

# SUMMER MENU

## (Week one)

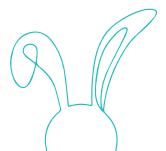
Fresh fruit available throughout the day  
Recipes and ingredients are available to all parents when requested.

| WEEK 1               | Monday   | Tuesday   | Wednesday  | Thursday   | Friday  |
|----------------------|--|---|--|--|---|
| <b>Breakfast</b>     | Choice of low sugar cereal, toast, bagels, crumpets (non-gluten and dairy options available). Reduced sugar jam. Fresh fruit |   |  |  |   |
| <b>Morning Snack</b> | Rice cake<br>Orange wedges/ Satsuma  | Malt Loaf<br>Apple Slices   | Oat Cakes<br>Peach slices  | Cream Crackers<br>Banana   | <b>• CHILDREN'S CHOICE •</b><br>Breadsticks<br>Homemade Houmous<br>Grapes                   |
| <b>Lunch</b>         | Five Bean Chilli (v)<br>Boiled Rice<br>Nachos  | Roast of the Day<br>Quorn Fillet (v)<br>New or Roast Potatoes<br>Seasonal Vegetables                          | Creamy Broccoli & MSC<br>White Fish<br>Creamy Butterbeans (v)<br>Pasta<br>Sweet Corn | Red Tractor<br>Cottage Pie<br>Quorn Mince Pie (v)<br>Green Beans   | Red Tractor<br>Sweet Chilli Chicken<br>Sweet Chilli Chickpea (v)<br>Jewelled Vegetable Rice |
| <b>Pudding</b>       | Melon Medley   | Peach Fool  | Strawberries and Ice Cream   | Fruit Jelly  | Fromage Frais   |
| <b>Afternoon tea</b> | Tuna and Broccoli Potato<br>and Pasta Salad  | <b>• CHILDREN'S CHOICE •</b><br>Chicken and Vegetable<br>Fajita with Wraps<br>Tzatziki Dip<br>Cucumber Slices | Flatbread Pizza with<br>a Variety of Toppings<br>Carrots                             | Vegetarian Sausage<br>Turnover<br>Homemade Tomato Dip<br>Sweetcorn | Hopsy's Ploughmans  |
|                      | Fromage Frais  | Date Delight  | Grapes and Pineapple   | Fresh Fruit Yoghurt Swirl  | Seasonal Fruit Salad  |
| <b>Late snack</b>    | Fruit / breads / veg sticks  |   |  |  |   |

Every child's individual needs are discussed between parents, key worker and nursery manager. These menus are suitable from stage 2 weaning. Stage 2 and 3 have small pieces of protein and mixed vegetables with stage 2 being lightly blended. Stage 1 has purees of single vegetables or fruit. Your Cook is happy to support you however you need.



- **MSC** - Marine Stewardship council- protects ocean and safeguards seafood supplies for the future.
- **RED TRACTOR** - Rigorous standards to keep animals' welfare at the core and deliver full supply chain, traceability and safety.
- **DOLPHIN FRIENDLY** - Supporting the fishing of tuna destined for canning to ensure dolphin fatalities are reduced.
- **HEYA** - Healthy Early Years Awards - Bronze level. This supports us to ensure a well-balanced diet across all the nurseries.  
*Working towards this for all Nurseries.*
- **CHILDREN'S CHOICE** - Chosen by our children's Preschoolers Committee.



# SUMMER MENU

## (Week one)

Fresh fruit available throughout the day  
Recipes and ingredients are available to all parents when requested.

| WEEK 1                  | Monday                         | Tuesday                             | Wednesday                | Thursday                         | Friday                                  |
|-------------------------|--------------------------------|-------------------------------------|--------------------------|----------------------------------|---|
| <b>Babies - Snack</b>   | Mandarins                      | Apple bites                         | Carrot puree             | Mashed banana                    | Soft pear slices                        |
| <b>Babies - Lunch</b>   | Bean and vegetable bake        | Roast chicken dinner                | Cod and broccoli pie     | Cottage pie                      | Country vegetable and chicken casserole |
| <b>Babies - Pudding</b> | Melon bites                    | Peach puree                         | Strawberry slices        | Orange segments                  | Smooth yoghurt                          |
| <b>Babies - Tea</b>     | Turkey and vegetable casserole | Beef and tomato vegetable casserole | Pork and apple casserole | Root vegetable and lentil gratin | Cauliflower and broccoli mornay         |
|                         | Smooth yoghurt                 | Fruit pot                           | Mango puree              | Crushed blueberries              | Fruit pot                               |



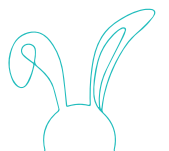
Every child's individual needs are discussed between parents, key worker and nursery manager. These menus are suitable from stage 2 weaning. Stage 2 and 3 have small pieces of protein and mixed vegetables with stage 2 being lightly blended. Stage 1 has purees of single vegetables or fruit. Your Cook is happy to support you however you need.

Visit our menu pages online to view our guide to healthy weaning plan in more depth.

[www.hopscotchdaynurseries.co.uk/babyweaning](http://www.hopscotchdaynurseries.co.uk/babyweaning)



- **MSC** - Marine Stewardship council- protects ocean and safeguards seafood supplies for the future.
- **RED TRACTOR** - Rigorous standards to keep animals' welfare at the core and deliver full supply chain, traceability and safety.
- **DOLPHIN FRIENDLY** - Supporting the fishing of tuna destined for canning to ensure dolphin fatalities are reduced.
- **HEYA** - Healthy Early Years Awards - Bronze level. This supports us to ensure a well-balanced diet across all the nurseries.  
*Working towards this for all Nurseries.*
- **CHILDREN'S CHOICE** - Chosen by our children's Preschoolers Committee.



# SUMMER MENU

## (Week two)

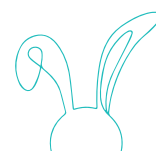
Fresh fruit available throughout the day  
Recipes and ingredients are available to all parents when requested.

| WEEK 2               | Monday  | Tuesday  | Wednesday  | Thursday  | Friday   |
|----------------------|---|--|--|---|--|
| <b>Breakfast</b>     | Choice of low sugar cereal, toast, bagels, crumpets (non-gluten and dairy options available). Reduced sugar jam. Fresh fruit. |  |  |   |  |
| <b>Morning Snack</b> | Oatcakes<br>Peach slices  | Homemade cheese straws<br>with grapes                                  | Cream cracker with apple<br>slices                       | Breadsticks homemade<br>double cheese dip,<br>pepper slices                             | Rice cakes, banana<br>slices                                     |
| <b>Lunch</b>         | Pirate Pasta<br>Red Lentil Pasta (v)<br>Sweetcorn   | Chicken a la king<br>Chickpea a la king (V)<br>Boiled rice<br>broccoli | Cowboy hot pot<br>Quorn Mince hot pot (v)<br>Green beans | Roast of the Day<br>Quorn Fillet (v)<br>Roast or Mashed Potatoes<br>Seasonal Vegetables | Vegetable lasagne (V)<br>Garden Peas,<br>Garlic bread            |
| <b>Pudding</b>       | Fromage Frais   | Rhubarb Crumble with<br>Cream  | Summer Fruit Trifle                                      | Melon Medley  | <b>• CHILDREN'S CHOICE •</b><br>Ice Cream with<br>Seasonal Fruit |
| <b>Afternoon tea</b> | Loaded Potato Skins<br>with Cheese and Chives<br>Fresh Pepper Slices<br>Green Beans   | Hopsy's Ploughmans   | <b>• CHILDREN'S CHOICE •</b><br>Tomato and Spinach Pasta | Wrap Selection Platter<br>Vegetable Crudite   | Beans with Toast or<br>Bread and Butter<br>Soldiers              |
|                      | Fresh Berry Burst   | Oaty Yoghurt with<br>Fruit Layer                                       | Rainbow Fresh Fruit Salad                                | Fromage Frais   | Pears and Red Grapes   |
| <b>Late snack</b>    | Fruit / breads / veg sticks   |  |  |   |  |

Every child's individual needs are discussed between parents, key worker and nursery manager. These menus are suitable from stage 2 weaning. Stage 2 and 3 have small pieces of protein and mixed vegetables with stage 2 being lightly blended. Stage 1 has purees of single vegetables or fruit. Your Cook is happy to support you however you need.



- **MSC** - Marine Stewardship council- protects ocean and safeguards seafood supplies for the future.
- **RED TRACTOR** - Rigorous standards to keep animals' welfare at the core and deliver full supply chain, traceability and safety.
- **DOLPHIN FRIENDLY** - Supporting the fishing of tuna destined for canning to ensure dolphin fatalities are reduced.
- **HEYA** - Healthy Early Years Awards - Bronze level. This supports us to ensure a well-balanced diet across all the nurseries.  
*Working towards this for all Nurseries.*
- **CHILDREN'S CHOICE** - Chosen by our children's Preschoolers Committee.



# SUMMER MENU

## (Week two)

Fresh fruit available throughout the day  
Recipes and ingredients are available to all parents when requested.

| WEEK 2                  | Monday                            | Tuesday                   | Wednesday                        | Thursday                   | Friday                      |
|-------------------------|-----------------------------------|---------------------------|----------------------------------|----------------------------|-----------------------------|
| <b>Babies - Snack</b>   | Peach bites                       | Mango puree               | Apple puree                      | Crushed blueberries        | Mashed banana               |
| <b>Babies - Lunch</b>   | Lamb and root vegetable casserole | Cod and vegetable risotto | Beef and bean bake               | Chicken Roast              | Lentil and vegetable gratin |
| <b>Babies - Pudding</b> | Mashed banana                     | Fruit pot                 | Soft peaches                     | Melon bites                | Smooth yoghurt              |
| <b>Babies - Tea</b>     | Cheese and potato bake            | Country pork casserole    | Creamy pasta shells with spinach | Salmon and broccoli mornay | Shepherds pie               |
|                         | Crushed Blueberries               | Smooth yoghurt            | Strawberry slices                | Orange segments            | Soft pears                  |



Every child's individual needs are discussed between parents, key worker and nursery manager. These menus are suitable from stage 2 weaning. Stage 2 and 3 have small pieces of protein and mixed vegetables with stage 2 being lightly blended. Stage 1 has purees of single vegetables or fruit. Your Cook is happy to support you however you need.

Visit our menu pages online to view our guide to healthy weaning plan in more depth.

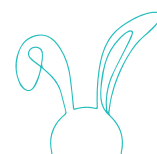
[www.hopscotchdaynurseries.co.uk/babyweaning](http://www.hopscotchdaynurseries.co.uk/babyweaning)



- **MSC** - Marine Stewardship council- protects ocean and safeguards seafood supplies for the future.
- **RED TRACTOR** - Rigorous standards to keep animals' welfare at the core and deliver full supply chain, traceability and safety.
- **DOLPHIN FRIENDLY** - Supporting the fishing of tuna destined for canning to ensure dolphin fatalities are reduced.
- **HEYA** - Healthy Early Years Awards - Bronze level. This supports us to ensure a well-balanced diet across all the nurseries.

*Working towards this for all Nurseries.*

- **CHILDREN'S CHOICE** - Chosen by our children's Preschoolers Committee.



# SUMMER MENU

## (Week three)

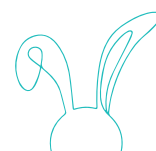
Fresh fruit available throughout the day  
Recipes and ingredients are available to all parents when requested.

| WEEK 3               | Monday   | Tuesday  | Wednesday   | Thursday  | Friday   |
|----------------------|--|--|---|---|--|
| <b>Breakfast</b>     | Choice of low sugar cereal, toast, bagels, crumpets (non-gluten and dairy options available). Reduced sugar jam. Fresh fruit |  |   |   |  |
| <b>Morning Snack</b> | Cream Crackers<br>Fresh Pears  | Rice Cake<br>Banana Slices                       | Crispbread<br>Grapes  | Oatcakes<br>Peach Slices  | Fruit Loaf<br>Orange Wedges/<br>Satsuma        |
| <b>Lunch</b>         | <b>• CHILDREN'S CHOICE •</b><br>Spaghetti Bolognese<br>Quorn Mince Bolognese<br>(v) with Hidden Vegetables<br>Garlic Bread   | Vegetable Korma (v)<br>Boiled Rice<br>Naan Bread | Roast of the Day<br>Quorn Fillet (v)<br>Roast or Mashed Potatoes<br>Seasonal Vegetables | Red Tractor<br>Chicken Fricasee<br>Lentil Fricasee (v)<br>Summer Vegetables<br>Rice | MSC Hopsey Fish<br>New Potatoes<br>Garden Peas |
| <b>Pudding</b>       | Ice Cream with a Wafer and<br>Homemade Peach Sauce   | Red Grapes and Orange<br>Segments                | Melon Medley  | Banana with Custard   | Apricot Cookies                                |
| <b>Afternoon tea</b> | Sandwich Selection Platter<br>Vegetable Crudite  | Cheese and<br>Marmite Pinwheel<br>Carrot Batons  | Multigrain Bagel<br>Soft Cheese<br>Cherry Tomatoes                                      | <b>• CHILDREN'S CHOICE •</b><br>Hopsy's Muffin Pizza<br>Crunchy Peppers             | Summer Pasta Salad                             |
|                      | Strawberries and Blueberries   | Fromage Frais                                    | Raspberry Flummery  | Fresh Seasonal Fruit<br>Salad   | Fromage Frais                                  |
| <b>Late snack</b>    | Fruit / breads / veg sticks  |  |   |   |  |

Every child's individual needs are discussed between parents, key worker and nursery manager. These menus are suitable from stage 2 weaning. Stage 2 and 3 have small pieces of protein and mixed vegetables with stage 2 being lightly blended. Stage 1 has purees of single vegetables or fruit. Your Cook is happy to support you however you need.



- **MSC** - Marine Stewardship council- protects ocean and safeguards seafood supplies for the future.
- **RED TRACTOR** - Rigorous standards to keep animals' welfare at the core and deliver full supply chain, traceability and safety.
- **DOLPHIN FRIENDLY** - Supporting the fishing of tuna destined for canning to ensure dolphin fatalities are reduced.
- **HEYA** - Healthy Early Years Awards - Bronze level. This supports us to ensure a well-balanced diet across all the nurseries.  
*Working towards this for all Nurseries.*
- **CHILDREN'S CHOICE** - Chosen by our children's Preschoolers Committee.



# SUMMER MENU

## (Week three)

Fresh fruit available throughout the day  
 Recipes and ingredients are available to all parents when requested.

| WEEK 3                  | Monday                         | Tuesday                               | Wednesday                         | Thursday                           | Friday                    |
|-------------------------|--------------------------------|---------------------------------------|-----------------------------------|------------------------------------|---------------------------|
| <b>Babies - Snack</b>   | Soft pears                     | Mashed banana                         | Carrot puree                      | Peach bites                        | Mandarins                 |
| <b>Babies - Lunch</b>   | Spaghetti bolognaise           | Roasted vegetable and lentil risotto  | Roast chicken dinner              | Cod and vegetables in cheese sauce | Bean and vegetable medley |
| <b>Babies - Pudding</b> | Apple puree                    | Soft peaches                          | Melon bites                       | Smooth yoghurt                     | Crushed blueberries       |
| <b>Babies - Tea</b>     | Turkey and vegetable casserole | Salmon with sweet potato and broccoli | Shepherds pie with vegetable mash | Pork and apple casserole           | Turkey and tomato bake    |
|                         | Strawberry slices              | Smooth yoghurt                        | Mango puree                       | Mashed banana                      | Soft pears                |



Every child's individual needs are discussed between parents, key worker and nursery manager. These menus are suitable from stage 2 weaning. Stage 2 and 3 have small pieces of protein and mixed vegetables with stage 2 being lightly blended. Stage 1 has purees of single vegetables or fruit. Your Cook is happy to support you however you need.

Visit our menu pages online to view our guide to healthy weaning plan in more depth.

[www.hopscotchdaynurseries.co.uk/babyweaning](http://www.hopscotchdaynurseries.co.uk/babyweaning)



- **MSC** - Marine Stewardship council- protects ocean and safeguards seafood supplies for the future.
- **RED TRACTOR** - Rigorous standards to keep animals' welfare at the core and deliver full supply chain, traceability and safety.
- **DOLPHIN FRIENDLY** - Supporting the fishing of tuna destined for canning to ensure dolphin fatalities are reduced.
- **HEYA** - Healthy Early Years Awards - Bronze level. This supports us to ensure a well-balanced diet across all the nurseries.

*Working towards this for all Nurseries.*



- **CHILDREN'S CHOICE** - Chosen by our children's Preschoolers Committee.

