

# Factsheets for Early Years settings:

## Example 1-week menu

(meeting Healthy Eating Standards for Silver level)



**HEALTHY EARLY  
YEARS AWARD**  
Southampton

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Wheat biscuits (20g) with yoghurt (60g) and dried apricots (15g). Water to drink	Porridge made with milk* (100g) with raisins (15g) Wholemeal toast (25g) and spread (4g). Water to drink	Cornflakes (15g) with milk* (100ml) and chopped plum (40g). Water to drink	Toasted bagel (30g), olive spread** (4g) with scrambled egg (50g), tomato (40g) and mushrooms (40g). Milk* (100ml) to drink	Rice crispies (15g) with milk* (100ml) and fresh fruit (40g). Water to drink
<b>Snack</b>	Carrot & pepper sticks (40g) with hummus dip (40g). Water to drink	Strawberries (40g). Milk* (100ml) to drink	Wholemeal pitta bread fingers (25g) and tuna dip (40g). Water to drink	Banana (40g) with plain yoghurt (60g). Milk* (100ml) to drink	Wholemeal toast (25g) with olive spread** (4g). Water to drink
<b>Lunch</b>	Salmon fish pie with sweet potato topping or vegetable & bean pie (v) (170g). Swede (40g) and broccoli (40g) Banana (40g) & custard (60g) Water to drink	Beef lasagne or tomato & lentil lasagne (v) (150g). Carrots (40g) and peas (40g) Fresh kiwi & mango (40g) Water to drink	Roast chicken (45g) & gravy (20g) or roast Quorn (50g) and tomato & basil sauce (40g) (v). Roast potatoes (80g), cabbage (40g), parsnips (40g) Yoghurt (60g) & raisins (15g) Water to drink	Mixed bean and vegetable stew (120g) with couscous (80g). Pineapple upside down cake (60g) with custard (60g) Water to drink	Lamb curry or chickpea curry (v) (100g) with brown rice (90g). Salad (40g) Semolina (85g) with blackberry compote (40g) Water to drink
<b>Snack</b>	Breadsticks (7g) with hard boiled egg (50g). Milk* (100ml) to drink	Plain pancake (25g) with yoghurt (60g) and pear (40g). Water to drink	2 oatcakes (16g) and clementine (40g). Milk* (100ml) to drink	Plain rice cake (10g) with cottage cheese (20g). Water to drink	Celery and cucumber sticks (40g). Milk* (100ml) to drink
<b>Tea</b>	Scrambled egg (50g) on 1 slice toast with mushrooms (40g) and tomatoes (40g) Seasonal fruit salad (40g) Water to drink	Tuna & sweetcorn pasta (200g) or herby tomato & mixed bean pasta (v) (200g) Apple & cinnamon rice pudding (120g) Water to drink	Chicken risotto (170g) or Tofu risotto (v) (170g) Sliced apple (40g) Water to drink	Homemade potato & tuna fishcakes or potato & lentil cakes (v) (130g) with homemade tomato relish (40g). Stewed fruit (70g) & plain yoghurt (60g). Water to drink	Crumpet (30g) with cheddar cheese (15g) Fresh strawberries (40g) with fromage frais (60g) Water to drink

\* Semi skimmed milk should be offered to children over the age of 2. Children under the age of 2 should have whole milk and full fat dairy products

\*\* Olive/sunflower spread to contain at least 40g of total fat per 100g of product

Most portion sizes are from the First Steps Nutrition Trust. Portion sizes for composite meals and desserts are from Eat Better Start Better A Practical Guide.