirm standards are being met			
10.1	Children must have access to drinking water throughout the day.	✓	
10.2	Provide only fresh tap water and plain milk for children to drink.	✓	
10.3	Avoid fruit juice (even diluted fruit juice).	✓	We have assumed the new 'no juice' recommendation is being met
10.4	Avoid fruit juice drinks, squash, fizzy drinks, energy drinks and flavoured water.	✓	
10.5	Avoid tea, coffee, cola and other drinks containing caffeine or other stimulants.	✓	
Reducing saturated fat, sugar and salt - Setting to review the following and confirm standards are being met			
11.1	Limit use of pastry to once a week.	✓	
11.2	Avoid salt when cooking, and do not provide salt for children to add to their food.	✓	
11.3	Limit the use of ready-made sauces, soups, stocks and gravy granules.	✓	
11.4	Limit use of condiments such as ketchup.	✓	
11.5	Avoid salty snacks such as crisps.	✓	
11.6	Avoid sweet foods such as cakes, biscuits and confectionery between meals.	✓	
11.7	Limit confectionery such as chocolate chips and use only as part of cakes or desserts.	✓	
Other products to avoid - Setting to review the following and confirm standards are being met			
12.1	Avoid food and drinks containing artificial sweeteners, flavour enhancers (such as monosodium glutamate (MSG)), and the artificial colours and preservatives.	✓	
12.2	Avoid ready meals, takeaways and functional foods, such as cholesterol-lowering products.	✓	

SEBRIGHT CHILDREN'S CENTRE MENU WEEK1

September -December 2023

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast: Rice krispies with milk _(Mk) or wholemeal toast _(G) Apples, milk _(Mk)	Breakfast: Cornflakes _(G) with milk _(Mk) , Raisins _(Su) , Milk (Mk)	Breakfast: Toasted bagel _(G) with spread, Oranges Milk (Mk)	Breakfast: Porridge _(G,Mk) with bananas or toasted white bread _(G) , spread & jam _(Su) , Milk (Mk)	Breakfast: Rice krispies with milk _(Mk) , Apples Milk (Mk)
Mid-morning snack: Seasonal fruits	Mid-morning snack: Vegetables sticks	Mid-morning snack: Seasonal fruits	Mid-morning snack: Vegetables sticks	Mid-morning snack: Seasonal fruits
Lunch: Mac& cheese with pesto &roasted pumkin _(G,Mk) Roasted broccoli, pumpkin seeds& sweetcorn salad Mixed fruits wholemeal crumble _(G) vanilla custard _(Mk) Fresh fruits, Water	Lunch: Herb roasted chicken drumsticks Homemade gravy _(Ce) Roasted new potatoes Steamed cauliflower & carrots Orange wedges Water	Lunch: Homemade beef, lentils, squash & basil Bolognese _(Ce) Spaghetti _(G) Steamed green beans &peas Pear &cinnamon cake _(G,E) with vanilla custard _(Mk) Fresh fruits, water	Lunch: Chicken stew with fresh herbs and root vegetables Rice with peas and corn 50/50 Steamed broccoli Orange jelly Fresh fruits, water	Lunch: Homemade Salmon& whitefish fishcakes with spinach & lemon _(G,F) Baked beans Steamed carrots Homemade banana yogurt _(Mk) Fresh fruits, water
Mid-afternoon snack: 2:00PM Toasted crumpets _(G) with spread, apples	Mid-afternoon snack: 2:00PM Homemade yogurt _(Mk) , cream crackers _(G)	Mid-afternoon snack: 2:00PM Avocado & basil humus, bread sticks _(G,Mk,Se)	Mid-afternoon snack: 2:00PM Homemade herb and cheese scones _(G,E,Mk)	Mid-afternoon snack: 2:00PM Toasted bagel _(G) orange wedges
Tea: Tuna & sweetcorn sandwich/rolls _(G,F,E) Sliced cucumber Seasonal fruits, milk _(Mk)	Tea: Cream of parsnip and white bean soup _(Ce) Choice of bread _(G) Seasonal fruits, milk _(Mk)	Tea: Baked beans on choice of white/wholemeal Toast _(G) Seasonal fruits, milk _(Mk)	Tea: Tuna, cucumber, lime & corn pasta salad _(G,F) Sliced baguette _(G) Seasonal fruits, milk _(Mk)	Tea: Potato, mixed vegetables and beans soup, choice of bread _(G) , fruits, milk (Mk)

SEBRIGHT CHILDREN'S CENTRE MENU WEEK2
September –December 2023

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast: Cornflakes _(G) with milk _(Mk) or wholemeal toast _(G) Oranges, milk (Mk)	Breakfast: Weetabix _(G) with milk _(Mk) , Bananas Milk (Mk)	Breakfast: Toasted bagel _(G) with spread Apples, Milk (Mk)	Breakfast: Rice krispies _(G) with milk _(Mk) , Pears, Milk (Mk)	Breakfast: Toasted tea cakes _(G,Se) with spread, Plums, Milk (Mk)
Mid-morning snack: Vegetable sticks	Mid-morning snack: Seasonal fruits	Mid-morning snack: Seasonal fruits	Mid-morning snack: Vegetable sticks	Mid-morning snack: Seasonal fruits
Lunch: Sausage casserole with winter vegetables and apple _(G,Su,Sb) Creamy chive mash potatoes _(Mk) Steamed cabbage& sliced carrots Strawberry & peach jelly Fresh fruits, water	Lunch: Tuna, salmon, dill & lemon pasta _(G,Mk,F) Tiger baguette _(G) Iceberg, cucumber& carrot Dark banana sponge _(G,E,) & vanilla custard (Mk) Fresh fruits, water	Lunch: Chicken schnitzel _(G,E) Homemade gravy (Ce) Steamed rice 50/50 Steamed broccoli& carrots Fresh fruits salad (Su) Water	Lunch: Quorn nuggets (G) Mixed potato wedges Tomato, cucumber and corn salad Homemade banana and raspberry yogurt _(Mk) Fresh fruits, water	Lunch: Homemade slow cooked minted lamb meatballs _(Ce) Spaghetti _(G) Steamed peas and green beans Homemade mixed fruit crumble _(G) with vanilla custard _(Mk) Fresh fruits, water
Mid-afternoon snack: 2:00PM Homemade cheese& tomatoes scones (G,E,Mk)spread	Mid-afternoon snack: 2:00PM Crackers (G), spread (Mk), carrots	Mid-afternoon snack: 2:00PM Wholemeal pitta bread _(G) , fruit yogurt _(Mk)	Mid-afternoon snack: 2:00PM Homemade pesto pinwheels (G,Mk)	Mid-afternoon snack: 2:00PM Bread sticks _(G,Mk,Se) , beetroot humus
Tea: Tuna& roasted veg pasta salad _(G,F) 50/50 Baguette _(G) Seasonal fruits, milk _(Mk)	Tea: Pumpkin, potato & white beans soup served with bloomer (G) Seasonal fruits, milk _(Mk)	Tea: Baked beans on choice of white/wholemeal Toast _(G) Seasonal fruits, milk _(Mk)	Tea: Cream of sweet potato, leek and lentil soup (Ce) with baguette _(G) Seasonal fruits, milk _(Mk)	Tea: Tuna _(F,E) , chicken _(E) , cheese _(Mk) / humus salad on selection of bread _(G) Seasonal fruit, milk _(Mk)

SEBRIGHT CHILDREN'S CENTRE MENU WEEK3
September - December 2023

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast: Weetabix (G) with milk (Mk) or wholemeal toast(G) with spread Apples,milk(Mk)	Breakfast: Porridge(G,Mk) with bananas Milk (Mk)	Breakfast: Mixed toast(G) with spread & jam(Su) Apples, Milk (Mk)	Breakfast: Cornflakes(G) with milk(Mk), Oranges, Milk (Mk)	Breakfast: Toasted teacakes (G,E) Bananas, Milk (Mk)
Mid-morning snack: Seasonal fruits	Mid-morning snack: Vegetable sticks	Mid-morning snack: Seasonal fruits	Mid-morning snack: Seasonal fruits	Mid-morning snack: Vegetable sticks
Lunch: Vegetarian lasagne with lentils & celeriac (G,E,CeMk) Baguette slices (G) Cos, carrots & radish salad Ginger and dry fruits sponge(G,E)& vanilla custard (Mk) Fresh fruits, water	Lunch: Teriyaki chicken fried rice 50/50 Sliced bloomer (G) Steamed broccoli and green beans Orange wedges Water	Lunch: Tuna mayo (F) Jacket potatoes Steamed peas Homemade coleslaw Mixed fruit crumble (G) & vanilla custard(Mk) Fresh fruits, water	Lunch: Quorn chow main with mixed vegetables and noodles (G,Mk,E,Sb) Sliced cucumber & corn Banana & berry yogurt (Mk) Fresh fruits, water	Lunch: Fish fingers (G,E,F) Steamed new potatoes Baked beans Chef's salad Homemade raisin cookies (G,E) with custard (Mk) Fresh fruits, water
Mid-afternoon snack: 2:00PM Toasted crumpets(G) & oranges	Mid-afternoon snack: 2:00PM Wholemeal pitta bread(G),banana yogurt(Mk)	Mid-afternoon snack: 2:00PM Homemade tomato& basil scones (G,E,Mk)	Mid-afternoon snack: 2:00PM Roasted squash dip, bread sticks (G,Mk,Se)	Mid-afternoon snack: 2:00PM Toasted bagel(G), tomatoes
Tea: Cream of tomato and beans& basil soup with bread(G) Seasonal fruits, milk(Mk)	Tea: Cheese (Mk)& salad /Egg(E)& salad/ humus & salad on mixed bread and rolls(G), Fruits& milk (Mk)	Tea: Finally chopped chicken, roasted veg& carrots pasta salad(G) bread (G) Seasonal fruit, milk(Mk)	Tea: Baked beans on choice of white /wholemeal toast(G) Seasonal fruits, milk(Mk)	Tea: Mixed vegetables and haricot beans soup (Ce) Choice of bread (G) Seasonal fruits& milk (Mk)

SEBRIGHT CHILDREN'S CENTRE MENU WEEK4
September –December 2023

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast: Porridge _(G,Mk) raisins _(Su) or wholemeal toast _(G) with spread Oranges, milk _(Mk)	Breakfast: Toasted bagel _(G) Pears, Milk _(Mk)	Breakfast: Cornflakes _(G) with milk _(Mk) Plums Milk _(Mk)	Breakfast: Toasted crumpets _(G) with spread & jam _(Su) Bananas Milk _(Mk)	Breakfast: Rice krispies with milk _(Mk) Apples, Milk _(Mk)
Mid-morning snack: Vegetables sticks	Mid-morning snack: Seasonal fruits	Mid-morning snack: Seasonal fruits	Mid-morning snack: Vegetable sticks	Mid-morning snack: Seasonal fruits
Lunch: Quorn & diced vegetables pizza with mixed cheese _(G,E,Mk) Potato wedges Corn on the cob/corn Mixed fruit jelly Fresh fruits, water	Lunch: Chicken, chickpeas and vegetables creamy curry Steamed rice50/50, Steamed broccoli Carrot cake _(G,E,Su) & custard _(Mk) Fresh fruits, water	Lunch: Fish fingers (F,G) Potato, parsnip & chive mash (Mk,Ce) Steamed green beans and carrots Mixed fruits yogurt _(Mk) Fresh fruits, water	Lunch: Tomato, butter beans &roasted pepper spaghetti _(G) baguette _(G) Lettuce, cucumber &dill Sliced tiger Chocolate and pear sponge _(G,E) &custard _(Mk) Fresh fruits, water	Lunch: Roasted chicken drumsticks Homemade gravy _(Ce) Roasted potatoes Steamed peas& cabbage Fresh fruit salad _(Su) Water
Mid-afternoon snack: 2:00PMWholemeal pitta bread _(G) , Fruit yogurt _(Mk)	Mid-afternoon snack: 2:00PM Pesto & red Leicester pinwheels _(G,Mk)	Mid-afternoon snack: 2:00PM Crackers with spread _(G) , apples	Mid-afternoon snack: 2:00PM Toasted bagel _(G) , bananas	Mid-afternoon snack: 2:00PM Bread sticks _(G,Mk,Se) , homemade humus
Tea: Tuna, roasted greens & tomato pasta salad _(G) Bread _(G) Seasonal fruit, milk _(Mk)	Tea: Baked beans on choice of white/wholemeal Toast _(G) Seasonal fruits, milk _(Mk)	Tea: Winter vegetables and lentil soup _(Ce) , sliced bloomer _(G) Seasonal fruit, milk _(Mk)	Tea: Cheese & baby gem _(G,Mk) / sliced egg& tomato _(G,E) sandwich, cucumber Seasonal fruits, milk _(Mk)	Tea: Root vegetables, potato and lentils soup choice of bread _(G,Sb,Su) Seasonal fruits, milk _(Mk)



Ce – Celery, G- Gluten, E – Eggs, F – Fish, L – Lupin, Mk – Milk, Mu – Mustard, P – Peanuts, Se – Sesame seeds, Sb – Soya bean, Su – Sulphur Dioxide,
N – Tree nuts, Mo – Molluscs, Cr – Crustaceans

Throughout the menu rice is always 50/50 white/wholegrain, as well as all our bread selection is a variety of different products such as: sliced bread, bloomer, pitta, rolls, and wraps all in white and wholemeal.
All of our pesto is homemade and always contains chickpeas or other bean and is nut free.

Throughout the day children have access to drinking water.

We may need to change a menu at short notice as we are experiencing food shortages as well as sharp increase in price. If that happens, we will notify individual rooms on the day.