

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.actionforchildren.org.uk/resources-and-publications/information-guides/eat-better-start-better-pack/>

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. |

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| 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 | <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. |

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. |

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| 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. |

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| 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 tea. |
| Drinks | ☑ Children must have access to fresh drinking water. ☑ Provide only fresh tap water and plain milk for children to drink. |

MENU REVIEW CHECKLIST

| <i>Name of setting: Sebright Children's Centre</i> | | <i>Review Date: 3rd July 2020</i> | |
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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 |
| 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 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, Raisons, Oranges, bananas, plums, kiwis 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, cornbread, tortilla, pitta bread, bagels, bread sticks, savoury scones, potato frittata and pastry pinwheels |
| 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. | ✓ | Fruit scones have been replaced with Homemade Tomato and Basil Scones. Teacakes have been substituted with Toasted Crumpets. |
| 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. | ✓ | Hummus, frittata and roasted squash dip are offered across the three-week menu cycle. Clarification has been received confirming all dips including the roasted squash dip include a form of bean such as chickpeas, cannellini or butter beans. |
| 2.6 | Provide only fresh tap water and plain milk for children to drink. Ensure children have access to fresh drinking water | ✓ | |

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| 2.7 | Avoid sweet foods such as cakes, biscuits and confectionery between meals. | ✓ | The American pancakes, fruit scones and tea cakes have been replaced with Homemade Tomato and Basil Scones, Toasted Crumpets and Sugar Free Banana Fritters |
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| Food and drink guidelines | | Has the food and drink guideline been met? | |
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| | | 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. | ✓ | |
| 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. | ✓ | |
| 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. | ✓ | |
| 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. |
| 3.8 | Provide a variety of meat, fish and meat alternatives as part of lunch across the week. | ✓ | |
| 3.9 | Provide one lunch for all children each week which uses a pulses or meat alternatives as the protein source. | ✓ | Each Monday the menu offers a meat free alternative protein such as Quorn, soya 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 fish cakes and salmon and macaroni bake |
| 3.11 | Provide only fresh tap water and plain milk for children to drink. | ✓ | |
| 3.12 | Ensure children have access to fresh drinking water. | ✓ | |

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| Tea |
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| 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. | ✓ | |
| 4.2 | Provide a portion of starchy food as part of tea every day. | ✓ | |
| 4.3 | Provide at least three different starchy foods 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. | ✓ | |
| 4.5 | Limit starchy foods which have been fried, to once a week at tea. | ✓ | |
| 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 one 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. | ✓ | |

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| 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. | ✓ | Low sugar/salt baked beans are provided |
| 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. | | |

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| 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 2020

| 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: Ratatouille & chick peas pasta baked 50/50 _(G) Steamed Broccoli & sweetcorn Cos, peppers, carrots & herbs salad Mixed fruits wholemeal crumble _(G) vanilla custard _(Mk) Fresh fruits, water | Lunch: Mildly spiced chicken drumsticks Homemade gravy _(Ce) Roasted potatoes Steamed green beans & carrots Rainbow coleslaw _(E) Fresh fruit salad Water | Lunch: Homemade beef meatballs _(E,G) Spaghetti _(G) Cauliflower & peas Baby spinach, avocado, tomatoes & lime Dark ginger sponge _(G,E) with vanilla custard _(Mk) Fresh fruits, water | Lunch: Spanish chicken with peppers, olives & squash in rich tomato sauce Spring onion rice 50/50 Corn on the cob Grated carrots, cress & lemon _(Mu) Orange and peach jelly Fresh fruits, water | Lunch: Homemade Salmon & tuna fishcakes with leek and peas _(G,F) Baked beans Cucumber, dill & green beans salad Homemade banana yogurt _(Mk) Fresh fruits, water |
| Mid-afternoon snack: 2:00PM Toasted crumpets _(G) with spread, plums | Mid-afternoon snack: 2:00PM Cheese slices _(Mk) , cream crackers _(G) | Mid-afternoon snack: 2:00PM homemade Thyme, olive & tomato cornbread _(G,E,Mk) | Mid-afternoon snack: 2:00PM ¼ wrap with homemade hummus & tomatoes _(G) | Mid-afternoon snack: 2:00PM Sugar free banana fritters _(G,E,Mk) orange wedges |
| Tea: Tuna & sweetcorn wraps/ rolls _(G,F,E) Sliced cucumber Seasonal fruits, milk _(Mk) | Tea: Spiced chunky squash soup with lentils _(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, pepper & peas pasta salad _(G,F) Seasonal fruits, milk _(Mk) | Tea: Chicken, cheese _(Mk) , tuna _(F,E) & hummus selection on choice of bread _(G) , fruits & milk _(Mk) |

SEBRIGHT CHILDREN'S CENTRE MENU WEEK2 - September – December 2020

| 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 crumpets ^(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: Vegetarian sausage cassoulet ^(G,Su,Sb) Creamy dill mash potatoes ^(Mk) Steamed cabbage & roasted carrots Tomato, beetroot & basil Strawberry & peach jelly Fresh fruits, water | Lunch: Lamb & vegetables pasta bake 50/50 ^(G,,Mk) Tiger baguette ^(G) Green beans & roasted sprouts Corn, olives, radish & mint Jam sponge ^(G,E) & custard (Mk) Fresh fruits, water | Lunch: Sticky soy chicken drumsticks Carrot rice 50/50 Broccoli & sweetcorn Chinese cabbage, cucumber, radish & yellow pepper Fresh fruits salad, Water | Lunch: Tuna mayo ^(F,E) Grated cheese ^(Mk) Jacket potato Steamed peas Tomato, beetroot & basil salad Homemade winter fruits yogurt ^(Mk) Fresh fruits, water | Lunch: Homemade beef Bolognese ^(Ce) Spaghetti ^(G) Sweetcorn & green beans Lettuce, olives & carrots Pear and apple wholemeal crumble ^(G) with vanilla custard ^(Mk) Fresh fruits, water |
| Mid-afternoon snack: 2:00PM Crackers ^(G) , spread & cucumber & carrot | Mid-afternoon snack: 2:00PM Homemade cheese & chive scones ^(G,E,Mk) spread | Mid-afternoon snack: 2:00PM Wholemeal pitta bread ^(G) , tropical yogurt ^(Mk) | Mid-afternoon snack: 2:00PM Toasted bagels with spread & cucumber sticks | Mid-afternoon snack: 2:00PM Bread sticks ^(G,Mk,Se) , sweet potato dip |
| Tea: Tuna & crunchy veg pasta salad ^(G,F) 50/50 Spinata ^(G) Seasonal fruits, milk ^(Mk) | Tea: Baked beans on choice of white/wholemeal Toast ^(G) Seasonal fruits, milk ^(Mk) | Tea: Cheese & salad ^(G,Mk) , egg & tomato ^(G,E) , humus & salad bread rolls ^(G) Seasonal fruits, milk ^(Mk) | Tea: Root vegetables & beans 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 2020

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|--|---|
| Breakfast: Weetabix _(G) with milk _(Mk) or wholemeal toast _(G) with spread Bananas, milk _(Mk) | Breakfast: Porridge _(G,Mk) with homemade plum jam, Pears, Milk _(Mk) | Breakfast: Mixed toast _(G) with spread & jam _(Su) Apples, Milk _(Mk) | Breakfast: Cornflakes _(G) with milk _(Mk) , Oranges, Milk _(Mk) | Breakfast: Rice krispies _(G) with milk _(Mk) , 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 quorn and lentils _(G,E,Mk) Sliced spinata _(G) Carrots& green beans Cos, cucumber, dill & sweetcorn Plum sponge _{(G,E)& custard} _(Mk) Fresh fruits, water | Lunch: Peri peri chicken drumsticks Mexican rice 50/50 Homemade gravy _(Ce) Cauliflower cheese _(G,Mk) Sweet potato, feta, chick peas & pear salad _(Mk) Fresh fruit salad Water | Lunch: Homemade beef pie with carrots& onions topped with pastry _(G,Ce) , creamy mash potatoes _(Mk) Cabbage & broccoli Homemade coleslaw Mixed fruit crumble _(G) & custard _(Mk) Fresh fruits, water | Lunch: Mac& cheese with spinach, basil and chick peas pesto 50/50 _(G,Mk) Sliced baguette _(G) Cauliflower & corn Crispy chef's salad Banana & raspberry yogurt _(Mk) Fresh fruits, water | Lunch: Breaded white fish _(G,E,F) Steamed new potatoes Baked beans Crispy lettuce, peas& fennel Chocolate cake _(G,E) with chocolate custard _(Mk) Fresh fruits, water |
| Mid-afternoon snack: 2:00PM Sugar free Apple fritters _(G,E,Mk) orange wedges | 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 Homemade potato& cheese frittata _(E,Mk) |
| Tea: Vegetarian sausage rolls/sandwich _(G,Sb,Su) Tomato wedges Seasonal fruits, milk _(Mk) | Tea: Cheese _(Mk) & salad wrap/Egg _(E) & salad/ humus& salad on mixed bread _(G) , fruits& milk _(Mk) | Tea: Tomato, lentil & basil soup, sliced ciabatta _(G) Seasonal fruit, milk _(Mk) | Tea: Baked beans on choice of white/wholemeal Toast _(G) Seasonal fruits, milk _(Mk) | Tea: Finally chopped chicken, roasted veg& corn pasta salad _(G) Seasonal fruits& milk _(Mk) |

SEBRIGHT CHILDREN'S CENTRE MENU WEEK4 - September – December 2020

| 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) Kiwis, 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& dice vegetables pizza with mixed cheese ^(G,E,Mk) Potato wedges Corn on the cob Crispy salad Mixed fruit jelly Fresh fruits, water | Lunch: Seasoned chicken drums Jollof rice50/50, Gravy (Ce) Broccoli& corn Cucumber & pomegranate Cinnamon sponge ^(G,E) & custard ^(Mk) Fresh fruits, water | Lunch: Beef chilli con carne ^(Ce) Cheese ^(Mk) Jacket potato Coleslaw (E) Garden salad Mixed fruits yogurt ^(Mk) Fresh fruits, water | Lunch: Tuna& salmon macaroni bake 50/50 ^(G,F,Mk) Roasted beetroot & sprouts Iceberg, carrots& apple Pear sponge ^(G,E) & custard ^(Mk) Fresh fruits, water | Lunch: Homemade vegetable& beans empanadas ^(G) Potato wedges Cauliflower cheese ^(G,Mk) Tomato, onion& basil Fresh fruit salad Water |
| Mid-afternoon snack: 2:00PM Wholemeal pitta bread ^(G) , Fruit yogurt ^(Mk) | Mid-afternoon snack: 2:00PM Pesto& red Leicester pinwheels ^(G,Mk) | Mid-afternoon snack: 2:00PM Sugar free Banana fritters ^(G,E,Mk) , apples | Mid-afternoon snack: 2:00PM Toasted bagel ^(G) , orange wedges | Mid-afternoon snack: 2:00PM Bread sticks ^(G,Mk,Se) , homemade humus |
| Tea: Finally chopped chicken, roasted greens& tomato pasta salad ^(G) Seasonal fruit, milk ^(Mk) | Tea: Baked beans on choice of white/wholemeal Toast ^(G) Seasonal fruits, milk ^(Mk) | Tea: Autumn vegetable and lentil soup, sliced bloomer ^(G) Seasonal fruit, milk ^(Mk) | Tea: Cheese & baby gem ^(G,Mk) / sliced egg& tomato ^(G,E) wrap, cucumber slices Seasonal fruits, milk ^(Mk) | Tea: Vegetarian sausage & tomato ketchup on choice of bread ^(G,Sb,Su) Seasonal fruits, milk ^(Mk) |



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 chick peas or other bean and is nut free.

Throughout the day children have access to drinking water.