



HM Government

Example menus for early years settings in England

Part 2: Recipes

14 August 2024:

Some of the food safety guidance in this document is out of date. For example, we do not recommend giving popcorn to children under 5. This document is currently being updated. For the most up to date advice on food safety, please go to the Department for Education page [Help for early years providers: Food safety](#).

About Public Health England

Public Health England exists to protect and improve the nation's health and wellbeing, and reduce health inequalities. We do this through world-leading science, knowledge and intelligence, advocacy, partnerships and the delivery of specialist public health services. We are an executive agency of the Department of Health, and are a distinct delivery organisation with operational autonomy to advise and support government, local authorities and the NHS in a professionally independent manner.

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The development of these example menu's and guidance was informed by an External Reference Group. The External Reference Group terms of reference and list of members can be found in the [technical report](#).

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1. The example menus

This document includes: the two example three-week menus for early years settings in England; the recipes for breakfasts, snacks, lunches and teas; and additional recipes that can be substituted into the example menus. The example menus and recipes illustrate the types and amounts of food and drink that can be provided to meet the nutritional requirements of infants and children aged six months to four years (up to their fifth birthday).¹

Further details about the example menus and useful information to support settings implement them (including information on eating well for children aged 1-4 years and infants aged 6-12 months, and menu planning, food safety and food labelling advice for early years settings) are available in [Example menus for early years settings in England: Part 1: Guidance](#).

The following pages show the example menus.

¹These menus have been developed to ensure the nutritional requirements of infants and children from six months up to four years have been met. These requirements have been derived from average energy requirements and Dietary Reference Values for infants and children aged six months – four years. This includes children up to their fifth birthday, and covers the age range for which food is typically provided in early years settings.

Week 1: Example spring/summer menu for early years settings in England (children aged 1-4 years)

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Planned to provide 20% of a child's daily nutritional requirements Drinks: Water only	Malt wheat cereal with milk and sliced banana Crumpet and spread	Cornflakes with milk, raisins and kiwi fruit quarters White toast and spread	Hard-boiled egg and tomatoes with wholemeal bread and spread Banana	Wheat bisks with milk and mixed berries Half a slice of fruit bread and spread	Crisped rice cereal and milk Half a bagel with spread and melon
	Mid-morning snack Planned to provide 10% of a child's daily nutritional requirements Milk or water	Breadsticks and mixed vegetable sticks Milk or water	Toasted crumpet, spread and strawberries Milk or water	Yoghurt and sliced grapes Milk or water	Wholemeal toast with spread and mangetout Milk or water
Lunch Planned to provide 30% of a child's daily nutritional requirements Drinks: Water only	Thai chicken curry (or Thai tofu curry) with white rice Seasonal fruit salad	Lamb moussaka (or Lentil moussaka) with garlic bread and mixed salad Rhubarb fool	Pork ragu (or soya and apple ragu) with new potatoes, broad beans and courgettes Pineapple upside down pudding with custard	Salmon and pea risotto (or bean and pea risotto) Blueberry sponge cake	Bean and veggie sausage wholemeal pasta bake Plain Greek yoghurt with raspberry puree
	Mid-afternoon snack Planned to provide 10% of a child's daily nutritional requirements Milk or water	Cheese (sliced or cut into sticks) and sliced tomatoes Milk or water	Pineapple slices Milk or water	Mashed avocado and pitta bread Milk or water	Mixed chopped seasonal fruit Milk or water
Tea Planned to provide 20% of a child's daily nutritional requirements Drinks: Water only	Bean and tomato gnocchi bake with bread and spread Strawberry frozen yoghurt	Tuna fishcakes (or potato and lentil cakes) with tomato relish Seasonal fruit salad	Pasta with beans and peas Rice pudding with peach purée	Wholemeal English muffin pizza with various toppings Banana slices	Crustless quiche with potato salad and pepper sticks Apple slices and raisins
	Note: Fresh drinking water must be available and accessible at all times.				

Week 2: Example spring/summer menu for early years settings in England (children aged 1-4 years)

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Planned to provide 20% of a child's daily nutritional requirements Drinks: Water only	Wheat bisks with milk and kiwi fruit Wholemeal toast and spread	Berries and yoghurt with toasted oats and cornflakes	Crisped rice cereal with milk and sliced banana Crumpet with spread	Cornflakes and milk Half a toasted teacake with spread and melon	Toasted English muffin with spread, egg and mushrooms
Mid-morning snack Planned to provide 10% of a child's daily nutritional requirements	Beanie dip and bread sticks Milk or water	Pepper sticks and tomato slices Milk or water	Wholemeal toast with spread and kiwi fruit quarters Milk or water	Banana slices Milk or water	Bagel and cream cheese Milk or water
Lunch Planned to provide 30% of a child's daily nutritional requirements Drinks: Water only	BBQ chicken (or BBQ Quorn™ pieces) with new potatoes and roast vegetables Lemon and sultana cake	Beef and spinach curry (or chickpea and spinach curry) with white rice and naan bread Seasonal fruit salad	Steamed cod in tomato and pepper sauce (or tofu in tomato and pepper sauce) with couscous and green beans Rice pudding and raspberries	Vegetable and red lentil dhansak with brown rice Fruit, jelly and ice cream	Turkey meatballs (or veggie 'meatballs') with white spaghetti Peach fool ripple
Mid-afternoon snack Planned to provide 10% of a child's daily nutritional requirements	Nectarine slices Milk or water	Oatcakes and cream cheese Milk or water	Cucumber and carrot sticks Milk or water	Crackers, tzatziki and tomato slices Milk or water	Melon and blueberries Milk or water
Tea Planned to provide 20% of a child's daily nutritional requirements Drinks: Water only	Cous cous and chickpea salad Rice pudding and raisins	Sardine pâté (or pinto bean spread) on white toast with grilled tomatoes Fruit yoghurt pots	Billy can beans (veggie sausage and beans) with wholemeal pasta Seasonal fruit kebabs	Lemon chicken (or Lemon soya) wrap with lettuce and cucumber Plain Greek yoghurt with strawberries and blackcurrants	Pea and asparagus frittata with new potato salad Pineapple slices
Note: Fresh drinking water must be available and accessible at all times.					

Week 3: Example spring/summer menu for early years settings in England (children aged 1-4 years)

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Planned to provide 20% of a child's daily nutritional requirements Drinks: Water only	Malt wheat cereal with milk	Cornflakes with milk and banana	Shredded wheat with milk	Wheat bisks with milk and raisins	Crisped rice cereal with milk and grapes
	Half a white bagel with spread, tomato and mushrooms	Wholemeal toast and spread	Toasted fruit bread with spread and kiwi fruit	Half a crumpet and spread	Wholemeal toast and spread
Mid-morning snack Planned to provide 10% of a child's daily nutritional requirements	Peach slices and plain yoghurt	Breadsticks with carrot and pepper sticks	Mixed berries and plain yoghurt	Wholemeal toast and spread	Sugar snap peas and houmous
	Milk or water	Milk or water	Milk or water	Milk or water	Milk or water
Lunch Planned to provide 30% of a child's daily nutritional requirements Drinks: Water only	Beef and mushroom stroganoff (or bean and mushroom stroganoff) with white rice	Pasta primavera with garlic bread	Gammon (or Quorn™ fillet) with parsley sauce, new potatoes and green beans	Cod, potato and spinach curry (or lentil, potato and spinach curry) with cous cous	Chicken and vegetable pie (or cheese and vegetable pie) with roast potatoes and spring greens
	Banana buns	Yoghurt and dried apricots	Seasonal fruit platter	Creamy apricot dessert	Summer crumble and custard
Mid-afternoon snack Planned to provide 10% of a child's daily nutritional requirements	Crumpets and spread	Banana and yoghurt	Pitta bread and tuna dip	Pepper sticks and cheese (sliced or cut into sticks)	Rice cakes, cucumber sticks and tomatoes
	Milk or water	Milk or water	Milk or water	Milk or water	Milk or water
Tea Planned to provide 20% of a child's daily nutritional requirements Drinks: Water only	Savoury omelette with potato salad and cucumber	Lamb and mint koftas (or veggie mince and mint koftas) with tomato sauce and wholemeal pitta bread	Salmon and broccoli pasta (or lentil and broccoli pasta) with sweetcorn	Homemade ham flatbread (or cheese flatbread)	Bean and vegetable enchiladas
	Strawberry frozen yoghurt	Apple slices and dates	Semolina and nectarine compote	Grapes and melon	Dairy ice cream and mango slices
Note: Fresh drinking water must be available and accessible at all times.					

Week 1: Example autumn/winter menu for early years settings in England (children aged 1-4 years)

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Planned to provide 20% of a child's daily nutritional requirements Drinks: Water only	Wheat bisks with yoghurt and dried apricots White toast and spread	Cornflakes and milk Wholemeal toast with, spread, tomatoes and mushrooms	Porridge with raisins Banana	Malt wheat cereal and milk Crumpet with spread and pear	Crisped rice cereal and milk with satsumas Fruit toast and spread
Mid-morning snack Planned to provide 10% of a child's daily nutritional requirements	Toasted English muffin and spread with a clementine Milk or water	Runner beans with bean dip Milk or water	Rice cakes with beetroot dip Milk or water	Banana Milk or water	Toasted pitta bread with mashed avocado Milk or water
Lunch Planned to provide 30% of a child's daily nutritional requirements Drinks: Water only	Haddock and salmon pie (or bean pie) with red cabbage and runner beans Eve's pudding and custard	Lamb tagine (or mixed bean tagine) with vegetable cous cous Warm winter fruit salad and vanilla sauce	Pork meatballs (or vegetarian meatballs) with spaghetti, peas and carrots Seasonal fruit salad	Chickpea and vegetable biryani Mandarin jelly	Roast chicken (or Quorn™ fillet) with roast potatoes, root vegetables and gravy Yoghurt and dates
Mid-afternoon snack Planned to provide 10% of a child's daily nutritional requirements	Tomato slices and cheese cut into sticks Milk or water	Plain popcorn with pear Milk or water	Oatcake and satsuma Milk or water	Baby corn, crackers and spread Milk or water	Carrot, pepper sticks and houmous Milk or water
Tea Planned to provide 20% of a child's daily nutritional requirements Drinks: Water only	Cous cous with chicken (or houmous), beetroot and mixed salad Seasonal fruit salad	Tuna mayonnaise (or cheese) with a jacket potato and carrot and cucumber sticks Bananas and custard	Sweet potato and lentil soup with wholemeal bread and spread Yoghurt and blackberry compote	Pea, ham (or veggie mince) and mushroom pasta bake Rice pudding and apricots	Mexican bean and cheese wraps with red pepper and celery Apples, pears and plums
Note: Fresh drinking water must be available and accessible at all times.					

Week 2: Example autumn/winter menu for early years settings in England (children aged 1-4 years)

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Planned to provide 20% of a child's daily nutritional requirements Drinks: Water only	Crisped rice cereal and milk	Malt wheats and milk with banana	Egg and mushroom cups, wholemeal toast, spread and tomatoes	Cornflakes with milk and raisins	Wheat bisks with milk
	Plain bagel quarter with spread and chopped plum	Wholemeal toast and spread	Pear slices	Half a crumpet and spread	Half a toasted teacake and spread with apple
Mid-morning snack Planned to provide 10% of a child's daily nutritional requirements	Carrot and pepper sticks	Rice cakes with cream cheese	Crackers with spread and sliced grapes	Wholemeal pitta fingers with mint raita and cucumber sticks	Plum and satsuma
	Milk or water	Milk or water	Milk or water	Milk or water	Milk or water
Lunch Planned to provide 30% of a child's daily nutritional requirements Drinks: Water only	Lamb goulash (or bean goulash) with brown rice and green beans	Creamy chicken and leek hotpot (or Quorn™ and leek hotpot) with broccoli	Beef lasagne (or tomato and lentil lasagne) with garlic bread and peas	Fish and pea fishcakes (or cheese and mushroom cakes) with potato wedges and spinach	Sweet and sour tofu with noodles
	Shortbread and satsuma segments	Baked apple with cinnamon	Semolina with raisins	Seasonal fruit salad and yoghurt	Banana and cinnamon rice pudding
Mid-afternoon snack Planned to provide 10% of a child's daily nutritional requirements	Banana on toast	Yoghurt and pear	Cheese sticks and tomatoes	Pineapple	Toasted English Muffin with spread and carrot sticks
	Milk or water	Milk or water	Milk or water	Milk or water	Milk or water
Tea Planned to provide 20% of a child's daily nutritional requirements Drinks: Water only	Wholemeal macaroni cheese with peas	Squash and lentil soup with wholemeal bread and spread	Salmon (or chickpea) vegetable rice salad	Chicken fajitas (or vegetarian red pepper fajitas)	Mixed bean chilli and jacket potato
	Warm fruit salad and yoghurt	Peaches and custard	Seasonal fruit salad	Autumn fruit kebabs	Yoghurt with date and apple puree
Note: Fresh drinking water must be available and accessible at all times.					

Week 3: Example autumn/winter menu for early years settings in England (children aged 1-4 years)

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Planned to provide 20% of a child's daily nutritional requirements Drinks: Water only	Wheat bisks with milk and raisins	Porridge with stewed apples and dates	Malted wheats and milk	Egg with tomatoes and wholemeal toast and spread	Yoghurt, fruit and cereal pots
	Half a crumpet and spread		Plain pancake with banana		White toast and spread
Mid-morning snack Planned to provide 10% of a child's daily nutritional requirements	Rice cake and houmous	Plain yoghurt and banana slices	Avocado on toast	Carrot and celery sticks	Breadsticks with apple
	Milk or water	Milk or water	Milk or water	Milk or water	Milk or water
Lunch Planned to provide 30% of a child's daily nutritional requirements Drinks: Water only	Mixed bean and root vegetable stew with herb cous cous	Pork (or soya), leek and mustard casserole with mashed potatoes and Brussels sprouts	Chicken korma (or chickpea korma) with brown rice	Lamb pearl barley hotpot (or vegetarian pearl barley hotpot) with root vegetable mash	Haddock ratatouille (or lentil ratatouille) with white pasta
	Apple and rhubarb crumble and custard	Banana pancakes	Semolina with blackberry compote	Mini carrot cakes	Fruity oat crumble sundaes
Mid-afternoon snack Planned to provide 10% of a child's daily nutritional requirements	Crackers and cream cheese	Pitta bread and tzatziki with pepper sticks	Seasonal chopped mixed fruit	Crumpets with spread and grapes	Hard-boiled egg and tomatoes
	Milk or water	Milk or water	Milk or water	Milk or water	Milk or water
Tea Planned to provide 20% of a child's daily nutritional requirements Drinks: Water only	Homemade mackerel pate (or cheese) with baked potatoes and salad	Parsnip, butterbean and apple soup with a wholemeal roll and spread	Roast vegetable and red lentil pasta	Cous cous and chickpea salad	Pitta pockets with egg mayonnaise, cucumber and carrot salad
	Seasonal fruit salad	Poached pears with Greek yoghurt	Satsumas and grapes	Poached plums and custard	Yoghurt and mixed dried fruit
Note: Fresh drinking water must be available and accessible at all times.					

Week 1: Example spring/summer menu for early years settings (infants aged 7-12 months)

This example menu shows how meals for 1-4 year olds can be adapted for infants aged 7-12 monthsⁱⁱ. For full guidance on introducing complementary foods for infants see the Start4Life website and resources.¹

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast For all infants 7-12 months	Malt wheat cereal with whole milk and sticks of banana*	Cornflakes with whole milk, chopped raisins and kiwi fruit quarters*	Sliced or mashed hard-boiled egg and tomatoes with wholemeal bread and spread*	Wheat bisks with milk and mixed berries Fruit toast fingers*	Crisped rice cereal with whole milk and melon slices*
Lunch Main course for all infants 7-12 months	Thai chicken (or tofu) curry, white rice and broccoli florets*	Lamb (or lentil) moussaka with carrot batons* and toast strips*	Pork (or soya) ragu with new potatoes, broad beans and courgette batons*	Salmon (or bean) and pea risotto with red pepper sticks*	Bean and veggie sausage wholemeal pasta bake with broccoli florets*
Second course for infants 10-12 months only	Seasonal fruit salad*	Custard with banana sticks*	Pineapple slices* and custard	Plain yoghurt with blueberries*	Plain yoghurt with raspberries*
Tea Main course for all infants 7-12 months	Bean and tomato gnocchi bake with green beans*	Tuna fishcakes (or lentil and potato cakes) with vegetable sticks*	Pasta with beans and peas and cooked carrot batons*	Wholemeal English muffin pizza with cheese and vegetable topping*	Crustless quiche with potato salad and pepper sticks*
Second course for infants 10-12 months only	Plain yoghurt and strawberries*	Seasonal fruit salad* with plain yoghurt	Rice pudding with peach slices*	Banana slices*	Apple slices* and cheese (cut into sticks)
Breastmilk/first infant formula	To be offered to infants according to their individual routines (as discussed with families). In addition to offering three meals a day, infants may typically have breastmilk or first infant formula feeds of: <ul style="list-style-type: none"> • 7-9 months: four breastmilk/first infant formula feeds per day (for example on waking, after lunch, after tea, before bed) • 10-12 months: three breastmilk/first infant formula feeds a day (for example after breakfast, after lunch, before bed). 				
Fresh drinking water	To be available throughout the day, and offered as appropriate to all infants.				

* Indicates the part of each meal that can be held and eaten by infants as a finger food.

ⁱⁱ For further details, including modification in texture for infants aged 7-9 months and 10-12 months, and further adaptations required to each recipe for this age group, see the recipes.

Week 2: Example spring/summer menu for early years settings (infants aged 7-12 months)

This example menu shows how meals for 1-4 year olds can be adapted for infants aged 7-12 monthsⁱⁱⁱ. For full guidance on introducing complementary foods for infants see the Start4Life website and resources.¹

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast For all infants 7-12 months	Wheat bisks and whole milk with kiwi fruit quarters*	Cornflakes and whole milk with berries*	Crisped rice cereal with whole milk and banana sticks*	Instant oat cereal with melon slices*	Toasted English muffin strips* with scrambled egg and sliced mushrooms
Lunch <u>Main course</u> for all infants 7-12 months	BBQ chicken (or soya) with new potatoes and roast vegetable strips*	Beef (or chickpea) and spinach curry with white rice and broccoli florets*	Steamed Cod (or tofu) in tomato and mixed pepper sauce served with cous cous and green beans*	Vegetable and red lentil dhansak with brown rice and carrot batons*	Turkey (or soya mince) meatballs* in tomato sauce with spaghetti
Second course for infants 10-12 months only	Yoghurt and chopped raisins with peach slices*	Seasonal fruit salad*	Rice pudding and raspberries*	Cheese (cut into sticks)* and sliced grapes*	Peach fool ripple with nectarine slices*
Tea <u>Main course</u> for all infants 7-12 months	Cous cous and chickpea salad with cucumber batons*	Sardine pâté (or pinto bean spread) on white toast* with grilled tomato slices	Billy can beans (sliced veggie sausage and beans) with wholemeal pasta and courgette batons*	Lemon chicken (or soya) with pitta strips and cucumber batons*	Pea frittata with potato salad and asparagus sticks*
Second course for infants 10-12 months only	Rice pudding and chopped raisins with apricot slices*	Plain yoghurt with strawberries*	Seasonal fruit kebabs* and cottage cheese dip	Sliced strawberries and blackcurrants* with Greek yoghurt	Pineapple slices* with plain yoghurt
Breastmilk/first infant formula	To be offered to infants according to their individual routines (as discussed with families). In addition to offering three meals a day, infants may typically have breastmilk or first infant formula feeds of: <ul style="list-style-type: none"> 7-9 months: four breastmilk/first infant formula feeds per day (for example on waking, after lunch, after tea, before bed) 10-12 months: three breastmilk/first infant formula feeds a day (for example after breakfast, after lunch, before bed). 				
Fresh tap water	To be available throughout the day, and offered as appropriate to all infants.				

* Indicates the part of each meal that can be held and eaten by infants as a finger food.

ⁱⁱⁱ For further details, including modification in texture for infants aged 7-9 months and 10-12 months, and further adaptations required to each recipe for this age group, see the recipes.

Week 3: Example spring/summer menu for early years settings (infants aged 7-12 months)

This example menu shows how meals for 1-4 year olds can be adapted for infants aged 7-12 months^{iv}. For full guidance on introducing complementary foods for infants see the Start4Life website and resources.¹

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast For all infants 7-12 months	Malt wheat cereal with milk and melon slices*	Cornflakes and whole milk with banana sticks*	Instant oat cereal with kiwi fruit quarters*	Wheat biscuits with whole milk, chopped raisins and nectarine slices*	Crisped rice cereal with whole milk and sliced grapes*
Lunch Main course for all infants 7-12 months	Beef (or cannellini bean) and mushroom stroganoff with white rice and sugar snap peas*	Pasta primavera and courgette batons*	Omelette popovers with new potatoes and green beans*	Cod (or lentil) potato and spinach curry with cous cous and cauliflower florets*	Chicken (veggie sausages) with roast potatoes* and spring greens
Second course for infants 10-12 months only	Banana sticks*	Yoghurt and dried chopped apricots with melon strips*	Seasonal fruit platter*	Creamy apricot dessert, with sliced apricot*	Seasonal berries* and custard
Tea Main course for all infants 7-12 months	Savoury omelette with new potatoes and cucumber sticks*	Lamb (or veggie mince) and mint koftas with tomato sauce and pitta bread strips*	Salmon (or lentil) and broccoli pasta with baby corn*	Homemade flatbread pizza strips and pepper sticks*	Baked sweet potato strips* with bean, vegetable and cheese dip
Second course for infants 10-12 months only	Plain yoghurt with strawberries*	Slices of cheese and apple*	Semolina and nectarine slices*	Sliced grapes and melon slices* with cottage cheese dip	Plain yoghurt and mango slices*
Breastmilk/first infant formula	To be offered to infants according to their individual routines (as discussed with families). In addition to offering three meals a day, infants may typically have breastmilk or first infant formula feeds of: <ul style="list-style-type: none"> 7-9 months: four breastmilk/first infant formula feeds per day (for example on waking, after lunch, after tea, before bed) 10-12 months: three breastmilk/first infant formula feeds a day (for example after breakfast, after lunch, before bed). 				
Fresh drinking water	To be available throughout the day, and offered as appropriate to all infants.				

* Indicates the part of each meal that can be held and eaten by infants as a finger food.

^{iv} For further details, including modification in texture for infants aged 7-9 months and 10-12 months, and further adaptations required to each recipe for this age group, see the recipes.

Week 1: Example autumn/winter menu for early years settings (infants aged 7-12 months)

This example menu shows how meals for 1-4 year olds can be adapted for infants aged 7-12 months^v. For full guidance on introducing complementary foods for infants see the Start4Life website and resources.¹

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast For all infants 7-12 months	Wheat bisk with whole milk, chopped apricot and kiwi quarters*	Wholemeal toast fingers* and spread, with tomatoes and mushrooms	Porridge with chopped raisins and sticks of banana *	Malt wheat cereal and whole milk with pear sticks*	Crisped rice cereal and whole milk with canned peach slices*
Lunch Main course for all infants 7-12 months	Haddock and salmon (or bean) pie with runner beans*	Lamb (or mixed bean) tagine with vegetable cous cous and green beans*	Pork (or soya mince) meatballs in tomato sauce with pasta shapes, peas and carrot batons*	Chickpea and vegetable biryani with cauliflower florets*	Roast chicken (or veggie sausage) with roast potatoes and root vegetables*
Second course for infants 10-12 months only	Stewed apple and custard with sliced apple*	Winter fruit salad* with yoghurt	Seasonal fruit salad*	Sliced grapes and cheese (Edam) strips*	Yoghurt and chopped dates with sticks of pear *
Tea Main course for all infants 7-12 months	Cous cous with chicken (or houmous) and beetroot and cucumber strips*	Jacket potato with tuna (or cheese), with baby corn*	Sweet potato and lentil soup with wholemeal bread and spread*	Pea, ham (or veggie mince) and mushroom pasta bake with broccoli florets*	Toast fingers with mashed beans and cheese, with cooked red pepper sticks*
Second course for infants 10-12 months only	Seasonal fruit salad* with plain yoghurt	Bananas* and custard	Yoghurt and blackberry compote with canned pineapple*	Rice pudding with chopped dried apricots and canned mandarin segments*	Apple, pears and plums*
Breastmilk/first infant formula	To be offered to infants according to their individual routines (as discussed with families). In addition to offering three meals a day, infants may typically have breastmilk or first infant formula feeds of: <ul style="list-style-type: none"> • 7-9 months: four breastmilk/first infant formula feeds per day (for example on waking, after lunch, after tea, before bed) • 10-12 months: three breastmilk/first infant formula feeds a day (for example after breakfast, after lunch, before bed). 				
Fresh drinking water	To be available throughout the day, and offered as appropriate to all infants.				

* Indicates the part of each meal that can be held and eaten by infants as a finger food.

^v For further details, including modification in texture for infants aged 7-9 months and 10-12 months, and further adaptations required to each recipe for this age group, see the recipes.

Week 2: Example autumn/winter menu for early years settings (infants aged 7-12 months)

This example menu shows how meals for 1-4 year olds can be adapted for infants aged 7-12 months^{vi}. For full guidance on introducing complementary foods for infants see the Start4Life website and resources.¹

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast For all infants 7-12 months	Crisped rice cereal with whole milk, chopped raisins and slices of plum*	Malt wheat cereal and whole milk with banana sticks*	Breakfast egg cups with wholemeal toast* , spread and tomato slices	Cornflakes with whole milk and chopped raisins with canned pear slices*	Wheat bisks and whole milk with sliced apple*
Lunch Main course for all infants 7-12 months	Lamb (or butter bean) goulash with brown rice and green beans*	Creamy chicken (or soya) and leek hot pot and broccoli*	Beef (or lentil) lasagne and swede batons*	Fish and pea (or cheese and mushroom) fishcakes, potato wedges* and spinach	Sweet and sour tofu with pasta shapes*
Second course for infants 10-12 months only	Canned mandarin segments*	Apple slices* and plain yoghurt	Semolina with chopped raisins and pear strips*	Seasonal fruit salad*	Banana sticks with rice pudding*
Tea Main course for all infants 7-12 months	Wholemeal macaroni cheese* with peas	Butternut squash and lentil soup with wholemeal bread fingers and spread*	Salmon (or chickpea) and vegetable rice salad and avocado slices*	Chicken (or hard-boiled egg) with pitta strips and cooked red pepper sticks*	Mixed bean chilli and yoghurt with jacket potato*
Second course for infants 10-12 months only	Winter fruit salad* and yoghurt	Peaches* and custard	Fruit salad*	Autumn fruit kebabs* and yoghurt dip	Yoghurt with date and apple purée and canned mandarin segments*
Breastmilk/first infant formula	To be offered to infants according to their individual routines (as discussed with families). In addition to offering three meals a day, infants may typically have breastmilk or first infant formula feeds of: <ul style="list-style-type: none"> • 7-9 months: four breastmilk/first infant formula feeds per day (for example on waking, after lunch, after tea, before bed) • 10-12 months: three breastmilk/first infant formula feeds a day (for example after breakfast, after lunch, before bed). 				
Fresh drinking water	To be available throughout the day, and offered as appropriate to all infants.				

* Indicates the part of each meal that can be held and eaten by infants as a finger food.

^{vi} For further details, including modification in texture for infants aged 7-9 months and 10-12 months, and further adaptations required to each recipe for this age group, see the recipes.

Week 3: Example autumn/winter menu for early years settings (infants aged 7-12 months)

This example menu shows how meals for 1-4 year olds can be adapted for infants aged 7-12 months^{vii}. For full guidance on introducing complementary foods for infants see the Start4Life website and resources.¹

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast For all infants 7-12 months	Wheat bisk with whole milk and chopped raisins with pear strips*	Porridge made with whole milk with apples* and blackberries	Malt wheat cereal with whole milk and banana sticks*	Wholemeal toast and spread fingers* with boiled egg and tomato	Cornflakes with whole milk and plum quarters*
Lunch Main course for all infants 7-12 months	Mixed bean and root vegetable stew with herb cous cous and cooked carrot sticks*	Creamy pork (or soya), leek and mustard casserole with mashed potatoes and sliced sprouts*	Chicken (or chickpea) korma with brown rice and green beans*	Lamb (or soya mince) pearl barley hotpot with root vegetable sticks*	Haddock (or lentil) and ratatouille with pasta shapes*
Second course for infants 10-12 months only	Stewed apple* and rhubarb with custard	Banana pancakes* and yoghurt dip	Semolina and blackberry compote with plum slices*	Banana sticks*	Canned fruit cocktail* and custard
Tea Main course for all infants 7-12 months	Baked potatoes with homemade mackerel pate (or cheese) and cucumber*	Parsnip, butterbean and apple soup with wholemeal toast strips and spread*	Roast vegetable and red lentil pasta and rice cake strips*	Cous cous and chickpea salad and broccoli florets*	Pitta strips with egg mayonnaise, cucumber strips and cooked carrot sticks*
Second course for infants 10-12 months only	Seasonal fruit salad*	Poached pears* and plain Greek yoghurt	Sliced grapes and cheese cut into sticks*	Soft poached plums* and custard	Yoghurt and mixed dried fruit and apple slices*
Breastmilk/first infant formula	To be offered to infants according to their individual routines (as discussed with families). In addition to offering three meals a day, infants may typically have breastmilk or first infant formula feeds of: <ul style="list-style-type: none"> • 7-9 months: four breastmilk/first infant formula feeds per day (for example on waking, after lunch, after tea, before bed) • 10-12 months: three breastmilk/first infant formula feeds a day (for example after breakfast, after lunch, before bed). 				
Fresh drinking water	To be available throughout the day, and offered as appropriate to all infants.				

* Indicates the part of each meal that can be held and eaten by infants as a finger food.

^{vii} For further details, including modification in texture for infants 7-9 months and 10-12 months, and further adaptations required to each recipe for this age group, see the recipes.

2. Understanding the recipes

Ingredients

Ingredient quantities are given for 5 or 20 portions (10 or 20 for cakes and desserts), so can be easily used for small or large groups of children, and can be multiplied up where needed. Ingredients used are in line with dietary advice and good best practice guidance for early years settings². For example:

- canned pulses contain no added salt or sugar
- canned fruit is canned in juice and not syrup
- whole milk yoghurt and cheese are used
- 'spread' used on toast, crackers, is a vegetable oil-based spread (for example sunflower spread)

Milk provision

Where milk is provided as a drink or on breakfast cereals, this is whole milk for children aged 1 to 2 years, and semi-skimmed milk for children aged 2 years and over.^{viii} For more information on alternatives to cows milk refer to the NHS Choices website³, or the First Steps Nutrition Trust resource 'Good food choices and portion sizes for children 1-4'⁴. Morning and afternoon snacks include the choice of milk or water as a drink for children. This enables settings to provide drinking milk for children (for example as part of the Nursery Milk scheme⁵), and for children to choose whether they would like milk or water with their snack.

Typical portion sizes

Each recipe includes typical portion size information for children aged one to four years. These portion sizes are based on the energy and nutrient requirements of children aged one to four years. In order to ensure that the energy and nutrient needs of those in the group with the highest requirements are met, these are based on estimated average energy requirements for children aged three to four years, and

^{viii} Children aged one to two years should have whole milk and dairy products to ensure they provide enough energy and other nutrients. After the age of two years, children can gradually move to semi-skimmed milk as a drink, as long as they are eating a varied and balanced diet and growing well. Avoid skimmed and 1% fat milk for children under five years, as they don't provide enough energy for young children. If only one type of milk is available, or you are providing milk as a drink to children under two years old, use whole milk and dairy products to ensure that all children (including younger children and those who don't eat well) do not miss out on energy and important nutrients. For more information, see www.nhs.uk/Livewell/Goodfood/Pages/milk-dairy-foods.aspx

for other nutrients, on the highest requirements within the one to four years age range. This means that the typical portion sizes stated on the recipes will be appropriate for children with the highest requirements (generally children aged three-four years), and smaller portion sizes may be appropriate for children younger than this (children one to two years old). As children's requirements for growth and activity, and their appetites will vary, young children should be encouraged to eat healthy food according to their appetite. Children should not be expected to finish everything on their plate, and should be allowed to eat their dessert even if they have not finished their main course. If children are still hungry after their main course, they should have the opportunity to have second helpings.

Allergen information

Each recipe/ingredient list states which of the 14 allergens covered by EU and UK food labelling legislation are present (based on allergens typically included in commonly available brands of each ingredient). It is important to remember that products can be reformulated, that different brands may contain different allergens, and that children can have allergies to ingredients and foods not covered by the labelling requirements. If you are preparing food for a child with a food allergy, always make sure you check the packaging for all ingredients and products you are using. Allergens covered by the legislation should be highlighted (for example in bold) on the ingredient label of products or you can request this information from suppliers.

Recipe adaptations for infants 7-12 months

Each of the recipes included within this document includes a box with a typical portion size for infants aged 7-12 months, and any additional information for preparation and serving of the recipe for these age groups (for example where particular ingredients should be omitted). However, it is important to remember that these are just a guide, and the meal patterns, milk intakes and amounts of food will vary between individual children, and settings should discuss this with families.

When preparing food for infants, also remember that:

- salt should not be added to food served to infants, and stock cubes and gravy shouldn't be used either
- there is no need to add sugar to food for infants

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4. The recipes

Spring/summer menu breakfast recipes

Week 1: Monday- breakfast	
Allergy information (1-4 years): Contains barley (gluten), milk, wheat (gluten)*	
Ingredients	Typical portion size for 1-4 years
Malt wheat cereal	25g
Milk	100ml
Sliced banana	40g
Toasted crumpet	50g (1 crumpet)
Vegetable oil spread	4g (thinly spread)
Drink: Water	100ml
Infants 7-12 months: Add about 20g malt wheat cereal to 100ml whole milk, and leave to soften as required. Serve with about 25g of banana cut into sticks as a finger food.	
Allergy information (7-12 months): Contains barley (gluten), milk, wheat (gluten) *	

Week 1: Tuesday- breakfast	
Allergy information (1-4 years): Contains barley (gluten), milk, soya, wheat (gluten)*	
Ingredients	Typical portion size for 1-4 years
Cornflakes	25g (4 tablespoons)
Milk	100ml
Raisins	25g (1 tablespoon)
Kiwi fruit quarters	40g
White toast	25g (1 slice)
Vegetable oil spread	4g (thinly spread)
Drink: Water	100ml
Infants 7-12 months: Add about 20g cornflakes to 100ml whole milk, and leave to soften as required. Add 15g finely chopped raisins, and serve with 25g peeled kiwi fruit quarters as a finger food.	
Allergy information (7-12 months): Contains barley (gluten), milk*	

Week 1: Wednesday- breakfast	
Allergy information (1-4 years): Contains egg, milk, soya, wheat (gluten)*	
Ingredients	Typical portion size for 1-4 years
Hard-boiled egg	50g (1 egg)
Cooked tomatoes, sliced	40g
Wholemeal bread	25g (1 medium slice)
Vegetable oil spread	4g (thinly spread)
Banana	40g
Drink: Water	100ml
Infants 7-12 months: Serve one sliced or mashed hard-boiled egg with $\frac{3}{4}$ slice of toast with spread cut into fingers, and about 25g sliced or mashed cooked tomatoes.	
Allergy information (7-12 months): Contains egg, milk, soya, wheat (gluten)*	

Week 1: Thursday- breakfast	
Allergy information (1-4 years): Contains barley, milk, soya, wheat (gluten)*	
Ingredients	Typical portion size for 1-4 years
Wheat bisks	38g (2 bisks)
Milk	100ml
Mixed berries	40g
Toasted fruit bread	15g ($\frac{1}{2}$ slice)
Vegetable oil spread	2g (thinly spread)
Drink: Water	100ml
Infants 7-12 months: Add a wheat bisk to 100ml whole milk and leave to soften as required. Serve with 25g whole or mashed mixed berries.	
Allergy information (7-12 months): Contains barley, milk, wheat (gluten)*	

Week 1: Friday- breakfast	
Allergy information (1-4 years): Contains barley (gluten), milk, oats (gluten), rye (gluten), wheat (gluten)*	
Ingredients	Typical portion size for 1-4 years
Crisped rice cereal	25g (6 tablespoons)
Milk	100ml
Plain bagel	45g (½ bagel)
Vegetable oil spread	4g (thinly spread)
Melon, sliced	40g
Drink: Water	100ml
Infants 7-12 months: Add about 20g crisped rice cereal to 100ml whole milk and leave to soften as required. Serve with around 25g melon slices as a finger food.	
Allergy information (7-12 months): Contains barley (gluten), milk*	

Week 2: Monday- breakfast	
Allergy information (1-4 years): Contains barley (gluten), milk, wheat (gluten)*	
Ingredients	Typical portion size for 1-4 years
Wheat bisks	38g (2 bisks)
Milk	100ml
Kiwi fruit	40g
Wholemeal toast	25g (1 slice)
Vegetable oil spread	4g (thinly spread)
Drink: Water	100ml
Infants 7-12 months: Add a wheat bisk to 100ml whole milk and leave to soften as required. Serve with about 25g peeled kiwi fruit quarters as a finger food.	
Allergy information (7-12 months): Contains barley (gluten), milk, wheat (gluten)*	

Week 2: Tuesday- breakfast	
Allergy information (1-4 years): Contains barley (gluten), milk, oats (gluten)*	
Ingredients	Typical portion size for 1-4 years
Toasted oats	15g (1 ½ tablespoons)
Berries	40g
Plain whole milk yoghurt	60g (1 ½ tablespoons)
Cornflakes	15g (2 ½ tablespoons)
Drink: Water	100ml
Infants 7-12 months: Add about 20g cornflakes to 100ml whole milk and leave to soften as required. Serve with about 25g whole or mashed berries.	
Allergy information (7-12 months): Contains barley (gluten), milk*	

Week 2: Wednesday- breakfast	
Allergy information (1-4 years): Contains barley (gluten), milk, oats (gluten), wheat (gluten)*	
Ingredients	Typical portion size for 1-4 years
Crisped rice cereal	25g (6 tablespoons)
Milk	100ml
Banana	40g
Toasted crumpet	50g (1 crumpet)
Vegetable oil spread	4g (thinly spread)
Drink: Water	100ml
Infants 7-12 months: Add about 20g crisped rice cereal to 100ml whole milk and leave to soften as required. Serve with about 25g of banana cut into sticks as a finger food.	
Allergy information (7-12 months): Contains barley (gluten), milk*	

Week 2: Thursday- breakfast	
Allergy information (1-4 years): Contains barley (gluten), egg, milk, soya, wheat (gluten)*	
Ingredients	Typical portion size for 1-4 years
Cornflakes	25g (4 tablespoons)
Milk	100ml
Toasted teacake	35g (½ teacake)
Vegetable oil spread	4g (thinly spread)
Melon, sliced	40g
Drink: Water	100ml
Infants 7-12 months: For infants 7-12 months, serve instant oat cereal (made with 1-2 tablespoon dried instant oats and 100ml whole milk), with 25g melon slices as finger food.	
Allergy information (7-12 months): Contains milk, oats (gluten)*	

Week 2: Friday- breakfast	
Allergy information (1-4 years): Contains egg, milk, soya, wheat (gluten)*	
Ingredients	Typical portion size for 1-4 years
Toasted English muffin	35g (½ muffin)
Hard-boiled or scrambled egg	50g (1 egg)
Cooked mushrooms, sliced	40g
Drink: Water	100ml
Infants 7-12 months: Serve about 25g (1/3 muffin) toasted English muffin strips with about 50g (1 egg) scrambled egg and 25g sliced mushrooms.	
Allergy information (7-12 months): Contains egg, soya, wheat (gluten)*	

Week 3: Monday- breakfast	
Allergy information (1-4 years): Contains barley (gluten), milk, rye (gluten), wheat (gluten)*	
Ingredients	Typical portion size for 1-4 years
Malt wheat cereal	25g
Milk	100ml
Toasted white bagel	45g (½ bagel)
Vegetable oil spread	4g (thinly spread)
Cooked tomato, sliced	20g
Cooked mushrooms, sliced	20g
Drink: Water	100ml
Infants 7-12 months: Add about 20g malt wheat cereal to 100ml whole milk and leave to soften as required. Serve with 25g sliced melon as a finger food.	
Allergy information (7-12 months): Contains barley (gluten), milk, wheat (gluten)*	

Week 3: Tuesday- breakfast	
Allergy information (1-4 years): Contains barley (gluten), milk, soya, wheat (gluten)*	
Ingredients	Typical portion size for 1-4 years
Cornflakes	25g (4 tablespoons)
Milk	100ml
Banana, sliced	40g
Wholemeal toast	25g (1 slice)
Vegetable oil spread	4g (thinly spread)
Drink: Water	100ml
Infants 7-12 months: Add about 20g cornflakes to 100ml whole milk and leave to soften as required. Serve with about 25g banana, cut into finger-sized sticks as a finger food.	
Allergy information (7-12 months): Contains barley (gluten), milk*	

Week 3: Wednesday- breakfast	
Allergy information (1-4 years): Contains barley (gluten), milk, soya, wheat (gluten)*	
Ingredients	Typical portion size for 1-4 years
Shredded wheat	25g
Milk	100ml
Toasted fruit bread	35g (1 slice)
Vegetable oil spread	4g (thinly spread)
Kiwi fruit, sliced	40g
Drink: Water	100ml
Infants 7-12 months: For infants 7-12 months, serve instant oat cereal (made with 1-2 tablespoons dried instant oats and 100ml whole milk) and serve with about 25g quartered kiwi fruit as a finger food.	
Allergy information (7-12 months): Contains milk, oats (gluten) *	

Week 3: Thursday- breakfast	
Allergy information (1-4 years): Contains milk, wheat (gluten)*	
Ingredients	Typical portion size for 1-4 years
Wheat bisks	38g (2 bisks)
Milk	100ml
Raisins	25g (1 tablespoon)
Toasted crumpet	25g (½ crumpet)
Vegetable oil spread	2g (thinly spread)
Drink: Water	100ml
Infants 7-12 months: Add a wheat bisk to 100ml whole milk and leave to soften as required. Top with 15g chopped raisins and serve with about 25g nectarine strips as a finger food.	
Allergy information (7-12 months): Contains barley (gluten), milk, wheat (gluten)*	

Week 3: Friday- breakfast	
Allergy information (1-4 years): Contains barley (gluten), milk, oats (gluten), soya, wheat (gluten)*	
Ingredients	Typical portion size for 1-4 years
Crisped rice cereal	25g (6 tablespoons)
Milk	100ml
Grapes, cut lengthways	40g
Wholemeal toast	25g (1 slice)
Vegetable oil spread	4g (thinly spread)
Drinks: Water	100ml
Infants 7-12 months: Add about 20g crisped rice cereal to 100ml whole milk and leave to soften as required. Serve with about 25g halved or quartered (lengthways) grapes.	
Allergy information (7-12 months): Contains barley (gluten), milk*	

Autumn/winter menu breakfast recipes

Week 1: Monday- breakfast	
Allergy information (1-4 years): Contains barley (gluten), milk, soya, sulphites, wheat (gluten)*	
Ingredients	Typical portion sizes for 1-4 years old
Wheat biscuits	38g (2 biscuits)
Plain whole milk yoghurt	60g (1½ tablespoons)
Dried apricots	25g (3 apricots)
White toast	25g (1 slice)
Vegetable oil spread	4g (thinly spread)
Drink: Water	100ml
Infants 7-12 months: Add a wheat biscuit to 100ml whole milk and leave to soften as required. Top with 15g finely chopped apricots, and serve with 25g kiwi fruit quarters as a finger food.	
Allergy information (7-12 months): Contains barley, milk, sulphites, wheat (gluten)*	

Week 1: Tuesday- breakfast	
Allergy information (1-4 years): Contains barley (gluten), milk, soya, wheat (gluten)*	
Ingredients	Typical portion sizes for 1-4 years old
Cornflakes	25g (4 tablespoons)
Milk	100ml
Wholemeal toast	30g (1 medium slice)
Vegetable oil spread	4g (thinly spread)
Tomato slices	20g (1 slice)
Mushrooms	20g (2 medium)
Drink: Water	100ml
Infants 7-12 months: Serve ¾ slice wholemeal toast fingers with vegetable oil spread and 25g of mashed/sliced tomatoes and sliced mushrooms.	
Allergy information (7-12 months): Contains milk, soya, wheat (gluten)*	

Week 1: Wednesday- breakfast	
Allergy information (1-4 years): Contains milk, oats (gluten)*	
Ingredients	Typical portion sizes for 1-4 years old
Porridge	100g
Raisins	25g (1 tablespoon)
Banana	40g
Drink: Water	100ml
Infants 7-12 months: Serve about 100g porridge made with whole milk, with 15g finely chopped raisins and about 25g banana sticks as a finger food.	
Allergy information (7-12 months): Contains milk, oats (gluten)*	

Week 1: Thursday- breakfast	
Allergy information (1-4 years): Contains barley (gluten), milk, wheat (gluten)*	
Ingredients	Typical portion sizes for 1-4 years old
Malt wheat cereal	25g
Milk	100ml
Toasted crumpet	50g (1 crumpet)
Vegetable oil spread	4g (thinly spread)
Pear slices	40g
Drink: Water	100ml
Infants 7-12 months: Add about 20g malt wheat cereal to 100ml whole milk and leave to soften as required. Serve with about 25g pear slices or sticks as a finger food.	
Allergy information (7-12 months): Contains barley (gluten), milk, wheat (gluten)*	

Week 1: Friday- breakfast	
Allergy information (1-4 years): Contains barley (gluten), milk, oats (gluten), soya, wheat (gluten)*	
Ingredients	Typical portion sizes for 1-4 years old
Crisped rice cereal	25g (6 tablespoons)
Milk	100ml
Satsuma segments	40g
Toasted fruit bread	25g (1 slice)
Vegetable oil spread	4g (thinly spread)
Drink: Water	100ml
Infants 7-12 months: Add about 20g crisped rice cereal to 100ml whole milk and leave to soften as required. Serve with about 25g drained canned mandarin segments as a finger food.	
Allergy information (7-12 months): Contains barley (gluten), milk, oats (gluten)*	

Week 2: Monday- breakfast	
Allergy information (1-4 years): Contains barley (gluten), milk, oats (gluten), rye (gluten), wheat (gluten)*	
Ingredients	Typical portion sizes for 1-4 years old
Crisped rice cereal	25g (6 tablespoons)
Milk	100ml
Toasted plain bagel	23g (¼ bagel)
Vegetable oil spread	2g (thinly spread)
Plum slices	40g
Drink: Water	100ml
Infants 7-12 months: Add about 20g crisped rice cereal to 100ml whole milk and leave to soften as required. Top with about 15g chopped raisins, and serve with 25g plum slices as a finger food.	
Allergy information (7-12 months): Contains barley (gluten), milk*	

Week 2: Tuesday- breakfast	
Allergy information (1-4 years): Contains barley (gluten), milk, soya, wheat (gluten)*	
Ingredients	Typical portion sizes for 1-4 years old
Malt wheat cereal	25g
Milk	100ml
Banana slices	40g
Wholemeal toast	25g (1 slice)
Vegetable oil spread	4g (thinly spread)
Drink: Water	100ml
Infants 7-12 months: Add about 20g malt wheat cereal to 100ml whole milk and leave to soften as required. Serve with about 25g banana sticks as a finger food.	
Allergy information (7-12 months): Contains barley (gluten), milk, wheat (gluten)*	

Week 2: Wednesday- breakfast	
Allergy information (1-4 years): Contains Egg, milk, soya, wheat (gluten)*	
Ingredients	Typical portion sizes for 1-4 years old
Breakfast cups (see recipe)	65g
Wholemeal toast	30g (1 medium slice)
Vegetable oil spread	4g (thinly spread)
Tomato slices	40g (3 cherry tomatoes or, 2 large slices)
Pear slices	40g
Drink: Water	100ml
Infants 7-12 months: Serve $\frac{3}{4}$ slice wholemeal toast fingers with spread, with 50g cooked egg and 25g cooked tomato slices.	
Allergy information (7-12 months): Contains Egg, milk, wheat (gluten)*	

Week 2: Thursday- breakfast	
Allergy information (1-4 years): Contains barley (gluten), milk, wheat (gluten)*	
Ingredients	Typical portion sizes for 1-4 years old
Cornflakes	25g (4 tablespoons)
Milk	100ml
Raisins	25g (1 tablespoons)
Toasted crumpet	25g ($\frac{1}{2}$ crumpet)
Vegetable oil spread	2g (thinly spread)
Drink: Water	100ml
Infants 7-12 months: Add about 20g cornflakes to 100ml whole milk and leave to soften as required. Top with 15g finely chopped raisins, and serve with about 25g canned pear slices as a finger food.	
Allergy information (7-12 months): Contains barley (gluten), milk*	

Week 2: Friday- breakfast	
Allergy information (1-4 years): Contains barley (gluten), egg, milk, soya, wheat* (gluten)	
Ingredients	Typical portion sizes for 1-4 years old
Wheat biscuits	38g (2 biscuits)
Milk	100ml
Toasted teacake	35g (½ teacake)
Vegetable oil spread	2g (thinly spread)
Apple slices	40g
Drink: Water	100ml
Infants 7-12 months: Add a wheat biscuit to 100ml whole milk and leave to soften as required. Serve with about 25g sliced apple as a finger food.	
Allergy information (7-12 months): Contains barley (gluten), milk, wheat (gluten)*	

Week 3: Monday- breakfast	
Allergy information (1-4 years): Contains barley (gluten), milk, wheat (gluten) *	
Ingredients	Typical portion sizes for 1-4 years old
Wheat biscuits	38g (2 biscuits)
Milk	100ml
Raisins	25g (1 tablespoon)
Toasted crumpet	25g (½ crumpet)
Vegetable oil spread	2g (thinly spread)
Drink: Water	100ml
Infants 7-12 months: Add a wheat biscuit to 100ml whole milk and leave to soften as required. Top with 15g finely chopped raisins, and serve with 25g strips of pear as a finger food.	
Allergy information (7-12 months): Contains barley (gluten), milk, wheat (gluten)*	

Week 3: Tuesday- breakfast	
Allergy information (1-4 years): Contains milk, oats (gluten) *	
Ingredients	Typical portion sizes for 1-4 years old
Porridge	100g
Stewed apple and dates	40g
Drink: Water	100ml
Infants 7-12 months: Serve 100g porridge made with whole milk with about 25g stewed apples and blackberries. Leave some apple slices hard enough to hold as a finger food.	
Allergy information (7-12 months): Contains milk, oats (gluten)*	

Week 3: Wednesday- breakfast	
Allergy information (1-4 years): Contains barley (gluten), egg, milk, wheat (gluten)*	
Ingredients	Typical portion sizes for 1-4 years old
Malt wheat cereal	25g
Milk	100ml
Plain pancakes	25g (½ large)
Banana slices	40g
Drink: Water	100ml
Infants 7-12 months: Add about 20g malt wheat cereal to 100ml whole milk and leave to soften as required. Serve with about 25g banana, cut into sticks as a finger food.	
Allergy information (7-12 months): Contains barley (gluten), milk, wheat (gluten) *	

Week 3: Thursday- breakfast	
Allergy information (1-4 years): Contains egg, milk, soya, wheat (gluten)*	
Ingredients	Typical portion sizes for 1-4 years old
Egg	50g (1 egg)
Tomato slices	40g (2 large slices, chopped)
Wholemeal toast	30g (1 medium slice)
Vegetable oil spread	4g (thinly spread)
Drink: Water	100ml
Infants 7-12 months: Serve 50g cooked egg and 25g sliced mushrooms with ¾ slice wholemeal toast and spread, cut into fingers.	
Allergy information (7-12 months): Contains egg, milk, soya, wheat (gluten) *	

Week 3: Friday- breakfast	
Allergy information (1-4 years): Contains barley (gluten), milk, soya, wheat (gluten)*	
Ingredients	Typical portion sizes for 1-4 years old
Plain whole milk yoghurt	60g (1½ tablespoons)
Seasonal fruit	40g
Cornflakes	25g (3 tablespoons)
White toast	25g (1slice)
Vegetable oil spread	4g (thinly spread)
Drink: Water	100ml
Infants 7-12 months: Add about 20g cornflakes to 100ml whole milk and leave to soften as required. Serve with about 25g seasonal fruit eg plum quarters as a finger food.	
Allergy information (7-12 months): Contains barley (gluten), milk*	

Breakfast cups

Name of dish: Breakfast cups
Allergy information: Contains egg*
Recipe type: Breakfast
Typical portion size for recipe 1-4 years: 65g
Preparation time: 10 minutes
Cooking time: 20 minutes
Recipe adapted from: 1st Tiny Steps Pre-School, Medway food and nutrition support programme for childcare settings: Recipe book for early years settings

Ingredients	Quantity – serves 5	Quantity – serves 20
Egg	250g (5)	1kg (20)
Mushrooms	75g	300g
Fresh parsley	10g (8-10 sprigs)	40g (2 small bunches)

Method	
1.	Preheat the oven to 180°C/360°F/gas mark 4.
2.	Beat the egg. Roughly chop the mushrooms and parsley.
4.	Add the mushrooms to the beaten egg and divide mixture evenly between the non-stick (or lightly oiled) muffin tray holes.
5.	Sprinkle each cup with parsley.
6.	Bake for 20 minutes or until golden and the eggs are cooked through and not runny.
7.	Turn out onto a rack and allow to cool a little before serving

Serving suggestion: Serve with wholemeal toast and spread and tomatoes

Spring/summer menu snacks

Week 1: Monday morning- snack	
Allergy information: Contains barley (gluten), milk, wheat (gluten)*	
Ingredients	Typical portion size for 1-4 years
Breadsticks	15g (2 large)
Mixed vegetable sticks	40g
Drink: Water or milk	100ml

Week 1: Monday afternoon- snack	
Allergy information: Contains milk*	
Ingredients	Typical portion size for 1-4 years
Cheese, cut into sticks	15g
Tomato slices	40g
Drink: Water or milk	100ml

Week 1: Tuesday morning- snack	
Allergy information: Contains milk, wheat (gluten)*	
Ingredients	Typical portion size for 1-4 years
Toasted crumpet	50g (1 crumpet)
Vegetable oil spread	4g (thinly spread)
Strawberry slices	40g
Drink: Water or milk	100ml

Week 1: Tuesday afternoon- snack	
Allergy information: Contains milk*	
Ingredients	Typical portion size for 1-4 years
Pineapple slices	40g
Drink: Water or milk	100ml

Week 1: Wednesday morning- snack	
Allergy information: Contains milk*	
Ingredients	Typical portion size for 1-4 years
Greek whole milk yoghurt	60g (1 ½ tablespoons)
Grapes, sliced lengthways	40g
Drink: Water or milk	100ml

Week 1: Wednesday afternoon- snack	
Allergy information: Contains milk, wheat (gluten)*	
Ingredients	Typical portion size for 1-4 years
Mashed avocado	40g
Toasted pitta bread	35g (½ pitta or 1 mini)
Drink: Water or milk	100ml

Week 1: Thursday morning- snack	
Allergy information: Contains milk, soya (gluten), wheat (gluten)*	
Ingredients	Typical portion size for 1-4 years
Wholemeal toast	30g (1 medium slice)
Vegetable oil spread	4g (Thinly spread)
Mangetout	40g
Drink: Water or milk	100ml

Week 1: Thursday afternoon- snack	
Allergy information: Contains milk*	
Ingredients	Typical portion size for 1-4 years
Seasonal chopped mixed fruit (spring/summer) (see recipe)	40g
Drink: Water or milk	100ml

Week 1: Friday morning- snack	
Allergy information: Contains milk*	
Ingredients	Typical portion size for 1-4 years
Banana slices	40g
Drink: Water or milk	100ml

Week 1: Friday afternoon- snack	
Allergy information: Contains milk, wheat (gluten)*	
Ingredients	Typical portion size for 1-4 years
Cucumber sticks	20g
Carrot sticks	20g
Crackers	16g (2 crackers)
Cream cheese	15g
Drinks: Water or milk	100ml

Week 2: Monday morning- snack	
Allergy information: Contains barley (gluten), milk, sulphites, wheat (gluten)*	
Ingredients	Typical portion size for 1-4 years
Beanie dip (see recipe)	40g
Breadsticks	15g (2 large)
Drink: Water or milk	100ml

Week 2: Monday afternoon- snack	
Allergy information: Contains milk*	
Ingredients	Typical portion size for 1-4 years
Nectarine slices	40g
Drink: Water or milk	100ml

Week 2: Tuesday morning- snack	
Allergy information: Contains milk*	
Ingredients	Typical portion size for 1-4 years
Pepper sticks	20g
Tomato slices	20g
Drink: Water or milk	100ml

Week 2: Tuesday afternoon- snack	
Allergy information: Contains milk, oats (gluten)*	
Ingredients	Typical portion size for 1-4 years
Oatcakes	16g (2 cakes)
Cream cheese	15g
Drink: Water or milk	100ml

Week 2: Wednesday morning- snack	
Allergy information: Contains milk, soya, wheat (gluten)*	
Ingredients	Typical portion size for 1-4 years
Wholemeal toast	30g (1 slice)
Vegetable oil spread	4g (thinly spread)
Kiwi fruit slices	40g
Drink: Water or milk	100ml

Week 2: Wednesday afternoon- snack	
Allergy information: Contains milk*	
Ingredients	Typical portion size for 1-4 years
Cucumber sticks	20g
Carrot sticks	20g
Drink: Water or milk	100ml

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Week 2: Thursday morning- snack	
Allergy information: Contains milk*	
Ingredients	Typical portion size for 1-4 years
Banana slices	40g
Drink: Water or milk	100ml

Week 2: Thursday afternoon- snack	
Allergy information: Contains milk, wheat (gluten)*	
Ingredients	Typical portion size for 1-4 years
Crackers	16g (2 crackers)
Tzatziki (see recipe)	50g (1½ tablespoons)
Tomato slices	40g
Drink: Water or milk	100ml

Week 2: Friday morning- snack	
Allergy information: Contains barley (gluten), milk, rye (gluten), wheat (gluten)*	
Ingredients	Typical portion size for 1-4 years
Toasted bagel	45g (1/2 bagel)
Cream cheese	15g
Drink: Water or milk	100ml

Week 2: Friday afternoon- snack	
Allergy information: Contains milk*	
Ingredients	Typical portion size for 1-4 years
Melon slices	20g
Blueberries	20g
Drink: Water or milk	100ml

Week 3: Monday morning- snack	
Allergy information: Contains milk*	
Ingredients	Typical portion size for 1-4 years
Peach slices	40g
Plain whole milk yoghurt	60g (1½ tablespoons)
Drink: Water or milk	100ml

Week 3: Monday afternoon- snack	
Allergy information: Contains milk, wheat (gluten)*	
Ingredients	Typical portion size for 1-4 years
Toasted crumpet	50g (1 crumpet)
Vegetable oil spread	4g (thinly spread)
Drink: Water or milk	100ml

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Week 3: Tuesday morning- snack	
Allergy information: Contains barley (gluten), milk, wheat (gluten)*	
Ingredients	Typical portion size for 1-4 years
Breadsticks	15g (2 large)
Carrot and pepper sticks	40g
Drink: Water or milk	100ml

Week 3: Tuesday afternoon- snack	
Allergy information: Contains milk*	
Ingredients	Typical portion size for 1-4 years
Banana slices	40g
Plain whole milk yoghurt	60g (1 ½ tablespoons)
Drink: Water or milk	100ml

Week 3, Wednesday morning	
Allergy information: Contains milk*	
Ingredients	Typical portion size for 1-4 years
Mixed berries	40g
Plain whole milk yoghurt	60g (1 ½ tablespoons)
Drink: Water or milk	100ml

Week 3: Wednesday afternoon- snack	
Allergy information: Contains fish, egg, milk, mustard, wheat (gluten)*	
Ingredients	Typical portion size for 1-4 years
Toasted pitta bread	35g (½ pitta or 1 mini)
Tuna dip (see recipe)	40g
Drink: Water or milk	100ml

Week 3: Thursday morning- snack	
Allergy information: Contains milk, soya, wheat (gluten)*	
Ingredients	Typical portion size for 1-4 years
Wholemeal toast	30g (1 slice)
Vegetable oil spread	4g (thinly spread)
Drink: Water or milk	100ml

Week 3: Thursday afternoon- snack	
Allergy information: Contains milk*	
Ingredients	Typical portion size for 1-4 years
Pepper sticks	40g
Cheese, sliced or cut into sticks	15g
Drink: Water or milk	100ml

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Week 3: Friday morning- snack	
Allergy information: Contains milk, sulphites*	
Ingredients	Typical portion size for 1-4 years
Sugar snap peas	40g
Houmous (see recipe)	40g (1 tablespoon)
Drink: Water or milk	100ml

Week 3: Friday afternoon- snack	
Allergy information: Contains milk*	
Ingredients	Typical portion size for 1-4 years
Rice cakes	16g (2 cakes)
Cucumber sticks	20g
Tomato slices	20g
Drink: Water or milk	100ml

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Autumn/winter menu snacks

Week 1: Monday morning- snack	
Allergy information: Contains milk, wheat (gluten), soya*	
Ingredients	Typical portion sizes for 1-4 years old
Toasted English muffin	35g (½ muffin)
Vegetable oil spread	4g (thinly spread)
Clementine segments	40g
Drink: Water or milk	100ml

Week 1: Monday afternoon- snack	
Allergy information: Contains milk*	
Ingredients	Typical portion sizes for 1-4 years old
Tomato slices	40g
Cheese sticks	15g
Drink: Water or milk	100ml

Week 1: Tuesday morning- snack	
Allergy information: Contains sulphites*	
Ingredients	Typical portion sizes for 1-4 years old
Runner beans	40g
Beanie dip (see recipe)	30g
Drink: Water or milk	100ml

Week 1: Tuesday afternoon- snack	
Allergy information: Contains milk*	
Ingredients	Typical portion sizes for 1-4 years old
Plain popcorn	15g
Pear slices	40g
Drink: Water or milk	100ml

Week 1: Wednesday morning- snack	
Allergy information: Contains milk*	
Ingredients	Typical portion sizes for 1-4 years old
Rice cakes	16g (2 cakes)
Beetroot dip (see recipe)	40g
Drink: Water or milk	100ml

Week 1: Wednesday afternoon- snack	
Allergy information: Contains milk, oats (gluten)*	
Ingredients	Typical portion sizes for 1-4 years old
Oatcake	15g (1 oatcake)

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Satsuma segments	40g
Drink: Water or milk	100ml

Week 1: Thursday morning-snack	
Allergy information: Contains milk*	
Ingredients	Typical portion sizes for 1-4 years old
Banana slices	40g
Drink: Water or milk	100ml

Week 1: Thursday afternoon-snack	
Allergy information: Contains milk, wheat (gluten)*	
Ingredients	Typical portion sizes for 1-4 years old
Baby corn	40g
Crackers	16g (2 crackers)
Vegetable oil spread	4g
Drink: Water or milk	100ml

Week 1: Friday morning-snack	
Allergy information: Contains milk, wheat (gluten)*	
Ingredients	Typical portion sizes for 1-4 years old
Toasted wholemeal pitta	35g (1 mini or ½ large pitta)
Mashed avocado	40g
Drink: Water or milk	100ml

Week 1: Friday afternoon-snack	
Allergy information: Contains milk, sesame*	
Ingredients	Typical portion sizes for 1-4 years old
Carrot sticks	20g
Pepper sticks	20g
Houmous (see recipe)	40g (1 tablespoon)
Drink: Water or milk	100ml

Week 2: Monday morning- snack	
Allergy information: Contains milk*	
Ingredients	Typical portion sizes for 1-4 years old
Carrot sticks	20g
Pepper sticks	20g
Drinks: Water or milk	100ml

Week 2: Monday afternoon- snack	
Allergy information: Contains milk, soya, wheat (gluten)*	
Ingredients	Typical portion sizes for 1-4 years old
Banana slices	40g
Wholemeal toast	30g (1 slice)
Drink: Water or milk	100ml

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Week 2: Tuesday morning- snack	
Allergy information: Contains milk*	
Ingredients	Typical portion sizes for 1-4 years old
Rice cakes	16g (2 cakes)
Cream cheese	15g
Drink: Water or milk	100ml

Week 2: Tuesday afternoon-snack	
Allergy information: Contains milk*	
Ingredients	Typical portion sizes for 1-4 years old
Plain whole milk yoghurt	60g (1½ tablespoons)
Pear slices	40g
Drink: Water or milk	100ml

Week 2: Wednesday morning-snack	
Allergy information: Contains milk, wheat (gluten)*	
Ingredients	Typical portion sizes for 1-4 years old
Crackers	16g (2 crackers)
Vegetable oil spread	4g
Grapes, sliced lengthways	40g (8)
Drink: Water or milk	100ml

Week 2: Wednesday afternoon-snack	
Allergy information: Contains milk*	
Ingredients	Typical portion sizes for 1-4 years old
Cheese sticks	15g
Tomato slices	40g (2 large slices, chopped)
Drink: Water or milk	100ml

Week 2: Thursday morning- snack	
Allergy information: Contains milk, wheat (gluten)*	
Ingredients	Typical portion sizes for 1-4 years old
Toasted wholemeal pitta fingers	35g (½ pitta)
Mint raita (see recipe)	50g (1½ tablespoons)
Cucumber sticks	20g
Drink: Water or milk	100ml

Week 2: Thursday afternoon-snack	
Allergy information: Contains milk*	
Ingredients	Typical portion sizes for 1-4 years old
Pineapple sticks	40g
Drink: Water or milk	100ml

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Week 2: Friday morning-snack	
Allergy information: Contains milk*	
Ingredients	Typical portion sizes for 1-4 years old
Plum slices	20g
Satsuma segments	20g
Drink: Water or milk	100ml

Week 2: Friday afternoon-snack	
Allergy information: Contains milk, soya, wheat (gluten)*	
Ingredients	Typical portion sizes for 1-4 years old
Toasted English muffin	35g (½ muffin)
Vegetable oil spread	4g (thinly spread)
Carrot sticks	40g
Drink: Water or milk	100ml

Week 3: Monday morning- snack	
Allergy information: Contains milk, sesame*	
Ingredients	Typical portion sizes for 1-4 years old
Rice cakes	16g (2 cakes)
Houmous (see recipe)	40g (1 tablespoon)
Drink: Water or milk	100ml

Week 3: Monday afternoon-snack	
Allergy information: Contains milk, wheat (gluten)*	
Ingredients	Typical portion sizes for 1-4 years old
Crackers	16g (2 crackers)
Cream cheese	15g
Drink: Water or milk	100ml

Week 3: Tuesday morning-snack	
Allergy information: Contains milk*	
Ingredients	Typical portion sizes for 1-4 years old
Plain whole milk yoghurt	60g (1½ tablespoons)
Banana slices	40g
Drink: Water or milk	100ml

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Week 3: Tuesday afternoon- snack	
Allergy information: Contains milk, wheat (gluten)*	
Ingredients	Typical portion sizes for 1-4 years old
Toasted pitta bread fingers	35g (½ pitta)
Tatziki (see recipe)	50g (1½ tablespoon)
Pepper sticks	40g
Drink: Water or milk	100ml

Week 3: Wednesday morning- snack	
Allergy information: Contains milk, soya, wheat (gluten)*	
Ingredients	Typical portion sizes for 1-4 years old
Avocado	40g
Wholemeal toast	30g (1 slice)
Drink: Water or milk	100ml

Week 3: Wednesday afternoon- snack	
Allergy information: Contains milk*	
Ingredients	Typical portion sizes for 1-4 years old
Seasonal chopped mixed fruit (autumn/winter) (see recipe)	40g
Drink: Water or milk	100ml

Week 3: Thursday morning- snack	
Allergy information: Contains celery, milk*	
Ingredients	Typical portion sizes for 1-4 years old
Carrot sticks	20g
Celery sticks	20g
Drink: Water or milk	100ml

Week 3: Thursday afternoon- snack	
Allergy information: Contains milk, wheat (gluten)*	
Ingredients	Typical portion sizes for 1-4 years old
Toasted crumpet	50g (1 crumpet)
Vegetable oil spread	4g (thinly spread)
Grapes, sliced lengthways	40g (8)
Drink: Water or milk	100ml

Week 3: Friday morning- snack	
Allergy information: Contains barley (gluten), milk, wheat (gluten)*	
Ingredients	Typical portion sizes for 1-4 years old
Breadsticks	15g (2 large)
Apple slices	40g
Drink: Water or milk	100ml

Week 3: Friday afternoon- snack	
Allergy information: Contains egg, milk*	
Ingredients	Typical portion sizes for 1-4 years old
Hard-boiled egg	50g (1 egg)
Tomato slices	40g (3 cherry tomatoes or, 2 large slices)
Drink: Water or milk	100ml

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Beanie dip

Included in: Spring/summer and autumn/winter menus
Allergy information: Contains sulphites*
Recipe type: Snack
Typical portion size for 1-4 years: 40g
Preparation time: 10 minutes
Cooking time: None
Recipe adapted from: Elmscot Group

Ingredients	Quantity – serves 5	Quantity – serves 20
Garlic, peeled	8g (2 cloves)	32g (8 cloves)
Fresh mint	5g (2-3 sprigs)	20g (1 small bunch)
Canned butter beans, no added sugar or salt, drained	230g (1 x 400g can, drained)	920g (4 x 400g cans, drained)
Olive oil	15ml (1 tablespoon)	60ml (4 tablespoons)

Method	
1.	Crush the garlic and roughly chop the mint.
2.	Warm the butter beans in a pan with the olive oil.
3.	Add the crushed garlic and mint to the beans. Simmer for 5-10 minutes until the beans are tender.
4.	Put in a blender, blend until smooth.

Serving suggestion: Serve with breadsticks

Beetroot dip

Included in: Autumn/winter menu
Allergy information: Contains milk*
Recipe type: Snack
Typical portion size for recipe 1-4 years: 40g
Preparation time: 10 minutes
Cooking/assembly time: 5 minutes
Recipe adapted from: Honey Pot Day Nurseries

Ingredients	Quantity – serves 5	Quantity – serves 20
Beetroot	130g	520g
Cumin	1.5g (½ teaspoon)	6g (2 teaspoons)
Fresh mint	5g (2-3 sprigs)	20g (1 small bunch)
Lemon juice	5ml (1 teaspoon)	20ml (1 tablespoon)
Crème fraiche	35g (1 tablespoon)	140g (4 tablespoons)
Cream cheese	35g (1 tablespoon)	140g (4 tablespoons)

Method	
1.	Peel and chop the beetroot. Place in a pan, bring to the boil and simmer for 10-15 minutes or until tender.
2.	Once cooked strain and leave to cool.
3.	In a bowl mix the cumin, mint, lemon juice, crème fraiche and cream cheese together.
4.	Blend the cooled beetroot and mix with the crème fraiche mixture before serving.

Serving suggestion: Serve with pitta bread

Houmous

Included in: Spring/summer and autumn/winter menus
Allergy information: Contains sulphites*
Recipe type: Snack
Typical portion size for 1-4 years: 40g
Preparation time: None
Cooking/assembly time: 5 minutes
Recipe adapted from: Kloister's Kindergarten, Medway food and nutrition support programme for childcare settings: Recipe book for early years settings

Ingredients	Quantity – serves 5	Quantity – serves 20
Canned chickpeas, no added sugar or salt, drained	125g (1 x 210g can, drained)	500g (2 x 400g cans, drained)
Lemon juice	10ml (2 teaspoons)	40ml (2 tablespoons)
Garlic, peeled	4g (1 clove)	16g (4 cloves)
Ground cumin	1.5g (½ teaspoon)	6g (2 teaspoons)
Water	30ml (2 tablespoons)	120ml (8 tablespoons)
Olive oil	15ml (1 tablespoon)	60ml (4 tablespoons)

Method	
1.	Put all the ingredients into a blender or food processor and blend to form a smooth paste.
2.	Cover and keep in the fridge until needed.

Serving suggestion: Serve with sugar snap peas

Mint raita

Included in: Autumn/winter menu
Allergy information: Contains milk*
Recipe type: Snack
Typical portion size for 1-4 years: 50g
Preparation time: 10 minutes
Cooking/assembly time: 5 minutes
Recipe adapted from: Kloister's Kindergarten, Medway food and nutrition support programme for childcare settings: Recipe book for early years settings

Ingredients	Quantity – serves 5	Quantity – serves 20
Fresh mint	5g (4-6 sprigs)	20g (1 small bunch)
Cucumber	50g	400g
Plain whole milk yoghurt	100g	600g
Lemon juice	5ml (1 teaspoon)	20ml (2 tablespoons)

Method	
1.	Dice the mint and cucumber.
2.	Combine with the yoghurt, and lemon juice.

Serving suggestion: Serve with crackers and cucumber sticks

Seasonal chopped mixed fruit (spring summer)

Included in: Spring/summer menu
Allergy information: None*
Recipe type: Snack
Typical portion size for 1-4 years: 40g
Preparation time: 10 minutes
Cooking time: None

Ingredients	Quantity – serves 10	Quantity – serves 20
Kiwi fruit	80g	160g
Strawberries	80g	160g
Raspberries	80g	160g
Blueberries	80g	160g
Melon	80g	160g

Method	
1.	Wash and slice the fruit, and combine.

Seasonal chopped mixed fruit (autumn/winter)

Included in: Autumn/winter menu
Allergy information: None*
Recipe type: Snack
Typical portion size for 1-4 years: 40g
Preparation time: 10 minutes
Cooking time: None

Ingredients	Quantity – serves 10	Quantity – serves 20
Grapes	40g	160g
Satsuma	40g	160g
Apple	40g	160g
Pear	40g	160g
Plum	40g	160g

Method	
1.	Wash and slice the fruit.
2.	Combine together in a bowl and serve

Serving suggestion: Serve with yoghurt

Tuna dip

Included in: Spring/summer menu
Allergy information: Contains fish, egg, milk, mustard*
Recipe type: Snack
Typical portion size for 1-4 years: 50g
Preparation time: 10 minutes
Cooking/assembly time: 5 minutes
Recipe adapted from: Rainbow Pre-school

Ingredients	Quantity – serves 5	Quantity – serves 20
Canned tuna, in spring water, drained	200g (1½ x 160g cans, drained)	800g (6½ x 200g cans, drained)
Mayonnaise	25g	100g
Plain whole milk yoghurt	25g	100g

Method	
1.	Flake the tuna into a bowl.
2.	Mash the fish with the mayonnaise and yoghurt to make a paste.

Serving suggestion: Serve with toasted pitta bread

Tzatziki

Included in: Spring/summer menu and autumn/winter menu
Allergy information: Contains milk*
Recipe type: Snack
Typical portion size for 1-4 years: 50g
Preparation time: 10 minutes
Cooking/assembly time: 5 minutes
Recipe adapted from: Kloister's Kindergarten, Medway recipe book

Ingredients	Quantity – serves 5	Quantity – serves 20
Fresh mint	5g (4-6 sprigs)	20g (1 small bunch)
Cucumber	50g	400g
Plain whole milk yoghurt	100g	600g
Lemon juice	5ml (1 teaspoon)	20ml (2 tablespoons)

Method	
1.	Dice the mint and cucumber.
2.	Combine with the yoghurt, and lemon juice.

Serving suggestion: Serve with crackers and tomato slices
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Lunch: meat/fish main courses

BBQ Chicken

Included in: Spring/summer menu
Allergy information: Contains barley (gluten), mustard*
Recipe type: Main meat dish
Typical portion size for 1-4 years: 90g
Preparation time: 10 minutes
Cooking time: 30 minutes
Recipe adapted from: Elmscot Group

Ingredients	Quantity – serves 5	Quantity – serves 20
Chicken breast	265g	1.1kg
Onion, peeled	50g (1 small)	200g (1 large)
Garlic, peeled	4g (1 clove)	16g (4 cloves)
Pepper, deseeded	80g (½ medium)	320g (2 medium)
Vegetable oil	5ml (1 teaspoon)	15ml (1 tablespoon)
Canned chopped tomatoes	100g (½ x 200g can)	400g (1 x 400g can)
Mustard powder	1g (¼ teaspoon)	4g (1 teaspoon)
Chilli powder	1g (¼ teaspoon)	4g (1 teaspoon)
Ground ginger	1g (¼ teaspoon)	4g (1 teaspoon)
Malt vinegar	15ml (1 tablespoon)	60ml (4 tablespoons)
Frozen sweetcorn	35g	140g
Cornflour	1g (¼ teaspoon)	4g (1 teaspoon)

Method	
1.	Dice the chicken. Chop the onion, garlic and pepper.
2.	Heat the vegetable oil in a saucepan.
3.	Add the onions, garlic and peppers and cook for 3-4 minutes until starting to soften.
4.	Add the diced chicken and cook until browned.
5.	Add the canned tomatoes, mustard powder, chilli powder, ginger and vinegar. Simmer for 20 minutes.
6.	Add the sweetcorn and thicken with cornflour and water if required. Cook for a further 5 minutes or until all the vegetables and the chicken is cooked through.

Serving suggestion: Serve with new potatoes and roasted vegetables
Infants 7-12 months Typical portion size: about 45g, with 30-40g cooked new potatoes and about 25g vegetables. Recipe adaptations: none Serving to infants 7-9 months: blend or mash the cooked chicken with cooked new potatoes until smooth with soft lumps. Serve with roast vegetables as a finger food. Serving to infants 10-12 months: chop or mince the cooked chicken with cooked new potatoes to the desired consistency. Serve with roast vegetables as a finger food.

Beef and mushroom stroganoff

Included in: Spring/summer menu
Allergy information: Contains milk, mustard, wheat (gluten)*
Recipe type: Main meat dish
Typical portion size for 1-4 years: 125g
Preparation time: 15 minutes
Cooking time: 20 minutes
Recipe adapted from: Elmscott Day Nursery

Ingredients	Quantity – serves 5	Quantity – serves 20
Onion, peeled	75g (½ medium)	300g (2 medium)
Garlic, peeled	4g (1 clove)	16g (4 cloves)
Mushrooms	160g	640g
Gherkin	15g	60g
Fresh parsley	2g (2-3 sprigs)	8g (8-10 sprigs)
Peas	50g	200g
Beef, frying steak	350g	1.4kg
Vegetable oil	15ml (1 tablespoon)	60ml (4 tablespoons)
Paprika	1.5g (½ teaspoon)	6g (2 teaspoons)
Wholemeal flour	35g (2 level tablespoons)	140g
Tomato purée	30g (2 tablespoons)	120g
Plain whole milk yoghurt	75g (2 tablespoons)	300g

Method	
1.	Chop the onion, garlic, mushrooms and gherkin. Roughly chop the parsley.
2.	Dice the beef.
3.	Heat oil in a pan. Add the beef and cook for 5 minutes until it is brown on all sides.
4.	Add the onions and garlic, cook for a further 3-4 minutes until soft.
5.	Add the mushrooms and peas and cook for 2-3 minutes.
6.	Add paprika, flour and tomato purée, coating all the vegetables and cook for 2 minutes.
7.	Then add the gherkins and yoghurt and combine well to make the sauce.
8.	Stir in the chopped parsley before serving.

Serving suggestion: Serve with white or brown rice
Infants 7-12 months Typical portion size: about 60g with 30-40g cooked rice and about 25g vegetables. Recipe adaptations: none Serving to infants 7-9 months: blend or mash the cooked stroganoff with cooked rice until it is smooth with soft lumps. Serve with sugar snap peas as a finger food. Serving to infants 10-12 months: chop or mince the cooked stroganoff with cooked rice to the desired consistency. Serve with sugar snap peas as a finger food.

Beef and spinach curry

Included in: Spring/summer menu
Allergy information: Contains mustard*
Recipe type: Main meat dish
Typical portion size for 1-4 years: 120g
Preparation time: 10 minutes
Cooking time: 40 minutes
Recipe adapted from: The Nursery Catering Company

Ingredients	Quantity – serves 5	Quantity – serves 20
Onion, peeled	80g (½ medium)	320g (2 medium)
Fresh tomatoes	40g	160g
Diced beef	335g	1.3kg
Vegetable oil	5ml (1 teaspoon)	15ml (1 tablespoon)
Tomato purée	20g (1 tablespoon)	80g (4 tablespoons)
Ground turmeric	3g (1 teaspoon)	12g (4 teaspoons)
Chilli powder	3g (1 teaspoon)	12g (4 teaspoons)
Curry powder	3g (1 teaspoon)	12g (4 teaspoons)
Tap water	165ml	660ml
Fresh spinach	80g	320g

Method	
1.	Chop the onion and tomatoes.
2.	Heat oil in pan and add the diced beef. Cook until browned
3.	Add the onion and tomatoes and cook for 5 minutes.
4.	Add the tomato purée, turmeric, chilli powder, curry powder and water. Bring to the boil and simmer for 30 minutes until the beef is cooked through and tender.
5.	Add the spinach and cook for a further 3-4 minutes.

Serving suggestion: Serve with white or brown rice
Infants 7-12 months Typical portion size: about 60g curry with 30-40g cooked rice and about 25g vegetables. Recipe adaptations: none Serving to infants 7-9 months: blend or mash the cooked curry with cooked rice until it is smooth with soft lumps. Serve with broccoli florets as a finger food. Serving to infants 10-12 months: chop or mince the cooked curry with cooked rice to the desired consistency. Serve with broccoli florets as a finger food.

Beef lasagne

Included in: Autumn/winter menu
Allergy information: Contains milk, wheat (gluten)*
Recipe type: Main meat dish
Typical portion size for 1-4 years: 210g
Preparation time: 50 minutes
Cooking time: 45 minutes
Recipe adapted from: The Peterborough Nursery School and Children's Food Trust Autumn/Winter menu and recipes for early years settings

Ingredients	Quantity – serves 5	Quantity – serves 20
Onion, peeled	60g (1 small)	240g (1 large)
Garlic, peeled	4g (1 clove)	16g (4 cloves)
Lean minced beef	250g	1kg
Dried oregano	0.5g (½ teaspoon)	2g (2 teaspoons)
Tomato purée	30g (2 tablespoons)	120g (8 tablespoons)
Canned chopped tomatoes	100g (½ x 200g can)	400g (1x 400g can)
Water	200ml	800ml
Vegetable oil spread	20g	80g
Plain flour	20g	80g
Semi skimmed milk	200ml	800ml
Lasagne sheets	90g (5-6 sheets)	350g (21-22 sheets)
Cheddar cheese	30g	120g

Method	
1.	Preheat the oven to 180°C/350°F/gas mark 4.
2.	Chop the onion and garlic.
3.	Put a large pan on a medium heat, add the mince and cook until brown. Add the onions, garlic, oregano and tomato purée and cook for 5 minutes until the onion has softened.
4.	Add the canned tomatoes and water and leave to simmer for 20 minutes.
5.	Prepare a roux white sauce: in a separate pan melt the vegetable oil spread on a low heat. Once it has melted, stir in the flour cook on a low heat for 1–2 minutes. Gradually add the milk a little at a time stirring continuously, bringing the sauce to the boil until thickened.
6.	In an ovenproof dish, layer the mince and lasagne sheets and top with a layer of white sauce.
7.	Grate the cheese and sprinkle on the top. Bake in the oven for 45 minutes or until cooked throughout and golden on top.

Serving suggestion: Serve with garlic bread and peas
Infants 7-12 months Typical portion size: about 100g lasagne, with 25g vegetables. Serving to infants 7-9 months: blend or mash the cooked lasagne until it is smooth with soft lumps. Serve with cooked swede batons as a finger food. Serving to infants 10-12 months: chop or mince the cooked lasagne to the desired consistency. Serve with cooked swede batons as a finger food.

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Cod, potato and spinach curry

Included in: Spring/summer menu
Allergy information: Contains fish, milk, mustard*
Recipe type: Main fish dish
Typical portion size for 1-4 years: 120g
Preparation time: 10 minutes
Cooking time: 25 minutes
Recipe adapted from: Elmscot Group

Ingredients	Quantity – serves 5	Quantity – serves 20
Potato, peeled	200g	800g
Onion, peeled	60g (1 small)	240g (1 large)
Garlic, peeled	4g (1 clove)	16g (4 cloves)
Cod fillets	250g	1kg
Vegetable oil	5ml (1 teaspoon)	15ml (1 tablespoon)
Curry powder	6g (2 teaspoons)	24g (2½ tablespoons)
Fresh tomato	80g (1 medium)	320g (4 medium)
Coconut milk	60ml	240ml
Spinach	50g	200g
Plain whole milk yoghurt	15g (1 teaspoon)	60g (1½ tablespoon)

Method	
1.	Chop the potatoes, onion and garlic.
2.	Steam the cod for 10 minutes until cooked through.
3.	Heat vegetable oil in a pan. Add the curry powder and cook for 1-2 minutes.
4.	Add the onions and garlic and cook for a further 3-4 minutes to soften.
5.	Add potatoes, tomatoes and coconut milk and simmer until the potatoes are cooked.
6.	Add spinach, yoghurt and flake in the cod. Stir well and cook for 5 minutes.

Serving suggestion: Serve with cous cous
Infants 7-12 months Typical portion size: about 60g curry with 30-40g cooked cous cous and about 25g vegetables. Recipe adaptations: none Serving to infants 7-9 months: blend or mash the cooked curry with cooked cous cous until it is smooth with soft lumps. Serve with cauliflower florets as a finger food. Serving to infants 10-12 months: chop or mince the cooked curry with cooked cous cous to the desired consistency. Serve with cauliflower florets as a finger food.

Chicken and vegetable pie

Included in: Spring/summer menu
Allergy information: Contains celery, milk, wheat (gluten)*
Recipe type: Main meat dish
Typical portion size for 1-4 years: 110g
Preparation time: 10 minutes
Cooking time: 45 minutes
Recipe adapted from: Toadhall Nursery Group

Ingredients	Quantity – serves 5	Quantity – serves 20
Carrot, peeled	80g (1 medium)	320g (4 medium)
Celery	25g (1 stick)	100g (4 sticks)
Chicken breast	250g	1kg
Chicken stock cube, reduced salt	3g (½ cube)	12g (2 cubes)
Boiling water	100ml	400ml
Vegetable oil	5ml (1 teaspoon)	15ml (1 tablespoon)
Vegetable oil spread	20g	80g
Plain flour	25g (1 tablespoon)	100g (4 tablespoons)
Semi-skimmed milk	40ml	160ml
Frozen peas	40g	160g
Puff pastry	50g	200g

Method	
1.	Pre-heat the oven to 200°C/400°F/gas mark 6.
2.	Dice the carrots, celery and chicken.
3.	Make up the stock.
4.	Heat oil in a pan and add the chicken. Cook for 3-4 minutes until starting to brown.
5.	Add the carrots and celery and cook for a further 3-4 minutes. Set aside.
6.	Prepare a roux white sauce: in a separate pan melt the vegetable oil spread on a low heat. Once it has melted, stir in the flour cook on a low heat for 1-2 minutes. Gradually add the milk a little at a time stirring continuously, bringing the sauce to the boil until thickened.
7.	Add the chicken and vegetable mix, peas and stock to the white sauce stirring well to combine. Simmer on a low heat for 5 minutes.
8.	On a floured surface, roll out the pastry.
9.	Pour the chicken and vegetable mixture into an ovenproof dish and top with the pastry. Trim the edges. Bake in the oven for 30 minutes or until the pastry is golden.

Serving suggestion: Serve with roast potatoes and spring greens
Infants 7-12 months Typical portion size: about 60g chicken and vegetable mixture with 30-40g roast potatoes and about 25g spring greens. Recipe adaptations: cook without the stock cube, and serve without the pastry topping. Serving to infants 7-9 months: blend or mash until it is smooth with soft lumps. Serve with roast potatoes cut into slices as a finger food. Serving to infants 10-12 months: chop or mince to the desired consistency. Serve with roast potatoes cut into slices as a finger food.

Chicken korma

Included in: Autumn/winter menu
Allergy information: Contains almonds, mustard, sulphites*
Recipe type: Main meat dish
Typical portion size for 1-4 years: 110g
Preparation time: 10 minutes
Cooking time: 25 minutes
Recipe adapted from: Elmscot Group

Ingredients	Quantity – serves 5	Quantity – serves 20
Onion, peeled	60g (1 small)	240g (1 large)
Garlic, peeled	8g (2 cloves)	32g (8 cloves)
Chicken breast	275g	1.1kg
Korma curry paste ^{ix}	40g	160g
Coconut milk, standard	200ml	800ml
Frozen peas	150g	600g
Desiccated coconut	10g	40g

Method	
1.	Chop the onion and garlic and dice the chicken.
2.	Heat oil in large pan, add onions and garlic and cook for a few minutes until softened.
3.	Add the korma paste and cook out for a few minutes, then add chicken breast and cook until browned.
4.	Add the coconut milk, frozen peas and desiccated coconut and bring to the boil. Simmer until the chicken is cooked through and the sauce has thickened.

Serving suggestion: Serve with brown rice.
Infants 7-12 months Typical portion size: about 65g, with 30-40g cooked rice and 25g green beans. Recipe adaptations: none Serving to infants 7-9 months: blend or mash the cooked korma with cooked brown rice until it is smooth with soft lumps. Serve with green beans as a finger food. Serving to infants 10-12 months: chop or mince the cooked korma with cooked brown rice to the desired consistency. Serve with green beans as a finger food.

^{ix} If the setting is nut-free, check the ingredients in the korma paste for presence of nuts – some korma pastes contain almonds, and some can contain peanuts.

Creamy chicken and leek hotpot

Included in: Autumn/winter menu
Allergy information: Contains milk*
Recipe type: Main meat dish
Typical portion size for 1-4 years: 240g
Preparation time: 15 minutes
Cooking time: 25 minutes
Recipe adapted from: First Steps Nutrition Trust, Eating well recipe book: Simple cost-effective ideas for the whole family

Ingredients	Quantity – serves 5	Quantity – serves 20
Leek	100g	400g
Carrot, peeled	100g	400g
Potato, peeled	450g	1.8kg
Green beans	50g	200g
Chicken breast	225g	900g
Vegetable oil	15ml (1 tablespoon)	60ml (4 tablespoons)
Water	200ml	800ml
Cream cheese	75g	300g

Method	
1.	Chop the leeks, carrots and potatoes. Trim and halve the beans.
2.	Dice the chicken.
3.	Heat the oil in a large pan. Add the chicken and fry for 2 to 3 minutes.
4.	Add the leeks, carrots, potatoes, green beans and water, bring to the boil and simmer for about 20 minutes until the vegetables and chicken are cooked.
5.	Turn off the heat, stir in the cream cheese.

Serving suggestion: Serve with seasonal vegetables such as broccoli.
Infants 7-12 months Typical portion size: about 100g plus 25g vegetables. Recipe adaptations: none Serving to infants 7-9 months: blend or mash the cooked hot pot until it is smooth with soft lumps. Serve with broccoli as a finger food. Serving to infants 10-12 months: chop or mince the cooked hot pot to the desired consistency. Serve with broccoli as a finger food.

Fish and pea fishcakes

Included in: Autumn/winter menu
Allergy information: Contains egg, fish, milk, soya, wheat (gluten)*
Recipe type: Main fish dish
Typical portion size for 1-4 years: 140g
Preparation time: 10 minutes
Cooking time: 45 minutes
Recipe adapted from: Toadhall Nursery Group

Ingredients	Quantity – serves 5	Quantity – serves 20
Potato, peeled	150g	600g
Leek	60g (½ small)	240g (2 small)
Egg	50g (1 medium)	200g (4 medium)
Cod fillets	250g	1kg
Vegetable oil	5ml (1 teaspoon)	15ml (2 tablespoons)
Frozen peas	100g	400g
Lemon juice	15ml (1 tablespoon)	60ml (4 tablespoons)
Fresh chives	5g	20g
Plain flour	50g (2½ tablespoons)	200g
Wholemeal breadcrumbs	100g	400g

Method	
1.	Pre-heat oven to 180°C/350°F/Gas mark 4.
2.	Dice the potatoes then boil until tender. Drain and then mash them.
3.	Finely slice the leeks. Beat the eggs.
4.	Steam or bake the fish until cooked through.
5.	Heat the oil in a pan and add the leeks and peas. Cook until softened.
6.	Flake the fish into the mash potato and add the leeks, peas, lemon juice and chives. Mix well.
7.	Divide the mixture into 10 or 40, and shape into patties (fishcakes).
8.	Into separate bowls, place the flour, beaten eggs and the breadcrumbs. Coat each fishcake in turn in the flour, egg and then breadcrumbs.
9.	Place on a baking tray and bake in the oven for 15-20 minutes, or until the breadcrumbs are golden brown.

Serving suggestion: Serve with potato wedges and spinach.
Infants 7-12 months Typical portion size: about 65g fish cakes plus 30-40g potato and 25g spinach. Recipe adaptations: none Serving to infants 7-9 months: blend or mash the cooked fishcakes until smooth with soft lumps, or slice to serve as a finger food. Serve with potato wedges and spinach. Serving to infants 10-12 months: chop or mince the cooked fishcakes to the desired consistency, or slice to serve as a finger food. Serve with potato wedges and spinach.

Fish masala

Additional recipe: try in place of cod in tomato and pepper sauce, or another fish dish
Allergy information: Contains fish*
Recipe type: Main fish dish
Typical portion size for 1-4 years: 110g
Preparation time: 35 minutes
Cooking time: 20 minutes
Recipe adapted from: Bright Horizons Day Nurseries

Ingredients	Quantity – serves 5	Quantity – serves 20
Garlic, peeled	4g (1 clove)	16g (4 cloves)
Vegetable oil	15ml (1 tablespoon)	60ml (4 tablespoons)
Tomato purée	15g (1 tablespoon)	60g (4 tablespoons)
Ground coriander	3g (1 teaspoon)	12g (4 teaspoons)
Ground cumin	3g (1 teaspoon)	12g (4 teaspoons)
Turmeric	1.5g (½ teaspoon)	6g (2 teaspoons)
Lemon juice	10ml (1 dessertspoon)	40ml (2 tablespoons)
Pollock fillets	250g	1kg
Onion, peeled	60g (1 small)	240g (1 large)
Red pepper, deseeded	80g (½ medium)	320g (2 medium)
Fresh coriander	5g (2-3 sprigs)	20g (1 small bunch)
Canned chopped tomatoes	200g (1 x 200g can)	800g (1 x 400g cans)
Chilli powder	1.5g (½ teaspoon)	6g (2 teaspoons)

Method	
1.	Pre-heat the oven to 190°C/375°F/Gas mark 5.
2.	Crush the garlic.
3.	Mix together half the oil with the tomato purée, garlic, ground coriander, cumin, turmeric and lemon juice. Reserve half for the sauce.
4.	Marinate the fish with the remaining spice mix, cover and allow to marinate in a refrigerator for 30 minutes.
5.	Place the fish onto a baking tray and roast for 10-15 minutes, turning half way through.
6.	Meanwhile, chop the onion, pepper and coriander.
7.	Heat the remaining oil in a pan. Add the onions and cook for 3-4 minutes.
8.	Then add the pepper, tomatoes, chilli powder and 2 tablespoons of the spice mix and cook until thickened.
9.	Either flake the cooked fish into the sauce or serve separately.

Serving suggestion: with around 90g cooked white or brown rice
Infants 7-12 months Typical portion size: around 60g masala with 30-40g cooked rice Serving to infants 7-9 months: mash/blend the masala with cooked rice until it is smooth with soft lumps, and check thoroughly for bones. Serve with a vegetable finger food. Serving to infants 10-12 months: chop or mince the cooked masala with cooked rice to the desired consistency, and check thoroughly for bones. Serve with a vegetable fingerfood.

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Gammon and parsley sauce

Included in: Spring/summer menu
Allergy information: Contains milk, wheat (gluten)*
Recipe type: Main meat dish
Typical portion size for 1-4 years: 100g
Preparation time: 5 minutes
Cooking time: 35 minutes plus cooking time for gammon
Recipe adapted from: Elmscot Group

Ingredients	Quantity – serves 5	Quantity – serves 20
Unsmoked gammon joint or steaks	250g	1kg
Fresh parsley	5g (3-5 sprigs)	20g (1 small bunch)
Vegetable oil spread	20g	80g
Plain flour	15g (½ heaped tablespoon)	60g (2 heaped tablespoons)
Semi skimmed milk	250ml	1L

Method	
1.	Cook the gammon according to the instructions on the packet. Cooking times will vary depending on the size of the joint.
2.	Roughly chop the parsley.
3.	Prepare a roux white sauce: in a separate pan melt the vegetable oil spread on a low heat. Once it has melted, stir in the flour and cook on a low heat for 1-2 minutes. Gradually add the milk a little at a time stirring continuously, bringing the sauce to the boil until thickened. Stir in the chopped parsley.

Serving suggestion: Serve with new potatoes and green beans
Infants 7-12 months For a lower salt option for infants under 12 months, try serving omelette popovers with new potatoes and green beans instead.

Haddock and salmon pie

Included in: Autumn/winter menu
Allergy information: Contains fish, milk, wheat (gluten)*
Recipe type: Main fish dish
Typical portion size 1-4 years: 180g
Preparation time: 45 minutes
Cooking time: 30 minutes
Recipe adapted from: The Peterborough Nursery School and Acorn Grove Nursery, Children's Food Trust Autumn/Winter menu and recipes for early years settings

Ingredients	Quantity – serves 5	Quantity – serves 20
White floury potatoes, peeled	450g	1.8kg
Salmon fillets	80g	320g
Haddock fillets	80g	320g
Smoked haddock fillets	50g	200g
Semi skimmed milk	230ml	920mL
Vegetable oil spread	20g	80g
Plain flour	15g (1 tablespoon)	60g (4 tablespoons)
Fresh parsley	5g (2-3 sprigs)	20g (1 small bunch)

Method	
1.	Preheat the oven to 180°C/350°F/gas mark 4.
2.	Chop the potato into 2cm cubes. Boil in water for 15 minutes or until soft.
3.	Meanwhile put the salmon, haddock and smoked haddock in a large pan, cover with the milk (reserving some for the mashed potato) and simmer for 20 minutes or until the fish is cooked. Remove the fish, check for bones and set aside. Reserve the milk to poach the fish.
4.	Drain the potatoes and then mash with about a quarter of the spread and the remaining milk to make a smooth consistency.
5.	Prepare a roux white sauce: melt the remaining vegetable oil spread in a pan on a low heat. Once the vegetable oil spread has melted, add the flour and mix well. Gradually add the milk used to poach the fish to the vegetable oil spread and flour mixture, stirring continuously until the sauce is smooth and thick.
6.	Flake the fish into the white sauce and stir in the parsley.
7.	Pour the fish mixture into a large ovenproof dish and top with the mashed potato.
8.	Bake in the oven for 30 minutes or until cooked throughout.

Serving suggestion: Serve with red cabbage and runner beans
Infants 7-12 months Typical portion size: about 100g fish pie with 25g runner beans. Serving to infants 7-9 months: blend or mash the cooked fish pie until it is smooth with soft lumps. Serve with runner beans as a finger food. Serving to infants 10-12 months: chop or mince the cooked fish pie to the desired consistency. Serve with runner beans as a finger food.

Haddock with ratatouille

Included in: Autumn/winter menu
Allergy information: Contains fish*
Recipe type: Main fish dish
Typical portion size for 1-4 years: 110g
Preparation time: 15 minutes
Cooking time: 35 minutes
Recipe adapted from: The Peterborough Nurse School and Children's Food Trust Spring/Summer menu and recipes for early years settings

Ingredients	Quantity – serves 5	Quantity – serves 20
Onion, peeled	30g (½ small)	120g (2 small)
Garlic, peeled	4g (1 clove)	8g (2 cloves)
Mushrooms	30g (3 medium)	120g (6 large)
Courgette	50g (½ medium)	200g (2 medium)
Canned chopped tomatoes	200g (1 x 200g can)	800g (2 x 400g can)
Dried oregano	0.25g (¼ teaspoon)	1g (1 teaspoon)
Dried thyme	0.25g (¼ teaspoon)	1g (1 teaspoon)
Water	50ml	200ml
Haddock fillets	250g	1kg

Method	
1.	Chop the onion, garlic, mushrooms and courgette.
2.	Put the onion, garlic, mushrooms, courgettes, canned tomatoes, oregano, thyme and water into a large saucepan, bring to the boil and then simmer until all the vegetables are cooked (approximately 30 minutes).
3.	Meanwhile steam or bake the haddock.
4.	Either serve the haddock as pieces topped with sauce or flake the fish into the sauce.

Serving suggestion: Serve with cooked white pasta
Infants 7-12 months Typical portion size: about 70g plus 30-40g cooked pasta Recipe adaptations: none Serving to infants 7-9 months: blend or mash the cooked fish and vegetables until smooth with soft lumps. Serve with cooked white pasta (either as a finger food, or mashed with the fish and vegetables) Serving to infants 10-12 months: chop or mince the cooked fish and vegetables to the desired consistency. Serve with cooked white pasta (either as a finger food, or chopped with the fish and vegetables).

Hungarian beef goulash

Additional recipe: try in place of beef and spinach curry, beef stroganoff, or another red meat dish
Allergy information: Contains milk, wheat (gluten)*
Recipe type: Main meat dish
Typical portion size for 1-4 years: 100g
Preparation time: 10 minutes
Cooking time: 2 hours 20 minutes
Recipe adapted from: Bright Horizons Day Nurseries

Ingredients	Quantity – serves 5	Quantity – serves 20
Onion, peeled	60g (1 small)	240g (1 large)
Red pepper, deseeded	80g (½ medium)	320g (2 medium)
Mushrooms	50g (5 medium)	200g (10 large)
Fresh parsley	5g (2-3 sprigs)	20g (1 small bunch)
Beef, braising steak	300g	1.2kg
Plain flour	5g (1 teaspoon)	20g (1 level tablespoon)
Vegetable oil	5ml (1 teaspoon)	15ml (1 tablespoon)
Paprika	1.5g (½ teaspoon)	6g (2 teaspoons)
Water	350ml	1.4L
Tomato purée	15g (1 tablespoon)	60g (4 tablespoons)
Plain whole milk yoghurt	60g (1½ tablespoons)	240g (6 tablespoons)

Method	
1.	Chop the onion, pepper, mushrooms and parsley. Dice the beef.
2.	Spread the flour on a plate and use to coat the beef.
3.	Pre-heat the oven to 180°C/350°F/Gas mark 4.
4.	Heat the oil in a flameproof casserole dish, add the beef and cooked until browned all over. Remove with a slotted spoon and set aside.
5.	Add the onions to the casserole dish and cook for 3-4 minutes.
6.	Add the pepper and cook for a further 3-4 minutes, then add the mushrooms and cook for 3 minutes.
7.	Sprinkle over the paprika and cook for 2 minutes.
8.	Return the meat to the dish, pour in the water and stir in the tomato purée.
9.	Cover and place in the oven for about 2 hours.
10.	Check that the meat is tender. Stir in the yoghurt and chopped parsley before serving.

Serving suggestion: with around 90g cooked cous cous
Infants 7-12 months
Typical portion size: around 60g goulash and 30-40g cous cous
Recipe adaptations: none
Serving to infants 7-9 months: mash/blend the goulash with cous cous until it is smooth with soft lumps. Serve with a vegetable finger food.
Serving to infants 10-12 months: chop or mince the goulash with cous cous to the desired consistency. Serve with a vegetable finger food.

Jamaican fish curry

Additional recipe: try in place of cod, potato and spinach curry, cod in tomato and pepper sauce, or another white fish dish.
Allergy information: Contains fish, mustard*
Recipe type: Main fish dish
Typical portion size for 1-4 years: 120g
Preparation time: 15 minutes
Cooking time: 20 minutes
Recipe adapted from: Bright Horizons Day Nurseries

Ingredients	Quantity – serves 5	Quantity – serves 20
Potatoes, peeled	75g	300g
Onion, peeled	60g (1 small)	240g (1 large)
Red pepper, deseeded	80g (½ medium)	320g (2 medium)
Garlic, peeled	4g (1 clove)	16g (4 cloves)
Plantain, peeled	50g (¼ medium)	200g (1 medium)
Pollock	250g	1kg
Vegetable oil	5ml (1 teaspoon)	15ml (1 tablespoon)
Water	100ml	400ml
Curry powder	1.5g (½ teaspoon)	6g (2 teaspoons)
Canned tomatoes	100g (½ x 200g can)	400g (1 x 400g can)
Frozen peas	50g	200g

Method	
1.	Dice the potatoes. Boil for 10-15 minutes in unsalted water until cooked. Then drain.
2.	Meanwhile, chop the onions, peppers, garlic and plantain.
3.	Cut fish into chunks, removing any bones.
4.	Heat the oil in a pan and add the onions and peppers and cook for 5 minutes until softened.
5.	Stir in garlic, water, curry powder, tomatoes and plantain.
6.	Bring to the boil and then reduce the heat and simmer for 5 minutes until slightly thickened.
7.	Add the peas, fish and potatoes. Cook gently for a further 5-10 minutes until the fish is cooked.

Serving suggestion: with around 90g cooked brown rice
Infants 7-12 months Typical portion size: around 60g fish curry and 30-40g cooked rice Recipe adaptations: none Serving to infants 7-9 months: mash/blend the curry with cooked rice until it is smooth with soft lumps, and check thoroughly for bones. Serve with a vegetable finger food. Serving to infants 10-12 months: chop or mince the curry with cooked rice to the desired consistency, and check thoroughly for bones. Serve with a vegetable finger food.

Lamb and pearl barley hotpot

Included in: Autumn/winter menu
Allergy information: Contains barley (gluten), celery, milk, soya, wheat (gluten)*
Recipe type: Main meat dish
Typical portion size for 1-4 years: 190g
Preparation time: 15 minutes
Cooking time: 1 hour 15 minutes
Recipe adapted from: Elmscot Group

Ingredients	Quantity – serves 5	Quantity – serves 20
Leeks	80g (½ medium)	320g (2 medium)
Potato, peeled	450g	1.8kg
Gravy granules, reduced salt	8g (1 teaspoon)	32g (4 teaspoon)
Boiling water	125ml	500ml
Minced lamb	275g	1.1kg
Pearl barley	40g	160g
Dried parsley	1g (1 teaspoon)	4g (4 teaspoon)
Dried mint	1g (1 teaspoon)	4g (4 teaspoon)

Method	
1.	Preheat the oven to 180°C/350°F/gas mark 4.
2.	Chop the leeks and slice the potatoes.
3.	Add boiling water to the gravy granules and stir.
4.	Dry fry the mince over a medium heat until browned. Add the vegetables and cook for a further few minutes.
5.	Add the pearl barley, gravy, parsley and mint. Bring to the boil.
6.	Place in an ovenproof dish, top with the sliced potatoes and bake in the oven for at least 1 hour until the potatoes are cooked through and golden.

Serving suggestion: Serve with root vegetable mash.
Infants 7-12 months Typical portion size: about 100g hotpot plus 25g root vegetables. Recipe adaptations: make without gravy granules for infants under 12 months Serving to infants 7-9 months: blend or mash the cooked hotpot until it is smooth with soft lumps. Serve with root vegetable batons as a finger food. Serving to infants 10-12 months: chop or mince the cooked hotpot to the desired consistency. Serve with root vegetable batons as a finger food.

Lamb goulash

Included in: Autumn/winter menu
Allergy information: None*
Recipe type: Main meat dish
Typical portion size for 1-4 years: 150g
Preparation time: 10 minutes
Cooking time: 1 hour 40 minutes
Recipe adapted from: The Peterborough Nursery School

Ingredients	Quantity – serves 5	Quantity – serves 20
Onion, peeled	60g (1 small)	240g (1 large)
Green pepper, deseeded	80g (½ medium)	320g (2 medium)
Mushrooms	40g (4 medium)	160g (8 large)
Carrots, peeled	40g (½ medium)	160g (2 medium)
Garlic, peeled	4g (1 clove)	16g (4 cloves)
Lamb shoulder or diced lamb	275g	1.1kg
Vegetable oil	5ml (1 teaspoon)	15ml (1 tablespoon)
Paprika	9g (1 tablespoon)	36g (4 tablespoons)
Canned chopped tomatoes	400g (1 x 400g can)	1.6kg (4 x 400g cans)
Water	150ml	600ml

Method	
1.	Chop the vegetables and garlic. Dice the lamb if required.
2.	Heat the oil in a pan and add the onions. Cook for a few minutes.
3.	Add the lamb and cook until browned.
4.	Add the garlic, paprika, canned tomatoes and water and stir well. Cover and simmer for 1 hour 30 minutes or until the lamb is cooked and tender.

Serving suggestion: Serve with brown rice and green beans
Infants 7-12 months Typical portion size: about 80g plus 30-40g cooked rice and 25g cooked green beans. Recipe adaptations: none Serving to infants 7-9 months: blend or mash the cooked goulash with cooked rice until it is smooth with soft lumps. Serve with green beans as a finger food. Serving to infants 10-12 months: chop or mince the cooked goulash with cooked rice to the desired consistency. Serve with green beans as a finger food.

Lamb moussaka

Included in: Spring/summer menu
Allergy information: Contains egg, milk*
Recipe type: Main meat dish
Typical portion size for 1-4 years: 160g
Preparation time: 10 minutes
Cooking time: 45 minutes
Recipe adapted from: Toadhall nursery group

Ingredients	Quantity – serves 5	Quantity – serves 20
Onion, peeled	60g (1 small)	240g (1 large)
Garlic, peeled	4g (1 clove)	16g (4 cloves)
Aubergine	130g	520g
Mozzarella	20g	80g
Lamb mince	225g	900g
Canned chopped tomatoes	200g (1 x 200g can)	800g (2 x 400g cans)
Tomato purée	25g (1 ½ tablespoons)	100g (6 ½ tablespoons)
Ground cinnamon	1.5g (½ teaspoon)	2g (2 teaspoons)
Mixed dried herbs	0.5g (½ teaspoon)	2g (2 teaspoons)
Cream cheese	50g	200g
Egg	25g (½ egg)	100g (2 eggs)
Greek whole milk yoghurt	60g (1½ tablespoons)	240g (5½ tablespoons)

Method	
1.	Pre-heat the grill to high.
2.	Chop the onion and garlic. Slice the aubergines and grate the mozzarella.
3.	Heat a large pan and add the lamb mince. Dry fry until browned.
4.	Add the onions and garlic and cook for 1-2 minutes.
5.	Add the canned tomatoes, tomato purée, cinnamon and herbs. Stir well, and simmer for 25-30 minutes or until the mince is cooked.
6.	Meanwhile, prick the aubergine with a fork and microwave for 3-5 mins until soft.
7.	Mix the cream cheese, egg and yoghurt together.
8.	Transfer the mince mixture to a large ovenproof dish. Slice the aubergines and arrange on top of the mince mixture. Pour over the yoghurt mixture and sprinkle with grated mozzarella cheese.
9.	Place under the grill until the topping has set and turned golden.

Serving suggestion: with garlic bread and mixed salad
Infants 7-12 months Typical portion size: about 100g moussaka, plus about 20g toast strips and about 25g vegetables. Recipe adaptations: none Serving to infants 7-9 months: blend or mash the moussaka until it is smooth with soft lumps. Serve with toast fingers and cooked carrot batons as a finger food. Serving to infants 10-12 months: chop or mince the moussaka to the desired consistency. Serve with toast fingers and cooked carrot batons as a finger food.

*Allergy information is included as a guide only; always check labels to find out which allergens are included in each ingredient and product you are using by checking product packaging ingredient lists. Even if you have used them before, don't assume.

Lamb tagine

Included in: Autumn/winter menu
Allergy information: Contains sulphites*
Recipe type: Main meat dish
Typical portion size 1-4 years: 130g
Preparation time: 10 minutes
Cooking time: 40 minutes
Recipe adapted from: Toadhall nursery group

Ingredients	Quantity – serves 5	Quantity – serves 20
Onion, peeled	60g (1 small)	240g (1 large)
Red pepper, deseeded	80g (½ medium)	320g (2 medium)
Green pepper, deseeded	80g (½ medium)	320g (2 medium)
Lamb shoulder or diced lamb	275g	1.1kg
Vegetable oil	15ml (1 tablespoon)	60ml (4 tablespoons)
Dried apricots	25g (1 tablespoon)	100g (4 tablespoons)
Raisins	20g (1 tablespoon)	80g (4 tablespoons)
Canned chopped tomatoes	200g (1 x 200g can)	800g (2 x 400g cans)
Water	250ml	1L
Mixed spice	3g (1 teaspoon)	12g (4 teaspoon)

Method	
1.	Dice the onion. Deseed and slice the peppers.
2.	Dice the lamb.
3.	Heat the oil in a pan and add the diced lamb. Cook until browned.
4.	Add the onion and peppers and cook for 5 minutes.
5.	Add the dried apricots, raisins, canned tomatoes, water and mixed spice. Bring to the boil and simmer for 30 minutes or until the lamb is cooked and the vegetables are soft.

Serving suggestion: Serve with vegetable cous cous
Infants 7-12 months Typical portion size: about 60g tagine, plus 30-40g cous cous and 25g green beans. Recipe adaptations: none Serving to infants 7-9 months: blend or mash the cooked tagine with the cooked cous cous until it is smooth with soft lumps. Serve with green beans as a finger food. Serving to infants 10-12 months: chop or mince the cooked tagine with the cooked cous cous to the desired consistency. Serve with green beans as a finger food.

Lemon and pepper chicken

Additional recipe: try in place of roast chicken, creamy chicken hotpot, or another poultry dish.
Allergy information: Contains celery, milk*
Recipe type: Main meat dish
Typical portion size for 1-4 years: 60g
Preparation time: 10 minutes plus marinating time
Cooking time: 45 minutes
Recipe adapted from: Early Start Wellbeing and Nutrition Team, London Borough of Newham

Ingredients	Quantity – serves 5	Quantity – serves 20
Plain whole milk yoghurt	65g	260g
Black pepper	4g (2 teaspoons)	16g (8 teaspoons)
Garam masala	6g (2 teaspoons)	24g (8 teaspoons)
Lemon juice	30ml (2 tablespoons)	120ml (8 tablespoons)
Chilli powder	3g (1 teaspoon)	12g (4 teaspoons)
Chicken thighs, bones and skin removed	280g	1.1kg

Method	
1.	In a large bowl, mix the yoghurt, black pepper, garam marsala, lemon juice and chilli powder. Stir well to combine.
2.	Make small cuts in the middle of each chicken thigh and set aside.
3.	Add the chicken to the yoghurt and spice mixture and stir well, making sure the chicken is covered by the marinade.
4.	Cover the bowl with cling film and marinate in the fridge for 1-2hours.
5.	When ready to cook, pre-heat the oven to 220°C/425°F/gas mark 7.
6.	Line a baking tray with foil, arrange the chicken on the baking tray and cover with foil.
7.	Place in the oven and bake for 45 minutes or until the meat juice run clear.

Serving suggestion: with around 90g cooked brown rice and 40g Tomato salsa
Infants 7-12 months Typical portion size: around 40g with 30-40g cooked rice Recipe adaptations: none Serving to infants 7-9 months: mash/blend the chicken with cooked rice until it is smooth with soft lumps, and check thoroughly for bones. Serve with a vegetable finger food. Serving to infants 10-12 months: chop or mince the chicken with cooked rice to the desired consistency, and check thoroughly for bones. Serve with a vegetable finger food.

Pork, leek and mustard casserole

Included in: Autumn/winter menu
Allergy information: Contains milk, mustard, wheat (gluten)*
Recipe type: Main meat dish
Typical portion size for 1-4 years: 120g
Preparation time: 5 minutes
Cooking time: 45 minutes
Recipe adapted from: Elmscot Group

Ingredients	Quantity – serves 5	Quantity – serves 20
Leeks	100g (½ large)	400g (2 large)
Pork shoulder	335g	1.3kg
Vegetable oil	15ml (1 tablespoon)	60ml (4 tablespoons)
Plain flour	30g (1 heaped tablespoon)	120g (4 heaped tablespoons)
Wholegrain mustard	35g	140g
Semi skimmed milk	150ml	600ml
Water	100ml	400ml

Method	
1.	Slice the leeks. Dice the pork.
2.	Heat the oil in a pan and add the leeks. Cook until softened.
3.	Add the pork and cook until browned.
4.	Add the plain flour, stirring well to coat the pork and leeks. Cook for 1-2 minutes.
5.	Add the mustard, milk and water and mix well. Cook until the pork is tender.

Serving suggestion: Serve with mashed potatoes and Brussel sprouts
Infants 7-12 months Typical portion size: about 60g casserole, plus 30-40g mashed potato and 25g sliced sprouts. Recipe adaptations: none Serving to infants 7-9 months: blend or mash the cooked casserole with mashed potato until it is smooth with soft lumps. Serve with sliced sprouts as a finger food. Serving to infants 10-12 months: chop or mince the cooked casserole with cooked mashed potatoes to the desired consistency. Serve with sliced sprouts as a finger food.

Pork meatballs

Included in: Autumn/winter menu
Allergy information: Contains egg, soya, wheat (gluten)*
Recipe type: Main meat dish
Typical portion size for 1-4 years: 130g
Preparation time: 5 minutes
Cooking time: 35 minutes
Recipe adapted from: Toadhall Nursery Group

Ingredients	Quantity – serves 5	Quantity – serves 20
Onion, peeled	150g (1 medium)	600g (4 medium)
Garlic, peeled	4g (1 clove)	16g (4 cloves)
Vegetable oil	15ml (1 tablespoon)	60ml (4 tablespoons)
Minced pork	250g	1kg
White breadcrumbs	50g	200g
Egg	50g (1)	200g (4)
Dried oregano	1g (1 teaspoon)	4g (4 teaspoons)
Tomato purée	15g (1 tablespoon)	60g (4 tablespoons)
Canned chopped tomatoes	200g (1 x 200g can)	800g (4 x 400g cans)
Dried basil	1g (1 teaspoon)	4g (4 teaspoons)

Method	
1.	Pre heat the oven 200°C/400°F/gas mark 7.
2.	Finely chop the onion and garlic.
3.	Heat half the oil in a pan and add half the onions. Cook for 5 minutes or until soft and leave to cool.
4.	Mix together the mince, breadcrumbs, egg, oregano and cooked onions. Mould into even sized balls (3 per child) and place on a baking tray.
5.	Place the meatballs into the oven and cook for approximately 20-22 minutes, until piping hot throughout.
6.	Meanwhile, make the tomato sauce. Heat the oil in and pan and add the remaining onions and garlic. Cook for 5 minutes or until soft.
7.	Add the tomato purée, canned tomatoes and basil. Bring to the boil and simmer for 15 mins until the sauce thickens slightly. Stir the cooked meatballs into the tomato sauce before serving.

Serving suggestion: Serve with pasta, peas and carrots
Infants 7-12 months Typical portion size: about 50g meatballs and sauce, plus 30-40g cooked pasta and 25g carrot batons. Recipe adaptations: none Serving to infants 7-9 months: blend or mash the cooked meatballs and sauce with cooked pasta until it is smooth with soft lumps. Serve with carrot as a finger food. Serving to infants 10-12 months: chop or mince the cooked meatballs and sauce with cooked pasta to the desired consistency. Serve with carrot as a finger food.

Pork ragu

Included in: Spring/summer menu
Allergy information: Contains milk, wheat (gluten)*
Recipe type: Main meat dish
Typical portion size for 1-4 years: 120g
Preparation time: 10 minutes
Cooking time: 1 hour 30 minutes
Recipe adapted from: Bright Horizons

Ingredients	Quantity – serves 5	Quantity – serves 20
Onion, peeled	120g (1 medium)	480g (2 large)
Garlic, peeled	4g (1 clove)	16g (4 cloves)
Eating apples	100g (1)	400g (4)
Pork strips	300g	1.2kg
Plain flour	20g (1 tablespoon)	80g (4 tablespoons)
Vegetable oil	10ml (2 teaspoons)	45ml (3 tablespoons)
Thyme, dried	1g (1 teaspoon)	3g (1 tablespoon)
Water	125ml	500ml
Plain whole milk yoghurt	40g (1 tablespoon)	160g (4 tablespoons)

Method	
1.	Preheat the oven to 180°C/ 350°F/Gas Mark 4.
2.	Chop the onion and garlic. Core, quarter and slice the apples.
3.	Toss the pork in the flour and set aside.
4.	Heat half the oil in a pan over a medium heat. Add the onions and cook until softened.
5.	Remove with a slotted spoon and set aside.
6.	Add the remaining oil to the pan, then add the pork (in batches if needed) and cook for 5 minutes until browned.
7.	Remove and set aside and repeat until all pork is browned.
8.	Put all the pork and onion in the pan and add the crushed garlic and thyme.
9.	Add water to pan and bring to the boil. Then add the apples and yoghurt.
10.	Cover and cook in the oven for 50-60 minutes until the meat is cooked and tender.

Serving suggestion: Serve with new potatoes, broad beans and courgette.
Infants 7-12 months Typical portion size: about 65g ragu with 30-40g new potatoes and about 25g vegetables. Recipe adaptations: none Serving to infants 7-9 months: blend or mash the cooked ragu with cooked new potatoes until it is smooth with soft lumps. Serve with broad beans and courgette batons as a finger food. Serving to infants 10-12 months: chop or mince the cooked ragu with cooked new potatoes to the desired consistency. Serve with broad beans and courgette batons as a finger food.

Roast chicken, root vegetables and gravy

Included in: Autumn/winter menu
Allergy information: Contains barley (gluten), milk, soya, wheat (gluten)*
Recipe type: Main meat dish
Typical portion size for 1-4 years: 100g
Preparation time: 10 minutes
Cooking time: 25 minutes
Recipe adapted from: Toadhall Nursery Group

Ingredients	Quantity – serves 5	Quantity – serves 20
Onion, peeled	60g (1 small)	240g (1 large)
Carrot, peeled	70g (1 medium)	280g (2 large)
Parsnip, peeled	75g (1 small)	300g (4 small)
Vegetable oil	5ml (1 teaspoon)	30ml (2 tablespoons)
Chicken breast	250g	1kg
Gravy mix, reduced salt	4g (1 teaspoon)	15g (1 tablespoon)
Boiling water	100ml	400ml

Method	
1.	Preheat the oven 200°C/400°F/Gas mark 6.
2.	Chop the onion, carrots and parsnips and place them in a large roasting tray, pour over the oil and turn the vegetables with a spoon to ensure they are evenly coated.
3.	Place the chicken breasts on top of the vegetables. Roast in the oven for 20-25 minutes depending on the size of the chicken breasts and until the vegetables are soft.
4.	Make the gravy up according to the instructions.
5.	Slice the chicken and serve with the root vegetables and gravy.

Serving suggestion: Serve with roast potatoes
Infants 7-12 months Typical portion size: 30g cooked chicken and 30g roast vegetables with 30-40g roast potatoes. Recipe adaptations: serve the chicken and roast vegetables without gravy for infants under 12 months Serving to infants 7-9 months: blend or mash the cooked chicken with cooked potatoes until it is smooth with soft lumps, or serve the roast vegetables with sliced roast potatoes as a finger food. Serving to infants 10-12 months: chop or mince the cooked chicken with cooked potatoes to the desired consistency, or serve the roast vegetables with the roast potatoes as a finger food.

Salmon and pea risotto

Included in: Spring/summer menu
Allergy information: Contains celery, egg, fish, milk, wheat (gluten)*
Recipe type: Main fish dish
Typical portion size for 1-4 years: 185g
Preparation time: 10 minutes
Cooking time: 30 minutes
Recipe adapted from: Scribbles Nursery

Ingredients	Quantity – serves 5	Quantity – serves 20
Onion, peeled	80g (½ medium)	320g (2 medium)
Garlic, peeled	4g (1 clove)	16g (4 cloves)
Fresh parsley	5g (2-3 sprigs)	20g (1 bunch)
Vegetable stock cube, reduced salt	½ stock cube	2 stock cubes
Boiling water	300ml	1.2l
Salmon fillet	250g	1kg
Vegetable oil	5ml (1 teaspoon)	15ml (1 tablespoon)
Frozen peas	200g	800g
White rice	145g	580g

Method	
1.	Dice the onion and garlic and finely chop the parsley.
2.	Dissolve the stock cube into the boiling water.
3.	Steam the salmon until cooked through.
4.	Meanwhile, heat the oil in a pan and add the onion. Cook for 1-2 minutes.
5.	Add the peas and rice and stir. Add the stock until the rice and vegetables are covered and stir. Leave to simmer until the majority of the stock has been absorbed.
6.	Check to see if the rice is cooked, if not, add more water and continue to simmer until cooked.
7.	Flake in the salmon and combine well. Sprinkle with parsley.

Serving suggestion: Try different seasonal vegetables within the risotto
Infants 7-12 months Typical portion size: about 100g risotto, plus about 25g vegetables. Recipe adaptations: cook without the stock cube when serving to infants under 12 months Serving to infants 7-9 months: blend or mash the cooked risotto until it is smooth with soft lumps. Serve with cooked red pepper sticks as a finger food. Serving to infants 10-12 months: chop or mince the cooked risotto to the desired consistency. Serve with cooked red pepper sticks as a finger food.

Spiced lamb tagine

Additional recipe: try in place of lamb goulash or another red meat dish.
Allergy information: Contains sulphites*
Recipe type: Main meat dish
Typical portion size for 1-4 years: 110g
Preparation time: 10 minutes
Cooking time: 1 hour
Recipe adapted from: Bright Horizons Day Nurseries

Ingredients	Quantity – serves 5	Quantity – serves 20
Onion, peeled	60g (1 small)	240g (1 large)
Diced lamb	200g	800g
Ground mixed spice	1.5g (½ teaspoon)	6g (2 teaspoons)
Ground ginger	1.5g (½ teaspoon)	6g (2 teaspoons)
Dried red lentils	25g	100g
Canned chopped tomatoes	100g (½ x 200g can)	400g (1 x 400g can)
Water	200ml	800ml
Lemon juice	15ml (1 tablespoon)	60ml (4 tablespoons)
Sultanas	15g (½ tablespoon)	60g (2 tablespoons)
Dried apricots	20g (¾ tablespoon)	80g (3 tablespoons)

Method	
1.	Dice the onion and lamb.
2.	Heat a pan, add the lamb and cook until browned.
3.	Add the onion, mixed spice, ginger and lentils. Add the canned tomatoes, water and lemon juice. Cover and simmer for 30-40 minutes, adding more water if required.
4.	Add the sultanas and apricots and simmer for a further 10 minutes.

Serving suggestion: with around 90g cooked cous cous
Infants 7-12 months Typical portion size: around 60g tagine with 30-40g cous cous Recipe adaptations: none Serving to infants 7-9 months: mash/blend the tagine with cous cous until it is smooth with soft lumps. Serve with a vegetable finger food. Serving to infants 10-12 months: chop or mince the tagine with cous cous to the desired consistency. Serve with a vegetable finger food.

Steamed cod in tomato and mixed pepper sauce

Included in: Spring/summer menu
Allergy information: Contains fish*
Recipe type: Main fish dish
Typical portion size for 1-4 years: 125g
Preparation time: 10 minutes
Cooking time: 35 minutes
Recipe adapted from: Scribbles Nursery

Ingredients	Quantity – serves 5	Quantity – serves 20
Onion, peeled	60g (1 small)	240g (1 large)
Garlic, peeled	4g (1 clove)	16g (4 cloves)
Red pepper, deseeded	40g (¼)	160g (1 medium)
Green pepper, deseeded	80g (½)	320g (2 medium)
Fresh basil	3g (2-3 sprigs)	10g (small bunch)
Cod fillets	250g	1kg
Vegetable oil	15ml (1 tablespoon)	60ml (4 tablespoons)
Canned chopped tomatoes	200g (1 x200g can)	800g (2 x 400g cans)
Tomato purée	15g (1 tablespoon)	60g (4 tablespoons)
Dried mixed herbs	0.5g (½ teaspoon)	3g (3 teaspoons)

Method	
1.	Chop the onion, garlic and peppers. Roughly chop the basil.
2.	Steam the cod fillets.
3.	Meanwhile, heat the oil in a saucepan. Add the onions and cook until starting to soften.
4.	Add canned tomatoes, tomato purée, mixed herbs, cover and simmer for 10-15 minutes.
5.	Add the peppers to the tomato mixture and cook for a further 10-15 minutes.
6.	Flake the steamed cod into the sauce or serve separately.

Serving suggestion: Serve with cous cous and green beans
Infants 7-12 months Typical portion size: about 60g fish and sauce, with 30-40g cous cous and 25g vegetables. Recipe adaptations: none Serving to infants 7-9 months: blend or mash the cooked fish and sauce with cooked cous cous until it is smooth with soft lumps. Serve with green beans as a finger food. Serving to infants 10-12 months: chop or mince the cooked fish and sauce with cooked cous cous to the desired consistency. Serve with green beans as a finger food.

Surbiyaan (Somali lamb curry)

Additional recipe: try in place of lamb goulash, lamb hotpot, or another red meat dish.
Recipe type: Main meat dish
Typical portion size for 1-4 years: 200g
Preparation time: 10 minutes
Cooking time: 40 minutes
Recipe adapted from: Early Start Wellbeing and Nutrition Team, London Borough of Newham

Ingredients	Quantity – serves 5	Quantity – serves 20
Onion, peeled	60g (1 small)	240g (1 large)
Garlic, peeled	4g (1 clove)	16g (4 cloves)
Fresh tomato	250g	1.1kg
Diced lamb	300g	1.2kg
Vegetable oil	15ml (1 tablespoon)	60ml (4 tablespoons)
Ground coriander	1.5g (½ teaspoon)	6g (2 teaspoons)
Ground cumin	1.5g (½ teaspoon)	6g (2 teaspoons)
Water	10ml (2 teaspoons)	40ml (2 tablespoons)
Cinnamon stick	1 stick	2 sticks
Lemon juice	5ml (1 teaspoon)	20ml (1½ tablespoons)
White rice	160g	640g

Method	
1.	Chop the onion, garlic and tomato.
2.	Heat half the oil in the pan, add the lamb and cook on a low heat until browned.
3.	Add three quarters of the onions and all the tomatoes and stir.
4.	Add the coriander, cumin, garlic and two teaspoons of water to the meat and simmer for 2-3 minutes.
5.	Add the cinnamon stick and the lemon juice. Allow to simmer for 5-10 minutes.
6.	Meanwhile in a separate pan, cook the rice according to the manufacturer's instructions. Then drain.
7.	Heat the remaining oil in a pan, add the remaining onion and cook for 5 minutes or until soft.
8.	When the meat is cooked, remove from the heat.
9.	In a large serving dish place a layer of rice, followed by a layer of meat and repeat, using up all of the meat and rice, finishing with a layer of meat.
10.	Arrange the onion on top of the layered meat and rice and serve.

Serving suggestion: Sprinkle with some raisins or sultanas for an authentic garnish.
Infants 7-12 months Typical portion size: around 100g (including the curry and rice) Recipe adaptations: none Serving to infants 7-9 months: mash/blend the curry and rice until it is smooth with soft lumps. Serve with a vegetable finger food. Serving to infants 10-12 months: chop or mince the curry and rice to the desired consistency. Serve with a vegetable finger food.

Sweet and spicy lamb and date cous cous

Additional recipe: try in place of lamb moussaka, lamb goulash, or another red meat dish.
Allergy information: Contains wheat (gluten)*
Recipe type: Main meat dish
Typical portion size for 1-4 years: 170g
Preparation time: 10 minutes
Cooking time: 40 minutes
Recipe adapted from: Bright Horizons Day Nurseries

Ingredients	Quantity – serves 5	Quantity – serves 20
Garlic, peeled	4g (1 clove)	16g (4 cloves)
Carrots, peeled	100g (1 medium)	400g (4 medium)
Dried dates	30g	120g
Cous cous	175g	700g
Boiling water	225ml	900mL
Minced lamb	275g	1.1kg
Canned chopped tomatoes	100g (½ x 200g can)	400g (1 x 400g can)
Water	100ml	400ml
Ground cinnamon	3g (1 teaspoon)	12g (4 teaspoons)

Method	
1.	Chop the garlic, carrots and dates.
2.	Make the cous cous according to the manufacturer's instructions. Drain if necessary.
3.	Add the lamb to a hot pan and cook for 5 minutes until browned.
4.	Add the garlic and cook for the further 1-2 minutes.
5.	Add the carrots and dates, tomatoes, half the water and cinnamon.
6.	Bring to the boil and then simmer for 25 minutes until the sauce is reduced and thickened.
7.	Add the cous cous to the lamb and cook for a further 5 minutes adding the remaining water if required.

Serving suggestion: serve the cous cous separately and add some mild spice to it or sprinkle some fresh coriander
Infants 7-12 months Typical portion size: around 100g (including cous cous) Recipe adaptations: none Serving to infants 7-9 months: mash/blend the lamb and cous cous until it is smooth with soft lumps. Serve with a vegetable finger food. Serving to infants 10-12 months: chop or mince the lamb and cous cous to the desired consistency. Serve with a vegetable finger food.

Thai chicken curry

Included in: Spring/summer menu
Allergy information: Contains fish*
Recipe type: Main meat dish
Typical portion size for 1-4 years: 80g
Preparation time: 10 minutes
Cooking time: 25 minutes
Recipe adapted from: Bright Horizons

Ingredients	Quantity – serves 5	Quantity – serves 20
Lime	10ml (½ lime)	40ml (2 limes)
Fresh coriander	5g (2-3 sprigs)	20g (1 small bunch)
Chicken breast	250g	1kg
Vegetable oil	15ml (1 tablespoon)	60ml (4 tablespoons)
Thai green curry paste	5g (1 level teaspoon)	20g (1 tablespoon)
Mangetout	100g	400g
Coconut milk, standard	100ml	400ml

Method	
1.	Grate the zest from the lime and squeeze out the juice.
2.	Finely chop the coriander and slice the chicken breasts into small pieces about 1cm thick.
3.	Heat the oil in a large pan. Add the paste and cook for 1-2 minutes then add the chicken. Stir until the chicken is cooked through.
4.	Add the mangetout and stir for 2 minutes.
5.	Add the lime zest and coconut milk. Simmer for 10-15 minutes until the sauce starts to thicken.
6.	Stir the coriander and lime juice into the sauce before serving.

Serving suggestion: with white rice and broccoli
Infants 7-12 months Typical portion size: about 60g curry with 30-40g cooked rice and 25g vegetables. Recipe adaptations: none Serving to infants 7-9 months: blend or mash the cooked curry with cooked white rice until it is smooth with soft lumps. Serve with cooked broccoli florets as a finger food. Serving to infants 10-12 months: chop or mince the cooked curry with cooked white rice to the desired consistency. Serve with cooked broccoli florets as a finger food.

Turkey meatballs

Included in: Spring/summer menu
Allergy information: Contains egg, soya, wheat (gluten)*
Recipe type: Main meat dish
Typical portion size for 1-4 years: 120g
Preparation time: 20 minutes Cooking time: 1 hour
Recipe adapted from: Elmscot Group

Ingredients	Quantity – serves 5	Quantity – serves 20
Meatballs		
Onion, peeled	60g (1 small)	240g (1 large)
Garlic, peeled	4g (1 clove)	16g (4 cloves)
Green pepper, deseed	60g (½ small)	220g (1 ½ medium)
Minced turkey	260g	1.1kg
Egg	25g (½ egg)	100g (2 eggs)
White breadcrumbs	15g (½ slice)	60g (2 large slices)
Dried parsley	2g (2 teaspoons)	8g (8 teaspoons)
Tomato sauce		
Onion, peeled	50g (1 small)	200g (4 small)
Garlic, peeled	4g (1 clove)	16g (4 cloves)
Vegetable oil	15ml (1 tablespoon)	60ml (4 tablespoons)
Plain flour	15g (1 level tablespoon)	60g (3 tablespoons)
Canned chopped tomatoes	200g (1 x 200g can)	800g (2 x 400g cans)

Method	
1.	To make the meatballs, finely dice the onion, garlic and green pepper.
2.	Place minced turkey in a large bowl. Beat the egg and add to the mince with the other meatball ingredients and mix well with hands.
3.	Roll into balls (size of golf ball) using floured hands and place to one side.
4.	To make the sauce, chop the remaining onion and garlic.
5.	Heat the oil in a pan, add the onion and garlic and cook for 3-4 minutes.
6.	Add flour, stirring well. Cook for a few more minutes.
7.	Add the canned tomatoes and simmer for 15-20 minutes.
8.	Pre-heat the oven to 200°C/400°F/gas mark 6.
9.	Meanwhile, heat a large pan and cook the meatballs in batches until golden. Arrange these in the bottom of an oven proof dish.
10.	When all meatballs have been cooked, cover the meatballs with the tomato sauce.
11.	Bake in the oven for 30 minutes or until the meatballs are cooked through.

Serving suggestion: Serve with white spaghetti
Infants 7-12 months Typical portion size: about 65g meatballs and sauce with 30-40g spaghetti/pasta Recipe adaptations: swap the spaghetti for small pasta shapes for infants. Serving to infants 7-9 months: Slice the cooked meatballs and serve as a finger food alongside the mashed pasta and sauce. Serving to infants 10-12 months: Slice the cooked meatballs and serve as a finger food alongside the chopped or minced pasta and sauce

Lunch: vegetarian main courses

African sweet potato and bean stew

Additional recipe: try in place of bean and veggie sausage pasta bake
Allergy information: Contains peanuts*
Recipe type: Main vegetarian dish
Typical portion size for 1-4 years: 160g
Preparation time: 10 minutes
Cooking time: 25 minutes
Recipe adapted from: First Steps Nutrition Trust, Eating well recipe book: Simple cost-effective ideas for the whole family

Ingredients	Quantity – serves 5	Quantity – serves 20
Onion, peeled	60g (1 small)	240g (1 large)
Red pepper, deseeded	80g (½ medium)	320g (2 medium)
Sweet potato	150g	600g
Green beans	50g	200g
Fresh parsley	5g (2-3 sprigs)	20g (1 small bunch)
Vegetable oil	5ml (1 teaspoon)	15ml (1 tablespoon)
Canned chopped tomatoes	200g (1 x 200g can)	800g (2 x 400g cans)
Canned kidney beans, no added sugar or salt, drained	250g (1 x 400g can, drained)	1kg (4 x 400g cans, drained)
Peanut butter	30g	120g
Chilli powder	3g (1 teaspoon)	12g (4 teaspoons)
Water	150ml	600ml

Method	
1.	Chop the onion, pepper and sweet potato. Trim the beans and cut in half. Roughly chop the parsley.
2.	Heat the oil in a pan. Add the onion and cook for 3-4 minutes.
3.	Add the remaining ingredients (except the parsley), bring to the boil and then simmer for about 20 minutes until the vegetables are cooked. Stir in the parsley before serving.

Serving suggestion: with a slice of wholemeal bread and spread
Infants 7-12 months Typical portion size: around 60g stew Recipe adaptations: none Serving to infants 7-9 months: mash/blend the stew until it is smooth with soft lumps. Serve with fingers of toast or bread. Serving to infants 10-12 months: chop or mince the stew to the desired consistency. Serve with fingers of toast or bread.

Aubergine and mixed bean balti

Additional recipe: try in place of Thai tofu curry, or another vegetarian bean dish.
Allergy information: Contains mustard, wheat (gluten)*
Recipe type: Main vegetarian dish
Typical portion size for 1-4 years: 120g
Preparation time: 10 minutes
Cooking time: 30 minutes
Recipe adapted from: Toadhall Nursery Group

Ingredients	Quantity – serves 5	Quantity – serves 20
Onion, peeled	60g (1 small)	240g (1 large)
Aubergine	125g (½ medium)	500g (2 medium)
Vegetable oil	15ml (1 tablespoon)	60ml (4 tablespoons)
Curry powder	18g (2 tablespoons)	72g (8 tablespoons)
Garlic puree	6g (1 teaspoon)	24g (4 teaspoons)
Tomato purée	30g (2 tablespoons)	120g (8 tablespoons)
Plain flour	25g (1 tablespoon)	100g (4 tablespoons)
Boiling water	100ml	400ml
Sultanas	25g (1 tablespoon)	100g (4 tablespoons)
Canned mixed beans, no added sugar or salt, drained	250g (1 x 400g can, drained)	1kg (4 x 400g cans, drained)

Method	
1.	Chop the onion and aubergine.
2.	Heat the oil in a pan.
3.	Add the onion and cook for 3-4 minutes.
4.	Add the aubergine and cook for 2-3 minutes.
5.	Then add the curry powder and garlic and tomato purée and cook for a further 1-2 minutes.
6.	Add the flour and stir well until the vegetables are coated.
7.	Add the water, sultanas and beans, bring to the boil and simmer for 10 -15 minutes or until all the vegetables and beans are cooked.

Serving suggestion: with around 90g cooked white or brown rice
Infants 7-12 months Typical portion size: around 60g Balti, with 30-40g cooked rice. Recipe adaptations: none Serving to infants 7-9 months: mash/blend the balti with cooked rice until it is smooth with soft lumps. Serve with a vegetable finger food. Serving to infants 10-12 months: chop or mince the balti with cooked rice to the desired consistency. Serve with a vegetable finger food.

BBQ Quorn™

Included in: Spring/summer menu
Allergy information: Contains barley (gluten), egg, mustard*
Recipe type: Main vegetarian dish
Typical portion size for 1-4 years: 90g
Preparation time: 10 minutes
Cooking time: 30 minutes
Recipe adapted from: Elmscot Group

Ingredients	Quantity – serves 5	Quantity – serves 20
Onion, peeled	60g (1 small)	240g (1 large)
Garlic, peeled	4g (1 clove)	16g (4 cloves)
Pepper, deseeded	80g (½ medium)	320g (2 medium)
Vegetable oil	5ml (1 teaspoon)	15ml (1 tablespoon)
Quorn™ pieces	200g	800g
Canned chopped tomatoes	100g (½ x 200g can)	400g (1 x 400g can)
Mustard powder	1g (¼ teaspoon)	4g (1 teaspoon)
Chilli powder	1g (¼ teaspoon)	4g (1 teaspoon)
Ground ginger	1g (¼ teaspoon)	4g (1 teaspoon)
Malt vinegar	15ml (1 tablespoon)	60ml (4 tablespoons)
Frozen sweetcorn	35g	140g
Cornflour	1g (¼ teaspoon)	4g (1 teaspoon)

Method	
1.	Chop the onion, garlic and pepper.
2.	Heat the vegetable oil in a saucepan.
3.	Add the onions, garlic and peppers and cook for 3-4 minutes until starting to soften.
4.	Add the Quorn™ and cook for a few minutes.
5.	Add the canned tomatoes, mustard powder, chilli powder, ginger and vinegar. Simmer for 20 minutes.
6.	Add the sweetcorn and thicken with cornflour and water if required. Cook for a further 5 minutes or until all the vegetables and the Quorn™ is cooked through.

Serving suggestion: Serve with new potatoes and roasted vegetables.
Infants 7-12 months Typical portion size: 45g soya pieces and sauce, plus 30-40g new potatoes and 25g vegetables. Recipe adaptations: swap the Quorn™ for soya pieces for infants under 12 months. Serving to infants 7-9 months: blend or mash the cooked soya with cooked new potatoes until it is smooth with soft lumps. Serve with roast vegetables as a finger food. Serving to infants 10-12 months: chop or mince the cooked soya with cooked new potatoes to the desired consistency. Serve with roast vegetables as a finger food.

Bean and mushroom stroganoff

Included in: Spring/summer menu
Allergy information: Contains milk, mustard, sulphites, wheat (gluten)*
Recipe type: Main vegetarian dish
Typical portion size for 1-4 years: 130g
Preparation time: 15 minutes
Cooking time: 20 minutes
Recipe adapted from: Elmscott Day Nursery

Ingredients	Quantity – serves 5	Quantity – serves 20
Onion, peeled	75g (½ medium)	300g (2 medium)
Garlic, peeled	4g (1 clove)	20g (4 cloves)
Mushrooms	160g	640g
Gherkin	15g	60g
Fresh parsley	2g (2-3 sprigs)	8g (8-10 sprigs)
Vegetable oil	15ml (1 tablespoon)	60ml (4 tablespoons)
Peas	50g	200g
Paprika	1.5g (½ teaspoon)	6g (2 teaspoons)
Wholemeal flour	35g (2 level tablespoons)	140g
Tomato purée	30g (2 tablespoons)	120g
Canned cannellini beans, no added sugar or salt, drained	240g (1 x 400g can, drained)	960g (4 x 400g can, drained)
Plain whole milk yoghurt	75g (2 tablespoons)	300g

Method	
1.	Chop the onion, garlic, mushrooms and gherkin. Roughly chop the parsley.
2.	Heat oil in a pan. Add the onions and garlic, cook for 3-4 minutes until soft.
3.	Add the mushrooms and cook for 2-3 minutes.
4.	Add paprika, flour and tomato purée, coating all the vegetables and cook for 2 minutes.
5.	Then add the beans, gherkins and yoghurt and combine well to make the sauce. Simmer for 5 minutes.
6.	Stir in the chopped parsley before serving.

Serving suggestion: Serve with white or brown rice
Infants 7-12 months Typical portion size: about 60g stroganoff with 30-40g rice and 25g vegetables Recipe adaptations: none Serving to infants 7-9 months: blend or mash the cooked stroganoff with white rice until it is smooth with soft lumps. Serve with cooked sugar snap peas as a finger food. Serving to infants 10-12 months: chop or mince the cooked stroganoff with white rice to the desired consistency. Serve with cooked sugar snap peas as a finger food.

Bean and pea risotto

Included in: Spring/summer menu
Allergy information: Contains celery, egg, milk, soya wheat (gluten)*
Recipe type: Main vegetarian dish
Typical portion size for 1-4 years: 180g
Preparation time: 10 minutes
Cooking time: 30 minutes
Recipe adapted from: Scribbles Nursery

Ingredients	Quantity – serves 5	Quantity – serves 20
Onion, peeled	80g (½ medium)	320g (2 medium)
Garlic, peeled	4g (1 clove)	16g (4 cloves)
Fresh parsley	5g (2-3 sprigs)	20g (1 bunch)
Vegetable stock cube, reduced salt	½ stock cube	2 stock cubes
Boiling water	300ml	1.2l
Vegetable oil	5ml (1 teaspoon)	15ml (1 tablespoon)
Frozen peas	200g	800g
Soya beans	200g	800g
White rice	145g	580g

Method	
1.	Dice the onion and garlic and finely chop the parsley.
2.	Dissolve the stock cube into the boiling water.
3.	Meanwhile, heat the oil in a pan and add the onion. Cook for 1-2 minutes.
4.	Add the peas, soya beans and rice and stir. Add the stock until the rice and vegetables are covered and stir. Leave to simmer until the majority of the stock has been absorbed.
5.	Check to see if the rice is cooked, if not, add more water and continue to simmer until cooked.
6.	Sprinkle with parsley.

Serving suggestion: Use different seasonal vegetables
Infants 7-12 months Typical portion size: about 100g risotto with 25g vegetables Recipe adaptations: cook without the stock cube when serving to infants under 12 months Serving to infants 7-9 months: blend or mash the cooked risotto until it is smooth with soft lumps. Serve with cooked red pepper sticks as a finger food. Serving to infants 10-12 months: chop or mince the cooked risotto to the desired consistency. Serve with cooked red pepper sticks as a finger food.

Bean and vegetable pie

Included in: Autumn/winter menu
Allergy information: Contains milk*
Recipe type: Main vegetarian dish
Typical portion size for 1-4 years: 210g
Preparation time: 45 minutes
Cooking time: 30 minutes
Recipe adapted from: Acorn Grove Nursery, Children's Food Trust Autumn/Winter menu and recipes for early years settings

Ingredients	Quantity – serves 5	Quantity – serves 20
White, floury potatoes, peeled	450g	1.8kg
Vegetable oil spread	5g	20g
Semi skimmed milk	15ml	60ml
Onion, peeled	30g (½ small)	120g (2 small)
Carrot, peeled	30g (1 small)	120g (1 large)
Vegetable oil	5ml (1 teaspoon)	30ml (2 tablespoons)
Canned chopped tomatoes	100g (½ x 200g can)	400g (1x 400g can)
Tomato purée	15g (1 tablespoon)	60g (4 tablespoons)
Water	150ml	600ml
Dried mixed herbs,	1g (1 teaspoon)	4g (4 teaspoons)
Canned red kidney beans, no added salt or sugar, drained	240g (1 x 400g can, drained)	960g (4 x 400g can, drained)

Method	
1.	Preheat the oven to 180°C/350°F/gas mark 4.
2.	Chop the potato into 2cm cubes. Boil in water for 15 minutes or until soft.
3.	Drain the potatoes and then mash with the vegetable oil spread and milk until a smooth consistency is formed.
4.	Chop the onion and carrot. Heat the oil in a large saucepan and add the onion. Cook for 5 minutes or until soft.
5.	Add the carrots, canned tomatoes, tomato purée, water, mixed herbs and kidney beans. Bring to the boil
6.	Pour the mixture into a large ovenproof dish and top with the mashed potato. Bake in the oven for 30 minutes or until piping hot throughout

Serving suggestion: Serve with red cabbage and runner beans.
Infants 7-12 months Typical portion size: about 100g pie, plus 25g runner beans as a finger food. Recipe adaptations: none Serving to infants 7-9 months: blend or mash the cooked pie until it is smooth with soft lumps. Serve with runner beans as a finger food. Serving to infants 10-12 months: chop or mince the cooked pie with cooked new potatoes to the desired consistency. Serve with runner beans as a finger food.

Bean and veggie sausage wholemeal pasta bake

Included in: Spring/summer menu
Allergy information: Contains egg, soya, sulphites, wheat (gluten)*
Recipe type: Main vegetarian dish
Typical portion size for 1-4 years: 240g
Preparation time: 10 minutes
Cooking time: 20 minutes
Recipe adapted by the Children's Food Trust from a submitted recipe

Ingredients	Quantity – serves 5	Quantity – serves 20
Onion, peeled	60g (1 small)	240g (1 large)
Garlic, peeled	4g (1 clove)	16g (4 cloves)
Carrot, peeled	80g (1 medium)	320g (4 medium)
Wholemeal pasta	200g	800g
Vegetable oil	15ml (1 tablespoon)	60ml (4 tablespoons)
Vegetarian sausage	150g (2 ½ sausages)	600g (10 sausages)
Canned chopped tomatoes	200g (1 x 200g can)	800g (2 x 400g cans)
Canned red kidney beans, no added sugar or salt, drained	130g (½ x 400g can, drained)	520g (2 x 400g cans, drained)
Frozen peas	100g	400g

Method	
1.	Finely chop the onion, garlic and carrot.
2.	Cook the pasta according to the manufacturer's instructions, then drain.
3.	Meanwhile, heat the oil in a pan and add the onions, garlic and carrot. Cook for 1-2 minutes until they start to soften.
4.	Add the sausages, chopped tomatoes, drained beans and peas to the pan and stir well. Bring to the boil and simmer for 15 minutes or until the sausages and vegetables are cooked.
5.	Stir in the pasta to combine well.

Serving suggestion: Swap the pasta for potatoes to make a hotpot
Infants 7-12 months Typical portion size: about 100g pasta bake with 25g vegetables. Recipe adaptations: none Serving to infants 7-9 months: blend or mash the cooked pasta bake until it is smooth with soft lumps. Serve with cooked broccoli florets as a finger food. Serving to infants 10-12 months: chop or mince the cooked pasta bake to the desired consistency. Serve with cooked broccoli florets as a finger food.

Butterbean goulash

Included in: Autumn/winter menu
Allergy information: Contains sulphites*
Recipe type: Main vegetarian dish
Typical portion size for 1-4 years: 160g
Preparation time: 10 minutes
Cooking time: 35 minutes
Recipe adapted from: The Peterborough Nursery School

Ingredients	Quantity – serves 5	Quantity – serves 20
Onion, peeled	60g (1 small)	240g (1 large)
Green pepper, deseeded	80g (½ medium)	320g (2 medium)
Mushrooms	40g (4 medium)	160g (8 large)
Carrots, peeled	40g (½ medium)	160g (2 medium)
Garlic, peeled	4g (1 clove)	16g (4 cloves)
Vegetable oil	5ml (1 teaspoon)	15ml (1 tablespoon)
Canned butterbeans, no added salt or sugar, drained	240g (1 x 400g can, drained)	960g (4 x 400g cans, drained)
Paprika	9g (1 tablespoon)	36g (4 tablespoons)
Canned chopped tomatoes	400g (1 x 400g can)	1.6kg (4 x 400g cans)
Water	150ml	600ml

Method	
1.	Chop the vegetables and garlic.
2.	Heat the oil in a pan and add the onions. Cook for a few minutes.
3.	Add the pepper, mushrooms, carrot, garlic, beans, paprika, canned tomatoes and water and stir well. Cover and simmer for 30 minutes.

Serving suggestion: Serve with brown rice and green beans
Infants 7-12 months Typical portion size: about 60g goulash with 30-40g brown rice and 25g green beans Recipe adaptations: none Serving to infants 7-9 months: blend or mash the cooked goulash with cooked brown rice until it is smooth with soft lumps. Serve with green beans as a finger food. Serving to infants 10-12 months: chop or mince the cooked goulash with cooked brown rice to the desired consistency. Serve with green beans as a finger food.

Channa aloo

Additional recipe: try in place of mixed bean tagine or bean goulash.
Allergy information: Contains sulphites*
Recipe type: Main vegetarian dish
Typical portion size for 1-4 years: 90g
Preparation time: 10 minutes
Cooking time: 25 minutes
Recipe adapted from: First Steps Nutrition Trust, Eating well: vegan infants and under 5's

Ingredients	Quantity – serves 5	Quantity – serves 20
Onion, peeled	75g (1 small)	300g (2 medium)
Potato, peeled	100g	400g
Vegetable oil	15ml (1 tablespoon)	60ml (4 tablespoon)
Chilli powder	1.5g (½ teaspoon)	6g (2 teaspoons)
Ground cumin	1.5g (½ teaspoon)	6g (2 teaspoons)
Garlic purée	5g (1 teaspoon)	20g (4 teaspoons)
Tomato purée	30g (2 tablespoons)	120g (8 tablespoons)
Canned chickpeas, no added sugar or salt, drained	240g (1 x 400g can, drained)	960g (4 x 400g cans, drained)

Method	
1.	Chop the onion and potato.
2.	Boil the potatoes until tender, and then drain.
3.	Heat the oil in a pan, add the onion, spices and garlic purée and cook for 3-4 minutes.
4.	Add the tomato purée, chickpeas and potatoes and stir well. Simmer for 5 minutes until cooked through.

Serving suggestion: with around pilau rice and Masoor dhal
Infants 7-12 months Typical portion size: around 60g channa aloo, with 30-40g rice and 40g dhal. Recipe adaptations: none Serving to infants 7-9 months: mash/blend the channa aloo with cooked rice until it is smooth with soft lumps. Serving to infants 10-12 months: chop or mince the channa aloo with cooked rice to the desired consistency.

Cheese and mushroom cakes

Included in: Autumn/winter menu
Allergy information: Contains egg, milk, soya, wheat (gluten)*
Recipe type: Main vegetarian dish
Typical portion size for 1-4 years: 110g
Preparation time: 10 minutes
Cooking time: 45 minutes
Recipe adapted from: Toadhall Nursery Group

Ingredients	Quantity – serves 5	Quantity – serves 20
Potatoes, peeled	150g	600g
Leeks	60g (½ small)	320g (2 small)
Mushrooms	50g	200g
Fresh chives	5g (3-5 sprigs)	20g (1 small bunch)
Cheddar cheese	75g	300g
Egg	50g (1)	200g (4)
Vegetable oil	5ml (1 teaspoon)	15ml (1 tablespoon)
Plain flour	60g (2 heaped tablespoons)	250g (8 heaped tablespoons)
Wholemeal breadcrumbs	50g	200g

Method	
1.	Pre-heat oven to 180°C/350°F/Gas mark 4.
2.	Dice the potatoes then boil until tender. Drain and then mash them.
3.	Finely slice the leeks and dice the mushrooms. Roughly chop the chives.
4.	Grate the cheese. Beat the egg.
5.	Heat the oil in a pan and add the leeks and mushrooms. Cook until softened.
6.	Add the cheese, leeks, mushrooms and chives to the mash potato. Mix well.
7.	Divide the mixture into 10 or 40, and shape into patties (cheese and mushroom cakes).
8.	Into separate bowls, place the flour, beaten eggs and the breadcrumbs. Coat each fishcake in turn in the flour, egg and then breadcrumbs.
9.	Place on a baking tray and bake in the oven for 15-20 minutes, or until the breadcrumbs are golden brown.

Serving suggestion: Serve with potato wedges and spinach
Infants 7-12 months Typical portion size: about 65g cheese and mushroom cakes with 30-40g potato wedges and 25g spinach Recipe adaptations: none Serving to infants 7-9 months: blend or mash the cooked cakes until smooth with soft lumps. Serve with potato wedges and spinach. Serving to infants 10-12 months: chop or mince the cooked cakes to the desired consistency. Serve with potato wedges and spinach.

Cheese and vegetable pie

Included in: Spring/summer menu
Allergy information: Contains celery, egg, milk, sulphites, wheat (gluten)*
Recipe type: Main vegetarian dish
Typical portion size for 1-4 years: 120g
Preparation time: 10 minutes
Cooking time: 45 minutes
Recipe adapted from: Toadhall Nursery Group

Ingredients	Quantity – serves 5	Quantity – serves 20
Carrot, peeled	80g (1 medium)	320g (4 medium)
Celery	25g (1 stick)	100g (4 sticks)
Cheddar cheese	75g	300g
Vegetable stock cube, reduced salt	3g (½ cube)	12g (2 cubes)
Boiling water	100ml	400ml
Vegetable oil	5ml (1 teaspoon)	15ml (1 tablespoon)
Vegetable oil spread	20g	80g
Plain flour	25g (1 tablespoon)	100g (4 tablespoons)
Semi-skimmed milk	40ml	160ml
Frozen peas	40g	160g
Puff pastry	50g	200g

Method	
1.	Pre-heat the oven to 200°C/400°F/gas mark 6.
2.	Dice the carrots and celery. Grate the cheese
3.	Make up the stock.
4.	Heat the oil in a pan and add the carrots and celery and cook for a further 3-4 minutes. Set aside.
5.	Prepare a roux white sauce: in a separate pan melt the vegetable oil spread on a low heat. Once it has melted, stir in the flour cook on a low heat for 1–2 minutes. Gradually add the milk a little at a time stirring continuously, bringing the sauce to the boil until thickened.
6.	Add the cheese, carrots, celery, peas and stock stirring well to combine. Simmer on a low heat for 5 minutes.
7.	On a floured surface, roll out the pastry.
8.	Pour the cheese and vegetable mixture into an ovenproof dish and top with the pastry. Trim the edges. Bake in the oven for 30 minutes or until pastry is golden.

Serving suggestion: Serve with roast potatoes and spring greens
Infants 7-12 months Typical portion size: about 60g pie filling with 30-40g potatoes and 25g vegetables. Recipe adaptations: cook without the stock cube when serving to infants under 12 months, and serve without the pastry topping Serving to infants 7-9 months: blend or mash the cooked filling until it is smooth with soft lumps. Serve with sliced roast potato as a finger food. Serving to infants 10-12 months: chop or mince the cooked filling to the desired consistency. Serve with sliced roast potato as a finger food.

Chickpea and spinach curry

Included in: Spring/summer menu
Allergy information: Contains mustard, sulphites*
Recipe type: Main vegetarian dish
Typical portion size for 1-4 years: 130g
Preparation time: 10 minutes
Cooking time: 30 minutes
Recipe adapted from: The Nursery Catering Company

Ingredients	Quantity – serves 5	Quantity – serves 20
Onion, peeled	80g (½ medium)	320g (2 medium)
Fresh tomatoes	40g	160g
Vegetable oil	5g (1 teaspoon)	20g (2 tablespoons)
Canned chickpeas, no added salt or sugar, drained	240g (1 x 400g can, drained)	960g (4 x 400g cans, drained)
Tomato purée	20g (1 tablespoon)	80g (4 tablespoons)
Ground turmeric	3g (1 teaspoon)	12g (4 teaspoons)
Chilli powder	3g (1 teaspoon)	12g (4 teaspoons)
Curry powder	3g (1 teaspoon)	12g (4 teaspoons)
Tap water	150ml	600ml
Fresh spinach	80g	320g

Method	
1.	Chop the onion and tomatoes.
2.	Heat oil in pan and add the onion and tomatoes and cook for 5 minutes.
3.	Add the chickpeas, tomato purée, turmeric, chilli powder, curry powder and water. Bring to the boil and simmer for 20 minutes until the vegetables are soft.
4.	Add the spinach and cook for a further 3-4 minutes.

Serving suggestion: Serve with white or brown rice and naan bread
Infants 7-12 months Typical portion size: about 60g curry with 30-40g rice and 25g vegetables Recipe adaptations: none Serving to infants 7-9 months: blend or mash the cooked curry with white rice until it is smooth with soft lumps. Serve with cooked broccoli florets as a finger food. Serving to infants 10-12 months: chop or mince the cooked curry with white rice to the desired consistency. Serve with cooked broccoli florets as a finger food.

Chickpea korma

Included in: Autumn/winter menu
Allergy information: Contains almonds, mustard, sulphites*
Recipe type: Main vegetarian dish
Typical portion size for 1-4 years: 140g
Preparation time: 10 minutes
Cooking time: 25 minutes
Recipe adapted from: Elmscot Group

Ingredients	Quantity – serves 5	Quantity – serves 20
Onion, peeled	60g (1 small)	240g (1 large)
Garlic, peeled	8g (2 cloves)	32g (8 cloves)
Korma curry paste ^x	40g	160g
Canned chickpeas, no added sugar or salt, drained	240g (1 x 400g can drained)	960g (4 x 400g cans, drained)
Coconut milk, standard	200ml (½ x 400ml can)	800ml (2 x 400ml can)
Frozen peas	150g	600g
Desiccated coconut	10g	40g

Method	
1.	Chop the onion and garlic.
2.	Heat oil in large pan, add onions and garlic and cook for a few minutes until softened.
3.	Add the korma paste and cook out for a few minutes.
4.	Add the chickpeas, coconut milk, frozen peas and desiccated coconut and bring to the boil. Simmer until the sauce has thickened.

Serving suggestion: Serve with brown rice.
Infants 7-12 months Typical portion size: about 60g curry with 30-40g brown rice and 25g green beans. Recipe adaptations: none Serving to infants 7-9 months: blend or mash the cooked korma with cooked brown rice until it is smooth with soft lumps. Serve with green beans as a finger food. Serving to infants 10-12 months: chop or mince the cooked korma with cooked brown rice to the desired consistency. Serve with green beans as a finger food.

^x If the setting is nut-free, check the ingredients in the korma paste for presence of nuts – some korma pastes contain almonds, and some can contain peanuts.

Creamy Quorn™ and leek hotpot

Included in: Autumn/winter menu
Allergy information: Contains egg, milk*
Recipe type: Main meat dish
Typical portion size for 1-4 years: 240g
Preparation time: 15 minutes
Cooking time: 25 minutes
Recipe adapted by the Children's Food Trust

Ingredients	Quantity – serves 5	Quantity – serves 20
Leek	100g	400g
Carrot, peeled	100g	400g
Potato, peeled	450g	1.8kg
Green beans	50g	200g
Quorn™ pieces	250g	1kg
Vegetable oil	15ml (1 tablespoon)	60ml (4 tablespoons)
Water	200ml	800ml
Cream cheese	75g	300g

Method	
1.	Chop the leeks, carrots and potatoes. Trim and halve the beans.
2.	Heat the oil in a large pan. Add the Quorn™ pieces and fry for 2 to 3 minutes.
3.	Add the leeks, carrots, potatoes, green beans and water, bring to the boil and simmer for about 20 minutes until the vegetables are cooked.
4.	Turn off the heat, stir in the cream cheese.

Serving suggestion: Serve with cooked broccoli.
Infants 7-12 months Typical portion size: about 100g hot pot with 25g broccoli Recipe adaptations: make using soya pieces or soya mince if serving to infants under 12 months Serving to infants 7-9 months: blend or mash the cooked hot pot until it is smooth with soft lumps. Serve with broccoli as a finger food. Serving to infants 10-12 months: chop or mince the cooked hot pot to the desired consistency. Serve with broccoli as a finger food.

Jamaican bean curry

Additional recipe: try in place of bean goulash
Allergy information: Contains mustard*
Recipe type: Main vegetarian dish
Typical portion size for 1-4 years: 140g
Preparation time: 15 minutes
Cooking time: 20 minutes
Recipe adapted from: Bright Horizons Day Nurseries

Ingredients	Quantity – serves 5	Quantity – serves 20
Potatoes, peeled	75g	300g
Onion, peeled	60g (1 small)	240g (1 large)
Red pepper, deseeded	80g (½ medium)	320g (2 medium)
Garlic, peeled	4g (1 clove)	16g (4 cloves)
Plantain, peeled	50g (½ medium)	200g (1 medium)
Vegetable oil	5ml (1 teaspoon)	15ml (1 tablespoon)
Water	100ml	400ml
Curry powder	1.5g (½ teaspoon)	6g (2 teaspoons)
Canned tomatoes	100g (½ x 200g can)	400g (1 x 400g can)
Black-eye beans	250g (1 x 400g can, drained)	1kg (4 x 400g can, drained)
Frozen peas	50g	200g

Method	
1.	Dice the potatoes. Boil for 10-15 minutes in unsalted water until cooked. Then drain.
2.	Meanwhile, chop the onions, peppers, garlic and plantain.
3.	Heat the oil in a pan and add the onions and peppers and cook for 5 minutes until softened.
4.	Stir in garlic, water, curry powder, tomatoes, beans and plantain.
5.	Bring to the boil and then reduce the heat and simmer for 10 minutes until slightly thickened.
6.	Add the peas and potatoes. Cook gently for a further 5-10 minutes until the beans and vegetables are cooked.

Serving suggestion: with around 90g cooked brown rice
Infants 7-12 months Typical portion size: around 60g with 30-40g rice. Recipe adaptations: none Serving to infants 7-9 months: mash/blend the curry with cooked rice until it is smooth with soft lumps. Serve with a vegetable finger food. Serving to infants 10-12 months: chop or mince the curry with cooked rice to the desired consistency. Serve with a vegetable finger food.

Lentil moussaka

Included in: Spring/summer menu
Allergy information: Contains egg, milk*
Recipe type: Main vegetarian dish
Typical portion size for 1-4 years: 160g
Preparation time: 10 minutes
Cooking time: 40 minutes
Recipe adapted from: Toadhall nursery group

Ingredients	Quantity – serves 5	Quantity – serves 20
Onion, peeled	60g (1 small)	240g
Garlic, peeled	4g (1 clove)	16g (4 cloves)
Aubergine	130g	520g
Mozzarella	20g	80g
Vegetable oil	5g (1 tsp)	20g (2 tablespoons)
Dried red lentils	60g	240g
Canned chopped tomatoes	200g (1 x 200g can)	800g (2 x 400g cans)
Tomato purée	25g (1½ tablespoons)	100g (6½ tablespoons)
Water	150ml	600ml
Ground cinnamon	1.5g (½ teaspoon)	2g (2 teaspoons)
Mixed dried herbs	0.5g (½ teaspoon)	2g (2 teaspoons)
Cream cheese	50g	200g
Egg	25g (½ egg)	100g (2 eggs)
Greek whole milk yoghurt	60g (1½ tablespoons)	240g (5½ tablespoons)

Method	
1.	Pre-heat the grill to high.
2.	Chop the onion and garlic. Slice the aubergines and grate the mozzarella.
3.	Heat the oil in a large pan and add the onions and garlic. Cook for 1-2 minutes.
4.	Add the lentils, canned tomatoes, tomato purée, water, cinnamon and herbs. Stir well, and simmer for 20 minutes or until the lentils are cooked.
5.	Meanwhile, prick the aubergine with a fork and microwave for 3-5 mins until soft.
6.	Mix the cream cheese, egg and yoghurt together.
7.	Transfer tomato mixture to a large ovenproof dish. Slice the aubergines and arrange on top. Pour over the yoghurt mixture and sprinkle with grated cheese.
8.	Place under the grill until the topping has set and turned golden.

Serving suggestion: with garlic bread and mixed salad
Infants 7-12 months Typical portion size: about 100g moussaka with about 20g toast fingers and 25g vegetables. Serving to infants 7-9 months: blend or mash the cooked moussaka until it is smooth with soft lumps. Serve with toast fingers and carrot batons as a finger food. Serving to infants 10-12 months: chop or mince the cooked moussaka to the desired consistency. Serve with toast fingers and carrot batons as a finger food.

Lentil, potato and spinach curry

Included in: Spring/summer menu
Allergy information: Contains milk, mustard*
Recipe type: Main vegetarian dish
Typical portion size for 1-4 years: 120g
Preparation time: 10 minutes
Cooking time: 30 minutes
Recipe adapted from: Elmscot Group

Ingredients	Quantity – serves 5	Quantity – serves 20
Potato, peeled	200g	800g
Onion, peeled	60g (1 small)	240g (1 large)
Garlic, peeled	4g (1 clove)	16g (4 cloves)
Fresh tomato	80g (1 medium)	320g (4 medium)
Vegetable oil	5ml (1 teaspoon)	15ml (1 tablespoon)
Curry powder	6g (2 teaspoons)	24g (2½ tablespoons)
Dried red lentils	60g	240g
Coconut milk, standard	60ml	240ml
Water	125ml	500ml
Spinach	50g	200g
Plain whole milk yoghurt	15g (1 teaspoon)	60g (1½ tablespoon)

Method	
1.	Chop the potatoes, onion, garlic and tomatoes.
2.	Heat vegetable oil in a pan. Add the curry powder and cook for 1-2 minutes.
3.	Add the onions and garlic and cook for a further 3-4 minutes to soften.
4.	Add the lentils, potatoes, tomatoes, coconut milk and water and simmer until the potatoes and lentils are cooked.
5.	Add spinach and yoghurt. Stir well and cook for 5 minutes.

Serving suggestion: Serve with cous cous
Infants 7-12 months Typical portion size: about 60g curry with 30-40g cooked cous cous and 25g vegetables. Recipe adaptations: none Serving to infants 7-9 months: blend or mash the cooked curry with cous cous until it is smooth with soft lumps. Serve with cooked cauliflower florets as a finger food. Serving to infants 10-12 months: chop or mince the cooked curry with cous cous to the desired consistency. Serve with cooked cauliflower florets as a finger food.

Lentil ratatouille

Included in: Autumn/winter menu
Allergy information: None*
Recipe type: Main vegetarian dish
Typical portion size for 1-4 years: 110g
Preparation time: 15 minutes
Cooking time: 35 minutes
Recipe adapted from: The Peterborough Nurse School and Children's Food Trust Spring/Summer menu and recipes for early years settings

Ingredients	Quantity – serves 5	Quantity – serves 20
Onion, peeled	30g (½ small)	120g (2 small)
Garlic, peeled	24 (1 clove)	8g (2 cloves)
Mushrooms	30g (3 medium)	120g (6 large)
Courgette	50g (½ medium)	200g (2 medium)
Canned chopped tomatoes	200g (1 x 200g can)	800g (2 x 400g can)
Dried oregano	0.25g (¼ teaspoon)	1g (1 teaspoon)
Dried thyme	0.25g (¼ teaspoon)	1g (1 teaspoon)
Water	200ml	800ml
Dried red lentils	60g	240g

Method	
1.	Chop the onion, garlic, mushrooms and courgette.
2.	Put the onion, garlic, mushrooms, courgettes, canned tomatoes, oregano, thyme, lentils and water into a large saucepan, bring to the boil and then simmer until all the vegetables are cooked (approximately 30 minutes).

Serving suggestion: Serve with pasta.
Infants 7-12 months Typical portion size: about 70g lentil ratatouille, with 30-40g pasta. Recipe adaptations: none Serving to infants 7-9 months: blend or mash the cooked lentils and vegetables until it is smooth with soft lumps. Serve with cooked pasta as a finger food, or mash the pasta with the fish and vegetables. Serving to infants 10-12 months: chop or mince the cooked lentils and vegetables to the desired consistency. Serve with cooked pasta as a finger food, or chop the pasta with the fish and vegetables.

Mixed bean and root vegetable stew

Included in: Autumn/winter menu
Allergy information: Contains sulphites*
Recipe type: Main vegetarian dish
Typical portion size for 1-4 years: 130g
Preparation time: 10 minutes
Cooking time: 45 minutes
Recipe adapted from: Early Years Catering at Illminster Avenue, Children's Food Trust Autumn/Winter menu and recipes for early years settings

Ingredients	Quantity – serves 5	Quantity – serves 20
Onion, peeled	60g (1 small)	240g (1 large)
Garlic, peeled	4g (1 clove)	16g (4 cloves)
Parsnip, peeled	45g (1 small)	180g (2 small)
Carrot, peeled	60g (1 medium)	240g (2 medium)
Fresh basil	5g (2-3 sprigs)	20g (1 small bunch)
Vegetable oil	5ml (1 teaspoon)	15ml (1 tablespoon)
Tomato purée	8g (½ tablespoon)	32g (2 tablespoons)
Canned chopped tomatoes	100g (½ x 200g can)	400g (1 x 400g can)
Canned kidney beans, no added salt or sugar, drained	60g (½ x 200g can, drained)	240g (1 x 400g can, drained)
Canned haricot beans, no added salt or sugar, drained	60g (½ x 200g can, drained)	240g (1 x 400g can, drained)
Canned butter beans, no added salt or sugar, drained	60g (½ x 200g can, drained)	240g (1 x 400g can, drained)
Water	100ml	400ml

Method	
1.	Dice the onion, garlic and chop the parsnip and carrot into 2cm cubes. Roughly chop the basil.
2.	Heat the oil in a large pan, add the onion and garlic, cook for 5 minutes until the onion softens.
3.	Add the parsnips, carrot, tomato purée, canned tomatoes, beans and water, bring to the boil and leave to simmer for 30-40 minutes until the vegetables are soft. Stir through the basil before serving.

Serving suggestion: Serve with apricot and herb cous cous.
Infants 7-12 months Typical portion size: about 60g stew, with 30-40g cous cous and 25g carrot sticks. Recipe adaptations: none Serving to infants 7-9 months: blend or mash the cooked stew with cooked cous cous until it is smooth with soft lumps. Serve with cooked carrot sticks as a finger food. Serving to infants 10-12 months: chop or mince the cooked stew with cooked cous cous to the desired consistency. Serve with cooked carrot sticks as a finger food.

Mixed bean tagine

Included in: Autumn/winter menu
Allergy information: Contains sulphites*
Recipe type: Main vegetarian dish
Typical portion size for 1-4 years: 140g
Preparation time: 10 minutes
Cooking time: 25 minutes
Recipe adapted from: Toadhall nursery group

Ingredients	Quantity – serves 5	Quantity – serves 20
Onion, peeled	60g (1 small)	240g (1 large)
Red pepper, deseeded	80g (½ medium)	320g (2 medium)
Green pepper, deseeded	80g (½ medium)	320g (2 medium)
Vegetable oil	15ml (1 tablespoon)	60ml (4 tablespoons)
Canned mixed beans, no added salt or sugar, drained	240g (1 x 400g can, drained)	960g (4 x 400g cans, drained)
Dried apricots	25g (1 tablespoon)	100g (4 tablespoons)
Sultanas	20g (1 tablespoon)	80g (4 tablespoons)
Canned chopped tomatoes	200g (1 x 200g can)	800g (2 x 400g cans)
Mixed spice	3g (1 teaspoon)	12g (4 teaspoons)
Water	250ml	600ml

Method	
1.	Dice the onion. Deseed and slice the peppers.
2.	Heat the oil in a pan and add the onion and peppers and cook for 5 minutes.
3.	Add the mixed beans, dried apricots, sultanas, canned tomatoes and mixed spice. Bring to the boil and simmer for 20 minutes or until the vegetables are soft.

Serving suggestion: Serve with vegetable cous cous
Infants 7-12 months Typical portion size: about 60g tagine with 30-40g cous cous and 25g green beans. Recipe adaptations: none Serving to infants 7-9 months: blend or mash the cooked tagine with cooked cous cous until it is smooth with soft lumps. Serve with green beans as a finger food. Serving to infants 10-12 months: chop or mince the cooked tagine with cooked cous cous to the desired consistency. Serve with green beans as a finger food.

Omelette popovers

Included in: Spring/summer menu
Allergy information: Contains egg, milk*
Recipe type: Main vegetarian dish
Typical portion size for 1-4 years: 60g
Preparation time: 10 minutes
Cooking time: 20 minutes
Recipe adapted from: Let's Get Cooking at Home

Ingredients	Quantity – serves 5	Quantity – serves 20
Onion, peeled	40g (1/2 small)	150g (1 medium)
Cheddar cheese	70g	280g
Frozen peas	75g	300g
Dried chives or mixed herbs	0.25g (1/4 teaspoon)	1g (1 teaspoon)
Eggs	150g (3 eggs)	600g (12 eggs)
Black pepper	0.5g	2g
Water	10ml (2 teaspoons)	30ml (2 tablespoons)

Method	
1.	Preheat the oven to 180°C/160°C fan or gas mark 4. Spray the holes of a muffin tin with spray oil, or lightly grease.
2.	Peel and finely chop the onion and divide equally between the holes. Put in the oven for 5 minutes.
3.	Meanwhile, weigh and grate the Cheddar cheese. Put the peas into a medium bowl and add the grated cheese and herbs.
4.	Add the eggs, black pepper and water to the bowl, and mix with a fork.
5.	Remove the muffin tin from the oven, divide the mixture between the holes and stir.
	Return to the oven for 15 minutes or until golden brown on the top. Allow to cool for 5 minutes and then remove from the tin.

Serving suggestion: Serve with new potatoes and green beans
Infants 7-12 months Typical portion size: one omelette popover with 30-40g new potatoes and 25g green beans. Serving to infants 7-9 months: blend or mash the popover until it is smooth with soft lumps, or slice and serve as a finger food. Serving to infants 10-12 months: chop or mince the popover to the desired consistency, or slice and serve as a finger food.

Pasta primavera

Included in: Spring/summer menu
Allergy information: Contains cashew nuts, egg, milk, sulphites, wheat (gluten)*
Recipe type: Main vegetarian dish
Typical portion size for 1-4 years: 200g
Preparation time: 10 minutes
Cooking time: 15 minutes
Recipe adapted from: Elmscot Group

Ingredients	Quantity – serves 5	Quantity – serves 20
Courgette	40g (½ medium)	160g (1 large)
Green pepper, deseeded	80g (½ medium)	320g (2 medium)
Red pepper, deseeded	80g (½ medium)	320g (2 medium)
Leeks	30g (¼ medium)	120g (1 medium)
Mushrooms	75g	300g
Garlic, peeled	4g (1 clove)	16g (4 cloves)
Wholemeal pasta	200g	800g
Vegetable oil	15ml (1 tablespoon)	60ml (4 tablespoons)
Green pesto	30g	120g
Cream cheese	40g	160g
Semi-skimmed milk	50ml	200ml
Canned haricot beans, no added sugar or salt, drained	230g (1 x 400g can, drained)	920g (4 x 400g cans, drained)

Method	
1.	Chop the courgette, peppers, leeks, mushrooms and garlic.
2.	Boil the pasta according to the manufacturer's instructions then drain.
3.	Meanwhile, heat the oil in pan. Add the chopped, vegetables and garlic and cook for 5 minutes.
4.	Add the pesto, cream cheese and milk and simmer for 10 minutes.
5.	Add the haricot beans and drained pasta and stir well.

Serving suggestion: Serve with garlic bread
Infants 7-12 months Typical portion size: about 100g pasta plus 25g vegetables. Recipe adaptations: none Serving to infants 7-9 months: blend or mash the cooked dish until it is smooth with soft lumps. Serve with courgette batons as a finger food. Serving to infants 10-12 months: chop or mince the cooked dish to the desired consistency. Serve with courgette batons as a finger food.

Quorn™ fillets and parsley sauce

Included in: Spring/summer menu
Allergy information: Contains egg, milk, wheat (gluten)*
Recipe type: Main vegetarian dish
Typical portion size for 1-4 years: 110g
Preparation time: None
Cooking time: Dependent on method used.
Recipe adapted from: Elmscot Group

Ingredients	Quantity – serves 5	Quantity – serves 20
Quorn™ roast or fillets	250g	1kg
Fresh parsley	5g (3-5 sprigs)	20g (1 small bunch)
Vegetable oil spread	20g	80g
Plain flour	15g (½ heaped tablespoon)	60g (2 heaped tablespoons)
Semi skimmed milk	250ml	1L

Method	
1.	Cook the Quorn™ according to the instructions on the packet. Cooking times will vary depending on the product used.
2.	Roughly chop the parsley.
3.	Prepare a roux white sauce: in a separate pan melt the vegetable oil spread on a low heat. Once it has melted, stir in the flour cook on a low heat for 1-2 minutes. Gradually add the milk a little at a time stirring continuously, bringing the sauce to the boil until thickened. Stir in the chopped parsley.

Serving suggestion: Serve with new potatoes and vegetables.
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Quorn™ fillet, root vegetables and gravy

Included in: Autumn/winter menu
Allergy information: Contains barley (gluten), celery, egg, milk, soya, wheat (gluten)*
Recipe type: Main vegetarian dish
Typical portion size for 1-4 years: 100g
Preparation time: 10 minutes
Cooking time: 25 minutes
Recipe adapted from: Toadhall Nursery Group

Ingredients	Quantity – serves 5	Quantity – serves 20
Onion, peeled	60g (1 small)	240g (1 large)
Carrot, peeled	70g (1 medium)	280g (2 large)
Parsnip, peeled	75g (1 small)	300g (4 small)
Vegetable oil	5ml (1 teaspoon)	30ml (2 tablespoons)
Quorn fillets	250g	1kg
Vegetarian gravy mix, reduced salt	4g (1 teaspoon)	15g (1 tablespoon)
Tap water	100ml	400ml

Method	
1.	Preheat the oven 200°C/400°F/Gas mark 6.
2.	Chop the onion, carrots and parsnips and place them in a large roasting tray, pour over the oil and turn the vegetables with a spoon to ensure they are evenly coated.
3.	Place the Quorn™ fillets on top of the vegetables. Roast in the oven for 20-25 minutes and until the vegetables are soft.
4.	Make the gravy up according to the instructions.
5.	Slice the Quorn™ and serve with the vegetables and gravy.

Serving suggestion: Serve with roast potatoes.
Infants 7-12 months Typical portion size: about 30g veggie sausages, 25g roast vegetables and 30-40g roast potatoes Recipe adaptations: for infants under 1 year, serve veggie sausages (eg soya sausages) instead of Quorn™ with the vegetables, and serve without gravy. Serving to infants 7-9 months: mash or finely chop the cooked sausages with the cooked potatoes until smooth with soft lumps. Serve with the roast vegetables as a finger food. Serving to infants 10-12 months: chop or mince the cooked sausages with cooked potatoes to the desired consistency. Serve with roast vegetables as a finger food.

Soya mince and apple ragu

Included in: Spring/summer menu
Allergy information: Contains milk, soya, wheat (gluten)*
Recipe type: Main vegetarian dish
Typical portion size for 1-4 years: 120g
Preparation time: 10 minutes
Cooking time: 20 minutes
Recipe adapted from: Bright Horizons

Ingredients	Quantity – serves 5	Quantity – serves 20
Onion, peeled	120g (1 medium)	480g (2 large)
Garlic, peeled	4g (1 clove)	16g (4 cloves)
Eating apples	100g (1)	400g (4)
Vegetable oil	10ml (2 teaspoons)	45ml (3 tablespoons)
Soya mince (frozen)	200g	800g
Thyme, dried	1g (1 teaspoon)	3g (1 tablespoon)
Water	125ml	500ml
Plain whole milk yoghurt	40g (1 tablespoon)	160g (4 tablespoons)

Method	
1.	Preheat the oven to 180°C/ 350°F/Gas Mark 4.
2.	Chop the onion and garlic. Core, quarter and slice the apples
3.	Heat the oil in a pan over a medium heat, add the onions and cook until softened.
4.	Add the frozen soya mince, and cook with the onion for 3-4 minutes, then add the garlic and thyme.
6.	Add the apples to the pan with the water. Bring to the boil and simmer until the apples are soft.
7.	Remove from the heat and stir in the yoghurt.

Serving suggestion: Serve with new potatoes, broad beans and courgette.
Infants 7-12 months Typical portion size: about 65g ragu with 30-40g potatoes and 25g vegetables Recipe adaptations: none Serving to infants 7-9 months: blend or mash the cooked ragu with cooked new potatoes until it is smooth with soft lumps. Serve with broad beans and courgette batons as a finger food. Serving to infants 10-12 months: chop or mince the cooked ragu with cooked new potatoes to the desired consistency. Serve with broad beans and courgette batons as a finger food.

Spiced chickpea tagine

Additional recipe: try in place of bean and root vegetable stew.
Allergy information: Contains sulphites*
Recipe type: Main vegetarian dish
Typical portion size for 1-4 years: 130g
Preparation time: 10 minutes
Cooking time: 35 minutes
Recipe adapted from: Bright Horizons Day Nurseries

Ingredients	Quantity – serves 5	Quantity – serves 20
Onion, peeled	60g (1 small)	240g (1 large)
Ground mixed spice	1.5g (½ teaspoon)	6g (2 teaspoons)
Ground ginger	1.5g (½ teaspoon)	6g (2 teaspoons)
Dried red lentils	25g	100g
Canned chopped tomatoes	100g (½ x 200g can)	400g (1 x 400g can)
Water	250ml	1L
Lemon juice	15ml (1 tablespoon)	60ml (4 tablespoons)
Canned chickpeas, no added sugar or salt, drained	240g (1 x 400g can, drained)	960g (4 x 400g cans, drained)
Sultanas	15g (½ tablespoon)	60g (2 tablespoons)
Dried apricots	20g (¾ tablespoon)	80g (3 tablespoons)

Method	
1.	Dice the onion.
2.	Heat a pan, add the onion and cook for 3-4 minutes until soft.
3.	Add the mixed spice, ginger and lentils. Gradually add the canned tomatoes, water and lemon juice. Simmer for 20 minutes. Adding more water if required.
4.	Add the chickpeas, sultanas and apricots and simmer for a further 10 minutes.

Serving suggestion: with around 90g cooked cous cous
Infants 7-12 months Typical portion size: around 60g tagine with 30-40g cous cous. Recipe adaptations: none Serving to infants 7-9 months: mash/blend the tagine with cooked cous cous until it is smooth with soft lumps. Serve with a vegetable finger food. Serving to infants 10-12 months: chop or mince the tagine with cooked cous cous to the desired consistency. Serve with a vegetable finger food.

Surbiyaan: Somali chickpea curry

Additional recipe: try instead of mixed bean tagine.
Allergy information: Contains sulphites*
Recipe type: Main vegetarian dish
Typical portion size for 1-4 years: 200g
Preparation time: 10 minutes
Cooking time: 40 minutes
Recipe adapted from: Early Start Wellbeing and Nutrition Team, London Borough of Newham

Ingredients	Quantity – serves 5	Quantity – serves 20
Onion, peeled	60g (1 small)	240g (1 large)
Garlic, peeled	4g (1 clove)	16g (4 cloves)
Fresh tomato	250g	1.1kg
Vegetable oil	15ml (1 tablespoon)	60ml (4 tablespoons)
Canned chickpeas, no added sugar or salt	240g (1 x 400g can, drained)	960g (4 x 400g cans, drained)
Ground coriander	1.5g (½ teaspoon)	6g (2 teaspoons)
Ground cumin	1.5g (½ teaspoon)	6g (2 teaspoons)
Water	10ml (2 teaspoons)	40ml (2 tablespoons)
Cinnamon stick	1 stick	2 sticks
Lemon juice	5ml (1 teaspoon)	20ml (2 tablespoons)
White rice	160g	640g

Method	
1.	Chop the onion, garlic and tomato.
2.	Heat half the oil in the pan, add three quarters of the onions and the tomatoes and chickpeas and stir.
3.	Add the coriander, cumin, garlic and two teaspoons of water to the pan and simmer for 2-3 minutes.
4.	Add the cinnamon stick and the lemon juice. Allow to simmer for 5-10 minutes.
5.	Meanwhile in a separate pan, cook the rice according to the manufacturer's instructions. Then drain.
6.	Heat the remaining oil in a pan, add the remaining onion and cook for 5 minutes or until soft.
7.	When the vegetables are cooked, remove from the heat.
8.	In a large serving dish place a layer of rice, followed by a layer of vegetables and repeat, using up all of the vegetables and rice, finishing with a layer of vegetables.
9.	Arrange the onion on top of the layered vegetable and rice and serve.

Serving suggestion: Sprinkle with some raisins or sultanas
Infants 7-12 months; Typical portion size: around 100g (including the curry and rice)
Serving to infants 7-9 months: mash/blend the curry and rice until it is smooth with soft lumps. Serve with a vegetable finger food.
Serving to infants 10-12 months: chop or mince the curry and rice to the desired consistency. Serve with a vegetable finger food.

Sweet and spicy chickpea and date cous cous

Additional recipe: try instead of bean and pea risotto
Allergy information: Contains sulphites, wheat (gluten)*
Recipe type: Main vegetarian dish
Typical portion size for 1-4 years: 180g
Preparation time: 10 minutes
Cooking time: 30 minutes
Recipe adapted from: Bright Horizons Day Nurseries

Ingredients	Quantity – serves 5	Quantity – serves 20
Garlic, peeled	4g (1 clove)	16g (4 cloves)
Carrots, peeled	100g (1 medium)	400g (4 medium)
Dried dates	30g	120g
Cous cous	175g	700g
Boiling water	225ml	900mL
Vegetable oil	5ml (1 teaspoon)	15ml (1 tablespoon)
Canned chopped tomatoes	100g (½ x 200g can)	400g (1 x 400g can)
Water	100ml	400ml
Canned chickpeas, no added sugar or salt, drained	240g (1 x 400g can, drained)	960g (4 x 400g cans, drained)
Ground cinnamon	3g (1 teaspoon)	12g (4 teaspoons)

Method	
1.	Chop the garlic, carrots and dates.
2.	Make the cous cous according to the manufacturer's instructions. Drain if necessary.
3.	Heat the oil in a pan. Add the garlic and cook for 1-2 minutes.
4.	Add the carrots, dates, tomatoes, half the water, chickpeas and cinnamon.
5.	Bring to the boil and then simmer for 25 minutes until the sauce is reduced and thickened.
6.	Add the cous cous to the chickpeas and cook for a further 5 minutes adding the remaining water if required.

Serving suggestion: serve the cous cous separately and add some mild spice to it or sprinkle some fresh coriander
Infants 7-12 months Typical portion size: around 100g (including cous cous) Recipe adaptations: none Serving to infants 7-9 months: mash/blend the cooked tagine and cous cous until it is smooth with soft lumps. Serve with a seasonal vegetable finger food. Serving to infants 10-12 months: chop or mince the cooked tagine and rice to the desired consistency. Serve with a seasonal vegetable finger food.

Sweet and sour tofu with noodles

Included in: Autumn/winter menu
Allergy information: Contains barley, egg, soya, wheat (gluten)*
Recipe type: Main vegetarian dish
Typical portion size for 1-4 years: 230g
Preparation time: 10 minutes, Cooking time: 10 minutes
Recipe adapted from: Elmscot Group

Ingredients	Quantity – serves 5	Quantity – serves 20
Green pepper, deseeded	80g (½ medium)	320g (2 medium)
Red pepper, deseeded	80g (½ medium)	320g (2 medium)
Spring onion	20g (2 onions)	80g (4 onions)
Onion, peeled	30g (½ small)	120g (2 small)
Baby sweetcorn	40g	160g
Dried egg noodles	215g	860g
Vegetable oil	15ml (1 tablespoon)	60ml (4 tablespoons)
Tofu	250g	1kg
Beansprouts	60g	240g
Canned pineapple, in juice, drained and juice reserved	70g (½ x 230g can, drained)	280g (2 x 230g cans, drained)
Tomato purée	15g (1 tablespoon)	60g (4 tablespoons)
Malt vinegar	20ml (1 tablespoon)	80ml (4 tablespoons)
Cornflour	4g (1 teaspoon)	16g (4 teaspoons)
Water	10ml (1 dessertspoon)	40ml (4 dessertspoons)

Method	
1.	Deseed the peppers and slice with the spring onions, onion and baby sweetcorn.
2.	Boil the noodles according to the manufacturer's instructions.
3.	Heat the oil in a pan and add the onions, peppers and tofu and cook for 2-3 minutes.
4.	Add the beansprouts, pineapple chunks, baby sweetcorn and spring onions and cook for another 2-3 minutes
5.	Add the tomato purée with half the reserved pineapple juice and vinegar.
6.	Mix the cornflour with cold water and add to the sauce to thicken. Simmer for a few minutes. Add more of the pineapple juice to loosen the sauce if required.
7.	Serve on a bed of noodles.

Serving suggestion: Allow children to try using chopsticks
Infants 7-12 months Typical portion size: about 100g tofu and noodles Recipe adaptations: make with small pasta shapes instead of noodles to make it easier for infants to eat. Serving to infants 7-9 months: blend or mash the cooked tofu and noodles/pasta until it is smooth with soft lumps. Retain the cooked pepper in strips and serve as a finger food. Serving to infants 10-12 months: chop or mince the cooked tofu and noodles/pasta to the desired consistency. Serve with red pepper strips as a finger food.

Tanzanian bean stew

Additional recipe: try instead of bean pie
Allergy information: None*
Recipe type: Main vegetarian dish
Typical portion size for 1-4 years: 100g
Preparation time: 10 minutes
Cooking time: 25 minutes
Recipe adapted from: Bright Horizons Day Nurseries

Ingredients	Quantity – serves 5	Quantity – serves 20
Onion, peeled	60g (1 small)	240g (1 large)
Tomato	100g (1 medium)	400g (4 medium)
Green pepper, deseeded	80g (½ medium)	320g (2 medium)
Fresh ginger, peeled	2g	8g
Vegetable oil	15ml (1 tablespoon)	60ml (4 tablespoons)
Canned kidney beans, no added sugar or salt, drained	250g (1 x 400g can, drained)	1kg (4 x 400g cans, drained)
Spinach	75g	300g

Method	
1.	Chop the onion, tomato and pepper. Grate the ginger
2.	Heat the oil in a pan and add the onion. Cook for 3-4 minutes.
3.	Add the ginger and cook for a further 1-2 minutes.
4.	Add the beans, tomatoes and pepper and simmer until the tomatoes are cooked and the beans are tender.
5.	Add the spinach and cook until wilted.

Serving suggestion: with Roasted sweet potatoes and carrots
<p>Infants 7-12 months Typical portion size: around 60g with 30-40g cooked sweet potato. Recipe adaptations: none Serving to infants 7-9 months: mash/blend the cooked stew until it is smooth with soft lumps. Serve with a vegetable finger food, and fingers of cooked sweet potato. Serving to infants 10-12 months: chop or mince the cooked stew to the desired consistency. Serve with a vegetable finger food, and fingers of cooked sweet potato.</p>

Thai tofu curry

Included in: Spring/summer menu
Allergy information: Contains soya*
Recipe type: Main vegetarian dish
Typical portion size for 1-4 years: 90g
Preparation time: 10 minutes
Cooking time: 25 minutes
Recipe adapted from: Bright Horizons

Ingredients	Quantity – serves 5	Quantity – serves 20
Mangetout	100g	400g
Fresh coriander	5g (2-3 sprigs)	20g (1 small bunch)
Lime	10ml (½ lime)	40ml (2 limes)
Vegetable oil	15ml (1 tablespoon)	60ml (4 tablespoons)
Thai green curry paste*	5g (level teaspoon)	20g (1 tablespoon)
Tofu	250g	1kg
Coconut milk, standard	100ml	400ml

* Check the label to ensure the curry paste does not contain fish when catering for vegetarians.

Method	
1.	Wash the mangetout and the fresh coriander. Grate the zest from the lime and squeeze the juice.
2.	Finely chop the coriander.
3.	Heat the oil in a large pan. Add the curry paste and cook for 1-2 minutes.
4.	Add the mangetout and tofu and cook for 2 minutes.
5.	Add the lime zest and coconut milk. Simmer for 10–15 minutes until the sauce starts to thicken.
6.	Stir the coriander and lime juice into the sauce before serving.

Serving suggestion: with rice and broccoli
Infants 7-12 months Typical portion size: about 60g curry with 30-40g rice and 25g vegetables Recipe adaptations: none Serving to infants 7-9 months: blend or mash the cooked curry with cooked white rice until it is smooth with soft lumps. Serve with cooked broccoli florets as a finger food. Serving to infants 10-12 months: chop or mince the cooked curry with cooked new potatoes to the desired consistency. Serve with cooked broccoli florets as a finger food.

Tofu in tomato and pepper sauce

Included in: Spring/summer menu
Allergy information: Contains soya*
Recipe type: Main vegetarian dish
Typical portion size for 1-4 years: 125g
Preparation time: 10 minutes
Cooking time: 35 minutes
Recipe adapted from: Scribbles Nursery

Ingredients	Quantity – serves 5	Quantity – serves 20
Onion, peeled	60g (1 small)	240g (1 large)
Garlic, peeled	4g (1 clove)	16g (4 cloves)
Red pepper, deseeded	40g (¼)	160g (1 medium)
Green pepper, deseeded	80g (½)	320g (2 medium)
Fresh basil	3g (2-3 sprigs)	10g (small bunch)
Tofu	200g	800g
Vegetable oil	15ml (1 tablespoon)	60ml (4 tablespoons)
Canned chopped tomatoes	200g (1 x200g can)	800g (2 x 400g cans)
Tomato purée	15g (1 tablespoon)	60g (4 tablespoons)
Dried mixed herbs	0.5g (½ teaspoon)	3g (3 teaspoons)

Method	
1.	Chop the onion, garlic and peppers. Roughly chop the basil.
2.	Dice the tofu.
3.	Heat the oil in a saucepan. Add the onions and cook until starting to soften.
4.	Add tofu and cook for a further 5 minutes.
5.	Add the canned tomatoes, tomato purée, mixed herbs, cover and simmer for 10-15 minutes.
6.	Add the peppers to the tomato sauce and cook for a further 10-15 minutes.

Serving suggestion: Serve with cous cous and green beans
Infants 7-12 months Typical portion size: about 60g tofu in sauce, with 30-40g cooked cous cous and 25g vegetables. Recipe adaptations: none Serving to infants 7-9 months: blend or mash the cooked tofu and sauce with cooked cous cous until it is smooth with soft lumps. Serve with cooked green beans as a finger food. Serving to infants 10-12 months: chop or mince the cooked tofu and sauce with cooked cous cous to the desired consistency. Serve with cooked green beans as a finger food.

Tomato and lentil lasagne

Included in: Autumn/winter menu
Allergy information: Contains milk, wheat (gluten)*
Recipe type: Main vegetarian dish
Typical portion size for 1-4 years: 150g
Preparation time: 50 minutes
Cooking time: 45 minutes
Recipe adapted from: The Peterborough Nursery School and Children's Food Trust Autumn/Winter menu and recipes for early years settings

Ingredients	Quantity – serves 5	Quantity – serves 20
Onion, peeled	60g (1 small)	240g (1 large)
Garlic, peeled	4g (1 clove)	16g (4 cloves)
Vegetable oil	½ tablespoon	30 ml (2 tablespoons)
Dried oregano	0.5g (½ teaspoon)	2g (2 teaspoons)
Tomato purée	30g (2 tablespoons)	120g (8 tablespoons)
Canned chopped tomatoes	100g (½ x 200g can)	400g (1x 400g can)
Water	400ml	1.6L
Red lentils, dried	60g	240g
Vegetable oil spread	20g	80g
Plain flour	20g	80g
Semi skimmed milk	200ml	800ml
Lasagne sheets	90g (5-6 sheets)	350g (21-22 sheets)
Cheddar cheese	30g	120g

Method	
1.	Preheat the oven to 180°C/350°F/gas mark 4.
2.	Chop the onion and garlic.
3.	Heat the oil in a large pan on a medium heat, add the onions and garlic, and cook for 5 minutes until onion has softened. Then add the oregano and tomato purée and canned tomatoes, water and lentils and leave to simmer for 20 minutes.
4.	Prepare a roux white sauce: in a separate pan melt the vegetable oil spread on a low heat. Once it has melted, stir in the flour cook on a low heat for 1–2 minutes. Gradually add the milk a little at a time stirring continuously, bringing the sauce to the boil until thickened.
5.	In an ovenproof dish, layer the tomato and lentil mixture and lasagne sheets and top with a layer of white sauce.
6.	Grate the cheese and sprinkle on the top. Bake in the oven for 45 minutes or until cooked throughout and golden on top.

Serving suggestion: Serve with garlic bread and peas
Infants 7-12 months Typical portion size: about 100g lasagne, with 25g vegetables. Serving to infants 7-9 months: blend or mash the cooked lasagne until it is smooth with soft lumps. Serve with cooked swede batons as a finger food. Serving to infants 10-12 months: chop or mince the cooked lasagne to the desired consistency. Serve with cooked swede batons as a finger food.

***Allergy information is included as a guide only; always check labels to find out which allergens are included in each ingredient and product you are using by checking product packaging ingredient lists. Even if you have used them before, don't assume.**

Vegetable and red lentil dhansak

Included in: Spring/summer menu
Allergy information: Contains mustard*
Recipe type: Main vegetarian dish
Typical portion size for 1-4 years: 130g
Preparation time: 15 minutes
Cooking time: 35 minutes
Recipe adapted from: Elmscot Group

Ingredients	Quantity – serves 5	Quantity – serves 20
Onion, peeled	30g (½ small)	120g (1 medium)
Garlic, peeled	4g (1 clove)	16g (4 cloves)
Red pepper, deseeded	40g (¼ medium)	160g (1 medium)
Green pepper, deseeded	40g (¼ medium)	160g (1 medium)
Carrot, peeled	20g (1 small)	80g (1 medium)
Potatoes, peeled	35g (1 small)	140g (2 medium)
Cauliflower	100g	400g
Vegetable oil	5ml (1 teaspoon)	15ml (1 tablespoon)
Curry powder	5g (1½ teaspoons)	20g (1 tablespoon)
Canned chopped tomatoes	100g (½ x 200g can)	400g (1 x 400g can)
Coconut milk, standard	50ml	200ml
Dried red lentils	65g	260g
Water	150ml	600ml
Fresh coriander	5g (2-3 sprigs)	20g (1 small bunch)

Method	
1.	Chop the onions, garlic, pepper, carrot and potato. Break the cauliflower into florets.
2.	Heat oil in a pan and add curry powder. Cook for 1-2 minutes.
3.	Add all the chopped vegetables and cook for 5 minutes to soften.
4.	Add the canned tomatoes, coconut milk, lentils and water. Cook for 20-25 minutes or until all the vegetables are cooked.
5.	Chop and stir in the coriander before serving.

Serving suggestion: Serve with brown rice.
Infants 7-12 months Typical portion size: about 60g dhansak with 30-40g rice and 25g vegetables Recipe adaptations: none Serving to infants 7-9 months: blend or mash the cooked dhansak with cooked brown rice until it is smooth with soft lumps. Serve with cooked carrot batons as a finger food. Serving to infants 10-12 months: chop or mince the cooked dhansak with cooked brown rice to the desired consistency. Serve with cooked carrot batons as a finger food.

Vegetable Biryani

Included in: Autumn/winter menu
Allergy information: Contains mustard, sulphites*
Recipe type: Main vegetarian dish
Typical portion size for 1-4 years: 230g
Preparation time: 10 minutes
Cooking time: 25 minutes
Recipe adapted by the Children's Food Trust

Ingredients	Quantity – serves 5	Quantity – serves 20
Onion, peeled	60g (1 small)	240g (1 large)
Carrot, peeled	100g (1 medium)	400g (4 medium)
Cauliflower	100g	400g
Vegetable oil	15ml (1 tablespoon)	60ml (4 tablespoons)
Curry powder	9g (1 tablespoon)	36g (4 tablespoons)
Frozen peas	60g	240g
Canned chickpeas, no added sugar or salt, drained	240g (1 x 400g can, drained)	960g (4 x 400g cans, drained)
Brown rice	180g	720g
Water	375ml	1.5L

Method	
1.	Chop the onion and carrot and break the cauliflower into florets.
2.	Heat the oil in a pan and add the curry powder and onion and cook for a few minutes until the onion softens.
3.	Add the carrot, peas, cauliflower, chickpeas and rice and stir for 1 minute.
4.	Pour over the water and simmer gently with the lid on the pan for 20 minutes until the rice is tender and the vegetables are cooked.

Serving suggestion: Serve with cauliflower florets
Infants 7-12 months Typical portion size: about 100g biryani and 25g cooked cauliflower florets. Recipe adaptations: none Serving to infants 7-9 months: blend or mash the cooked biryani until it is smooth with soft lumps. Serve with cauliflower florets as a finger food. Serving to infants 10-12 months: chop or mince the cooked biryani to the desired consistency. Serve with cauliflower florets as a finger food.

Vegetarian leek and mustard casserole

Included in: Autumn/winter menu
Allergy information: Contains milk, mustard, soya, wheat (gluten)*
Recipe type: Main vegetarian dish
Typical portion size for 1-4 years: 130g
Preparation time: 5 minutes
Cooking time: 25 minutes
Recipe adapted from: Elmscot Group

Ingredients	Quantity – serves 5	Quantity – serves 20
Leeks	100g	400g
Vegetable oil	15ml (1 tablespoon)	60ml (4 tablespoons)
Dried soya pieces (or frozen soya pieces)	60g (if using dried) 250g (if using frozen)	250g (if using dried) 1kg (if using frozen)
Plain flour	30g (1 heaped tablespoon)	120g (4 heaped tablespoons)
Wholegrain mustard	35g (1½ tablespoons)	140g (6 tablespoons)
Semi skimmed milk	150ml	600ml
Water	100ml	400ml

Method	
1.	Slice the leeks.
2.	Heat the oil in a pan and add the leeks. Cook until softened.
	If using dried soya pieces, soak the soya pieces according to the instructions on the packet, if using frozen soya pieces, cook from frozen.
3.	Add the soya pieces to the pan.
4.	Add the plain flour, stirring well to coat the soya and leeks. Cook for 1-2 minutes.
5.	Add the mustard, milk and water and mix well. Cook until the soya is tender.

Serving suggestion: Serve with mashed potatoes and Brussels sprouts
Infants 7-12 months Typical portion size: about 60g casserole with 30-40g mashed potato and 25g sliced sprouts. Recipe adaptations: none Serving to infants 7-9 months: blend or mash the cooked casserole with cooked mashed potatoes until it is smooth with soft lumps. Serve with sliced sprouts as a finger food. Serving to infants 10-12 months: chop or mince the cooked casserole with cooked mashed potatoes to the desired consistency. Serve with sliced sprouts as a finger food.

Vegetarian meatballs

Included in: Autumn/winter menu
Allergy information: Contains egg, soya, wheat (gluten)*
Recipe type: Main vegetarian dish
Typical portion size for 1-4 years: 140g
Preparation time: 5 minutes
Cooking time: 35 minutes
Recipe adapted from: Toadhall Nursery Group

Ingredients	Quantity – serves 5	Quantity – serves 20
Onion, peeled	150g (1 medium)	600g (4 medium)
Garlic, peeled	4g (1 clove)	16g (4 cloves)
Vegetable oil	15ml (1 tablespoon)	60ml (4 tablespoons)
Frozen soya mince	250g	1kg
White breadcrumbs	50g	200g
Egg	50g (1)	200g (4)
Dried oregano	1g (1 teaspoon)	4g (4 teaspoon)
Tomato purée	15g (1 tablespoon)	60g (4 tablespoons)
Canned chopped tomatoes	200g (1 x 200g can)	800g (4x 400g cans)
Dried basil	1g (1 teaspoon)	4g (4 teaspoons)

Method	
1.	Pre-heat oven to 180oC/350oF/Gas mark 4.
2.	Finely chop the onion and garlic.
3.	Heat half the oil in a pan and add half the onions. Cook for 5 minutes or until soft and leave to cool.
4.	Mix together the soya mince, breadcrumbs, egg, oregano and cooked onions. Mould into even sized balls (3 per child) and place on a baking tray.
5.	Place the meatballs into the oven and cook for approximately 20-22 mins, until piping hot throughout.
6.	Meanwhile, heat the oil in and pan and add the remaining onions and garlic. Cook for 5 minutes or until soft.
7.	Add the tomato purée, canned tomatoes and basil. Bring to the boil and simmer for 15 mins until the sauce thickens slightly. Stir the cooked meatballs into the tomato sauce before serving.

Serving suggestion: Serve with pasta, peas and carrots
Infants 7-12 months Typical portion size: about 50g meatballs and sauce, with 30-40g pasta and 25g peas and carrots. Recipe adaptations: none Serving to infants 7-9 months: blend or mash the cooked veggie balls and sauce with cooked pasta until it is smooth with soft lumps. Serve with peas and carrot batons as a finger food. Serving to infants 10-12 months: chop or mince the cooked veggie balls with cooked pasta to the desired consistency. Serve with peas and carrot as a finger food.

Vegetarian meatballs

Included in: Spring/summer menu
Allergy information: Contains egg, soya, wheat (gluten)*
Recipe type: Main vegetarian dish
Typical portion size for 1-4 years: 130g
Preparation time: 20 minutes, Cooking time: 1 hour
Recipe adapted from: Elmscot Group

Ingredients	Quantity – serves 5	Quantity – serves 20
Meatballs		
Onion, peeled	60g (1 small)	240g (1 large)
Garlic, peeled	4g (1 clove)	16g (4 cloves)
Green pepper, deseed	55g (½ small)	220g (1 ½ medium)
Soya mince (frozen)	250g	1kg
Egg	25g (½ egg)	100g (2 eggs)
White breadcrumbs	15g (½ slice)	60g (2 large slices)
Dried parsley	2g (2 teaspoons)	8g (8 teaspoons)
Tomato sauce		
Onion, peeled	50g (1 small)	200g (4 small)
Garlic, peeled	4g (1 clove)	16g (4 cloves)
Vegetable oil	15ml (1 tablespoon)	60ml (4 tablespoons)
Plain flour	15g (1 level tablespoon)	60g (3 tablespoons)
Canned chopped tomatoes	200g (1 x 200g can)	800g (2 x 400g cans)

Method	
1.	To make the vegetarian meatballs, finely dice the onion, garlic and green pepper.
2.	Place the soya mince in a large bowl. Beat the egg and add to the mince with the other meatball ingredients and mix well with hands.
3.	Roll into balls (size of golf ball) using floured hands and place to one side.
4.	To make the sauce, chop the remaining onion and garlic.
5.	Heat the oil in a pan, add the onion and garlic and cook for 3-4 minutes.
6.	Add flour, stirring well. Cook for a few more minutes.
7.	Add the canned tomatoes and simmer for 15-20 minutes.
8.	Pre-heat the oven to 200°C/400°F/gas mark 6.
9.	Meanwhile, heat a large pan and cook the meatballs in batches until golden. Arrange these in the bottom of an oven proof dish.
10.	When all meatballs have been cooked, cover the meatballs with the tomato sauce.
11.	Bake in the oven for 30 minutes or until the meatballs are cooked through.

Serving suggestion: Serve with white spaghetti
Infants 7-12 months Typical portion size: about 65g veggie meatballs and sauce, with 30-40g cooked pasta. Recipe adaptations: swap spaghetti for small pasta shapes for infants under 12 months. Serving to infants 7-9 months: slice the cooked meatballs and serve as a finger food alongside the sauce mashed with pasta shapes. Serving to infants 10-12 months: slice the cooked meatballs and serve as a finger food alongside the sauce mashed with pasta shapes.

Vegetarian pearl barley hotpot

Included in: Autumn/winter menu
Allergy information: Contains barley (gluten), celery, milk, soya, wheat (gluten)*
Recipe type: Main vegetarian dish
Typical portion size for 1-4 years: 200g
Preparation time: 15 minutes
Cooking time: 1 hour 15 minutes
Recipe adapted from: Elmscot Group

Ingredients	Quantity – serves 5	Quantity – serves 20
Leeks	80g (½ medium)	320g (2 medium)
Potato, peeled	450g	1.8kg
Vegetarian gravy granules, reduced salt	8g (1 teaspoon)	32g (4 teaspoons)
Boiling water	125ml	500ml
Frozen soya mince	250g	1kg
Pearl barley	40g	160g
Dried parsley	1g (1 teaspoon)	4g (4 teaspoons)
Dried mint	1g (1 teaspoon)	4g (4 teaspoon)

Method	
1.	Preheat the oven to 180°C/350°F/gas mark 4.
2.	Chop the leeks and slice the potatoes.
3.	Add boiling water to the gravy granules and stir.
4.	Dry fry the soya mince over a medium heat until browned. Add the vegetables and cook for a further few minutes.
5.	Add the pearl barley, gravy, parsley and dried mint. Bring to the boil.
	Place in an ovenproof dish, top with the sliced potatoes and bake in the oven for at least 1 hour until the potatoes are cooked through and golden.

Serving suggestion: Serve with root vegetable mash
Infants 7-12 months Typical portion size: about 100g hot pot with 25g root vegetable batons. Recipe adaptations: none Serving to infants 7-9 months: blend or mash the cooked hotpot until it is smooth with soft lumps. Serve with root vegetable batons as a finger food. Serving to infants 10-12 months: chop or mince the cooked hotpot to the desired consistency. Serve with root vegetable batons as a finger food.

Lunch: starchy accompaniments

Brown or white rice

Included in: Spring/summer and autumn/winter menus
Allergy information: None*
Recipe type: Starchy accompaniment
Typical portion size for 1-4 years: 90g
Typical portion size for 7-12 months: 40g
Preparation time: none
Cooking time: 25 minutes

Ingredients	Quantity – serves 5	Quantity – serves 20
Brown or white rice	180g	720g

Method	
1.	Cook the rice according to manufacturer's instructions on the packet. Do not add salt.

Serving suggestion: Serve with curries and stroganoff
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Cous cous

Included in: Spring/summer and autumn/winter menus
Allergy information: Contains wheat (gluten)*
Recipe type: Starchy accompaniment
Typical portion size for 1-4 years: 90g
Typical portion size for 7-12 months: 40g
Preparation time: None
Cooking time: 5 minutes

Ingredients	Quantity – serves 5	Quantity – serves 20
Cous cous	200g	800g
Water	250ml	1L

Method	
1.	Make up the cous cous according to the manufacturer's instructions on the packet. Do not add salt.

Serving suggestion: Serve with steamed cod or tofu with mixed pepper sauce and green beans

Garlic bread

Included in: Spring/summer menu
Allergy information: Contains milk, wheat (gluten)*
Recipe type: Starchy accompaniment
Typical portion size for 1-4 years: 25g
Typical portion size for 7-12 months: 10g
Preparation time: 5 minutes
Cooking time: 10 minutes

Ingredients	Quantity – serves 5	Quantity – serves 20
Garlic, peeled	1 clove or 1 teaspoon purée	4 cloves or 4 teaspoons purée
Fresh parsley	2 sprigs	8 sprigs
Vegetable oil spread	5g (1 teaspoon)	20g (4 teaspoons)
White French stick	100g	400g

Method	
1.	Preheat the oven to 190°C/375°F/gas mark 5.
2.	Chop the garlic and finely chop the parsley.
3.	Combine the garlic, parsley and spread.
4.	Slice the French stick into round circles, spread with the garlic mixture.
5.	Bake in the oven for 10 minutes or until the butter has melted.

Serving suggestion: Serve with lasagne and peas
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Herb cous cous

Included in: Autumn/winter menu
Allergy information: Contains sulphites, wheat (gluten)*
Recipe type: Starchy accompaniment
Typical portion size for 1-4 years: 100g
Typical portion size for 7-12 months: 35g
Preparation time: 5 minutes
Cooking time: 10 minutes
Recipe adapted from: Children's Food Trust Autumn/Winter menu and recipes for early years settings

Ingredients	Quantity – serves 5	Quantity – serves 20
Fresh parsley	3 sprigs	20g (1 small bunch)
Fresh coriander	3 sprigs	20g (1 small bunch)
Cous cous	225g	900g
Water	275ml	1.1L
Olive oil	15ml (1 tablespoon)	60ml (4 tablespoons)

Method	
1.	Chop the parsley, coriander and apricots.
2.	Make up the couscous according to the manufacturer's instructions on the packet. Do not add any salt.
3.	Stir in the chopped herbs and drizzle with oil.

Serving suggestion: Serve with mixed bean and root vegetable stew

Mashed potato

Included in: Autumn/winter menu
Allergy information: Contains milk*
Recipe type: Starchy accompaniment
Typical portion size for 1-4 years: 90g
Typical portion size for 7-12 months: 40g
Preparation time: 5 minutes
Cooking time: 20 minutes

Ingredients	Quantity – serves 5	Quantity – serves 20
Potatoes, peeled	450g	1.8kg
Semi skimmed milk	15ml (1 tablespoon)	60ml (4 tablespoons)

Method	
1.	Chop the potato into 2cm cubes.
2.	Boil in water for 15 minutes or until soft.
3.	Drain the potatoes and then mash with the milk until a smooth consistency.

Serving suggestion: Serve with pork, leek and mustard casserole

*Allergy information is included as a guide only; always check labels to find out which allergens are included in each ingredient and product you are using by checking product packaging ingredient lists. Even if you have used them before, don't assume.

Naan bread

Included in: Spring/summer menu
Allergy information: Contains milk, wheat (gluten)*
Recipe type: Starchy accompaniment
Typical portion size for 1-4 years: 25g
Typical portion size for 7-12 months: 10g
Preparation time: 5 minutes
Cooking time: 10 minutes

Ingredients	Quantity – serves 5	Quantity – serves 20
Naan bread	125g	500g

Method	
1.	Warm the naan bread according to the manufacturer's instructions.
2.	Slice in 25g portions.

Serving suggestion: Serve with beef or chickpea and spinach curry and rice

New potatoes

Included in: Spring/summer menu
Allergy information: None*
Recipe type: Starchy accompaniment
Typical portion size for 1-4 years: 90g
Typical portion size for 7-12 months: 40g
Preparation time: 5 minutes
Cooking time: 15-20 minutes

Ingredients	Quantity – serves 5	Quantity – serves 20
Potatoes	450g	1.8kg

Method	
1.	Boil the potatoes for 15-20 minutes in unsalted water until cooked.

Serving suggestion: Serve with casserole, broad beans and courgette.

Pasta or spaghetti

Included in: Spring/summer menu
Allergy information: Contains wheat (gluten)*
Recipe type: Starchy accompaniment
Typical portion size for 1-4 years: 90g
Typical portion size for 7-12 months: 40g
Preparation time: None
Cooking time: 10-15 minutes

Ingredients	Quantity – serves 5	Quantity – serves 20
Pasta/spaghetti	210g	840g

Method	
1.	Cook the spaghetti according to the manufacturer's instructions on the packet.

Serving suggestion: Serve with meatballs
Infants 7-12 months
Recipe adaptations: infants under 12 months may find small pasta shapes easier to eat.

Pilau rice

Additional recipe: try serving with curries
Allergy information: None*
Recipe type: Starchy accompaniment
Typical portion size for 1-4 years: 90g
Cooking time: 25 minutes
Recipe adapted from: First Steps Nutrition Trust, Eating well: vegan infants & under 5's

Ingredients	Quantity – serves 5	Quantity – serves 20
White rice	150g	600g
Frozen peas	50g	200g
Turmeric	1.5g (½ teaspoon)	6g (2 teaspoons)

Method	
1.	Cook the rice according to manufacturer's instructions on the packet. Do not add salt.
2.	Five minutes before the end of the cooking time, add the peas and turmeric. Then drain.

Serving suggestion: Serve with channa aloo and masoor dhal
Infants 7-12 months Typical portion size: around 40g Recipe adaptations: none

Potato wedges

Included in: Autumn/winter menu
Allergy information: None*
Recipe type: Starchy accompaniment
Typical portion size for 1-4 years: 90g
Typical portion size for 7-12 months: 40g
Preparation time: 5 minutes, Cooking time: 30 minutes

Ingredients	Quantity – serves 5	Quantity – serves 20
Potatoes	450g	1.8kg
Vegetable oil	15ml (1 tablespoon)	60ml (4 tablespoons)

Method	
1.	Preheat the oven to 200°C/400°F/gas mark 6.
2.	Chop the potatoes into wedges.
3.	Put the wedges onto a baking tray in a single layer, drizzle with oil, and bake in the oven for 30 minutes or until golden and soft.

Serving suggestion: Serve with fish and pea fishcakes and spinach
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Roast potatoes

Included in: Spring/summer menu and autumn/winter menu
Allergy information: None*
Recipe type: Starchy accompaniment
Typical portion size for 1-4 years: 90g
Typical portion size for 7-12 months: 40g
Preparation time: 5 minutes
Cooking time: 30 minutes

Ingredients	Quantity – serves 5	Quantity – serves 20
Potatoes	450g	1.8kg
Vegetable oil	11g (1 tablespoon)	33g (3 tablespoons)

Method	
1.	Preheat the oven to 200°C/400°F/gas mark 6.
2.	Wash and chop the potatoes into large chunks.
3.	Put the potatoes onto a baking tray in a single layer, drizzle with oil and bake in the oven for 30 minutes or until golden and soft.

Serving suggestion: Serve with chicken or bean and vegetable pie

Roasted sweet potatoes

Allergy information: None*
Recipe type: Starchy accompaniment
Typical portion size for 1-4 years: 90g
Preparation time: 5 minutes, Cooking time: 30 minutes
Recipe adapted from: Children’s Food Trust Autumn/Winter menu and recipes for early years settings

Ingredients	Quantity – serves 5	Quantity – serves 20
Sweet potatoes	700g	2.8kg
Vegetable oil	15ml (1 tablespoon)	60ml (4 tablespoons)

Method	
1.	Preheat the oven to 200°C/400°F/gas mark 6.
2.	Wash and chop the potatoes into wedges.
3.	Put the potatoes onto a baking tray in a single layer, drizzle with oil and bake in the oven for 30 minutes or until golden and soft.

Serving suggestion: Serve with Tanzanian stew

Infants 7-12 months
Typical portion size: around 40g
Recipe adaptations: cut into fingers to make it easier for infants to hold as a finger food.

Vegetable cous cous

Included in: Autumn/winter menu
Allergy information: Contains wheat (gluten)*
Recipe type: Starchy accompaniment
Typical portion size for 1-4 years: 135g
Typical portion size for 7-12 months: 40g
Preparation time: 10 minutes
Cooking time: 10 minutes
Recipe adapted from: Toadhall Nursery Group

Ingredients	Quantity – serves 5	Quantity – serves 20
Fresh parsley	2-3 sprigs	20g (1 small bunch)
Fresh coriander	2-3 sprigs	20g (1 small bunch)
Courgette	100g (1 medium)	400g (4 medium)
Mushrooms	100g	400g
Vegetable oil	15ml (1 tablespoon)	60ml (4 tablespoons)
Cous cous	225g	900g
Water	275ml	1.1L

Method	
1.	Chop the parsley, coriander, mushrooms and courgettes.
2.	Heat the oil in a pan and add the courgettes. Cook for 5 minutes.
3.	Add the mushrooms and cook for a further 5 minutes or until the vegetables are soft.
4.	Make up the cous cous according to the manufacturer's instructions on the packet.
5.	Stir in the chopped herbs and cooked vegetables.

Serving suggestion: Serve with lamb or chickpea tagine

Lunch - vegetable accompaniments

Broad beans and courgette

Included in: Spring/summer menu
Allergy information: None*
Recipe type: Vegetable accompaniment
Typical portion size for 1-4 years: 40g
Typical portion size for 7-12 months: 30g
Preparation time: none
Cooking time: 15 minutes

Ingredients	Quantity – serves 5	Quantity – serves 20
Broad beans, podded	100g	400g
Courgettes	100g	400g
Vegetable oil	5g (1 teaspoon)	20g (2 tablespoons)

Method	
1.	Par-boil the broad beans for 3-5 minutes then drain.
2.	Meanwhile, dice the courgettes.
3.	Heat the oil in a pan, add the courgettes and cook until softened. Add the broad beans a few minutes before the end to heat through.

Serving suggestion: Serve with pork or soya casserole
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Broccoli

Included in: Spring/summer menu and autumn/winter menu
Allergy information: None*
Recipe type: Vegetable accompaniment
Typical portion size for 1-4 years: 40g
Typical portion size for 7-12 months: 30g
Preparation time: None
Cooking time: 15 minutes

Ingredients	Quantity – serves 5	Quantity – serves 20
Broccoli	200g	800g

Method	
1.	Trim the broccoli.
2.	Boil the broccoli in unsalted water for approximately 10 minutes until soft.

Serving suggestion: Serve with Thai chicken and chickpea curry

Brussels sprouts

Included in: Autumn/winter menu
Allergy information: None*
Recipe type: Vegetable accompaniment
Typical portion size for 1-4 years: 40g
Typical portion size for 7-12 months: 30g
Preparation time: None
Cooking time: 15 minutes

Ingredients	Quantity – serves 5	Quantity – serves 20
Brussels sprouts	200g	800g

Method	
1.	Boil in unsalted water until cooked.

Serving suggestion: Serve with pork, leek and mustard casserole
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Green beans

Included in: Spring/summer menu and autumn/winter menu
Allergy information: None*
Recipe type: Vegetable accompaniment
Typical portion size for 1-4 years: 40g
Typical portion size for 7-12 months: 30g
Preparation time: None
Cooking time: 15 minutes

Ingredients	Quantity – serves 5	Quantity – serves 20
Green beans	200g	800g

Method	
1.	Trim the beans and boil in unsalted water until cooked.

Serving suggestion: Serve with steamed cod or tofu and mixed pepper sauce, lamb goulash or chickpea goulash.

Masoor dhal

Additional recipe: try in place of vegetable and red lentil dhansak
Allergy information: None*
Recipe type: Vegetable accompaniment
Typical portion size for 1-4 years: 50g
Preparation time: 5 minutes
Cooking time: 45 minutes
Recipe adapted from: First Steps Nutrition Trust, Eating well: vegan infants and under 5's

Ingredients	Quantity – serves 5	Quantity – serves 20
Onion, peeled	75g (½ medium)	300g (2 medium)
Fresh coriander	5g (2-3 sprigs)	20g (1 small bunch)
Yellow split peas	65g	260g
Vegetable oil	15ml (1 tablespoon)	60ml (4 tablespoons)
Garlic purée	2.5g (½ teaspoon)	10g (2 teaspoons)
Chilli powder	1.5g (½ teaspoon)	6g (2 teaspoons)
Ground turmeric	1.5g (½ teaspoon)	6g (2 teaspoons)
Water	35ml (2 tablespoons)	140ml (8 tablespoons)

Method	
1.	Chop the onion and coriander.
2.	Boil the split peas until tender and then drain.
3.	Heat the oil in a pan, add the onions, garlic purée, chilli powder and turmeric and cook for 3-4 minutes until the onions start to softened.
4.	Add the cooked split peas and water to the pan and simmer further 5 minutes.
5.	Sprinkle with coriander before serving.

Serving suggestion: with channa aloo and pilau rice
Infants 7-12 months Typical portion size: around 40g Recipe adaptations: none Serving to infants 7-9 months: mash/blend until smooth with soft lumps. Serving to infants 10-12 months: chop or mince to the desired consistency.

Mixed salad

Included in: Spring/summer menu
Allergy information: None*
Recipe type: Vegetable accompaniment
Typical portion size for 1-4 years: 40g
Typical portion size for 7-12 months: 30g
Preparation time: None
Cooking time: 15 minutes

Ingredients	Quantity – serves 5	Quantity – serves 20
Lettuce	75g	300g
Cucumber	100g	400g
Tomato	100g	400g

Method	
1.	Chop the lettuce, cucumber and tomato.
2.	Combine in a large bowl and serve.

Serving suggestion: Serve with moussaka and garlic bread

Peas

Included in: Autumn/winter menu
Allergy information: None*
Recipe type: Vegetable accompaniment
Typical portion size for 1-4 years: 40g
Typical portion size for 7-12 months: 30g
Preparation time: None
Cooking time: 5 minutes

Ingredients	Quantity – serves 5	Quantity – serves 20
Frozen peas	200g	800g

Method	
1.	Boil in unsalted water until cooked.

Serving suggestion: Serve with lasagne and garlic bread

Peas and carrots

Included in: Autumn/winter menu
Allergy information: None*
Recipe type: Vegetable accompaniment
Typical portion size for 1-4 years: 40g
Typical portion size for 7-12 months: 30g
Preparation time: 5 minutes
Cooking time: 15 minutes

Ingredients	Quantity – serves 5	Quantity – serves 20
Carrots, peeled	100g	400g
Frozen peas	100g	400g

Method	
1.	Slice the carrots.
2.	Boil the carrots in unsalted water adding the peas 5 minutes before the carrots are cooked.

Serving suggestion: Serve with pork or veggie meatballs and mashed potato

Red cabbage and runner beans

Included in: Autumn/winter menu
Allergy information: None*
Recipe type: Vegetable accompaniment
Typical portion size for 1-4 years: 40g
Typical portion size for 7-12 months: 30g
Preparation time: None
Cooking time: 15 minutes

Ingredients	Quantity – serves 5	Quantity – serves 20
Red cabbage	100g	400g
Runner beans	100g	400g

Method	
1.	Chop the cabbage and trim the beans.
2.	Boil the vegetables in separate pans in unsalted water for approximately 15 minutes until soft.

Serving suggestion: Serve with haddock and salmon or bean pie

Roasted vegetables

Included in: Spring/summer menu
Allergy information: None*
Recipe type: Vegetable accompaniment
Typical portion size for 1-4 years: 40g
Typical portion size for 7-12 months: 30g
Preparation time: none, Cooking time: 15 minutes

Ingredients	Quantity – serves 5	Quantity – serves 20
Aubergine	50g	200g
Onion, peeled	30g (½ small)	120g (2 small)
Courgette	50g	200g
Vegetable oil	5g (1 teaspoon)	20g (2 tablespoons)
Fresh tomato	35g (2 cherry toms)	140g (1 large or 2 small)

Method	
1.	Pre-heat the oven to 190°C/375°F/Gas mark 5.
2.	Chop the aubergine, onion, courgette and tomatoes.
3.	Mix all the vegetables, except the tomatoes in a large bowl with the oil. Place in a baking tray and roast for 20.
4.	Add the tomatoes and roast for a further 5 minutes.

Serving suggestion: Serve with lasagne and garlic bread
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Root vegetable mash

Included in: Autumn/winter menu
Allergy information: None*
Recipe type: Vegetable accompaniment
Typical portion size for 1-4 years: 35g
Typical portion size for 7-12 months: 30g
Preparation time: None
Cooking time: 15 minutes

Ingredients	Quantity – serves 5	Quantity – serves 20
Carrot, peeled	60g	250g
Swede, peeled	100g	400g

Method	
1.	Chop the carrot and swede into 1cm cubes.
2.	Boil in water for 15 minutes or until soft.
3.	Drain the vegetables and then mash until a smooth consistency is formed.

Serving suggestion: Serve with lamb and pear barley hotpot

Adapting for infants under 1 year Boil until cooked and then cut into batons to serve as a finger food option.
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Spinach

Included in: Autumn/winter menu
Allergy information: None*
Recipe type: Vegetable accompaniment
Typical portion size for 1-4 years: 40g
Typical portion size for 7-12 months: 30g
Preparation time: None
Cooking time: 5 minutes

Ingredients	Quantity – serves 5	Quantity – serves 20
Spinach	200g	800g

Method	
1.	Steam or boil in unsalted water until cooked.

Serving suggestion: Serve with fish and pea fishcakes or cheese and mushroom cakes

Spring greens

Included in: Spring/summer menu
Allergy information: None*
Recipe type: Vegetable accompaniment
Typical portion size for 1-4 years: 40g
Typical portion size for 7-12 months: 30g
Preparation time: None
Cooking time: 15 minutes

Ingredients	Quantity – serves 5	Quantity – serves 20
Spring greens	200g	800g

Method	
1.	Boil spring greens in unsalted water until cooked.

Serving suggestion: Serve with chicken or bean and vegetable pie.

Tomato salsa

Additional recipe: try instead of tomato relish
Allergy information: None*
Recipe type: Vegetable accompaniment
Typical portion size for 1-4 years: 40g
Preparation time: None
Cooking time: 15 minutes
Recipe adapted from: Children's Food Trust, Autumn/Winter menu and recipes

Ingredients	Quantity – serves 5	Quantity – serves 20
Onion, peeled	50g	4g
Tomato	150g	760g
Fresh coriander	5g (2-3 sprigs)	20g (1 small bunch)

Method	
1.	Chop the onion, tomato and coriander.
2.	Combine the ingredients in a large mixing bowl.

Serving suggestion: Serve with lemon and pepper chicken and brown rice

Lunch: desserts

Apple and rhubarb crumble

Included in: Autumn/winter menu
Allergy information: Contains Milk, oats (gluten), wheat (gluten) *
Recipe type: Dessert
Typical portion size for 1-4 years: 60g
Preparation time: 15 minutes
Cooking time: 35 minutes
Recipe adapted from: Early Years Catering, Children's Food Trust Autumn/Winter menu and recipes

Ingredients	Quantity – serves 10	Quantity – serves 20
Apples (cooking or solid apple pack)	200g	400g
Canned rhubarb, drained	200g	400g
Caster sugar	20g (1 tablespoon)	40g (2 tablespoons)
Vegetable oil spread	50g	100g
Plain flour	80g (4 tablespoons)	160g (8 tablespoons)
Wholemeal flour	30g (1 ½ tablespoons)	60g (3 tablespoons)
Dark brown sugar	50g (2 ½ tablespoons)	100g (5 tablespoons)
Rolled oats	20g	40g

Method	
1.	Preheat the oven to 190°C/375°F/gas mark 5.
2.	Chop the apples into 2cm slices and rhubarb into 4cm lengths and lay on the bottom of an ovenproof dish. Sprinkle with the caster sugar.
3.	Prepare the crumble mixture: gently rub the vegetable oil spread into the flour and brown sugar, then add the oats.
4.	Sprinkle the mixture over the fruit and level ensuring all the fruit is covered.
5.	Bake in the oven for 35 minutes

Serving suggestion: Serve with custard
Infants 10-12 months Avoid providing cakes and biscuits to infants under 12 months. Instead provide fruit and dairy-based desserts, such as fruit with yoghurt, semolina or rice pudding. For infants 10-12 months, serve 30g stewed apple and rhubarb with 50g custard.

Baked apple with cinnamon

Included in: Autumn/winter menu
Allergy information: None*
Recipe type: Dessert
Typical portion size for 1-4 years: 40g
Preparation time: 5 minutes
Cooking time: 20 minutes
Recipe adapted from: Toadhall Nursery Group

Ingredients	Quantity – serves 10	Quantity – serves 20
Apple, cored	400g (4 medium)	1.2kg (12 medium)
Soft brown sugar	30g (1½ tablespoons)	60g (3 tablespoons)
Sultanas	50g (1½ tablespoons)	100g (3 tablespoons)
Tap water	20ml	40ml
Ground cinnamon	6g (2 teaspoons)	12g (4 teaspoons)

Method	
1.	Pre-heat the oven to 200°C/400°F/gas mark 6.
2.	Cut the apple into segments and lay in an ovenproof dish.
3.	Sprinkle with the sultanas, sugar, cinnamon and water.
4.	Bake in the oven for 10-15 minutes until the apples have soften.

Serving suggestion: Use different coloured apples.
Infants 10-12 months Typical portion size: 30g Recipe adaptations: prepare without sugar for infants under 12 months, and serve with 50g plain yoghurt to increase calcium content.

Banana and cinnamon rice pudding

Included in: Autumn/winter menu
Allergy information: Contains milk*
Recipe type: Dessert
Typical portion size for 1-4 years: 110g
Preparation time: 10 minutes
Cooking time: 2 hours
Recipe adapted from: Marsha Mclarty (Childminder) and Eden Foodservice, Children's Food Trust Autumn/Winter menu and recipes

Ingredients	Quantity – serves 10	Quantity – serves 20
Pudding rice	100g	200g
Caster sugar	30g (1 ½ tablespoons)	60g (3 tablespoons)
Milk	1L	2L
Banana	400g (4 medium)	800g (8 medium)
Ground cinnamon	3g (1 teaspoon)	6g (2 teaspoons)

Method	
1.	Preheat the oven to 160°C/325°F/gas mark 3 and grease an ovenproof dish.
2.	Wash the rice in a sieve and put it in the dish with the sugar.
3.	Heat the milk in a pan and pour over the rice and sugar.
4.	Bake in the oven for 1½-2 hours until the rice is tender. Cover with foil if the pudding starts to burn.
5.	Meanwhile, place the bananas in their skins on a baking tray and bake in the oven for 30 minutes.
6.	After 30 minutes, remove the bananas from the oven, scoop out the banana flesh from the skins. Blend the banana flesh and cinnamon to a smooth purée. Combine with the rice pudding or serve separately.

Serving suggestion: Can be served warm, or prepared in advance and served cold. For a quicker to prepare version, the rice pudding can be cooked in a pan on the hob instead of being oven baked.
Infants 10-12 months Typical portion size: 60g Recipe adaptations: prepare without sugar for infants under 12 months, and serve with fruit such as pear slices to provide a finger food.

Banana buns

Included in: Spring/summer menu
Allergy information: Contains egg, milk, wheat (gluten)*
Recipe type: Dessert
Typical portion size for 1-4 years: 30g
Preparation time: 15 minutes
Cooking time: 20 minutes
Recipe adapted from: Toadhall Nursey Group

Ingredients	Quantity – serves 10	Quantity – serves 20
Banana, peeled	110g (1 medium)	220g (2 medium)
Semi-skimmed milk	65ml	125ml
Vegetable oil	30ml (2 tablespoons)	60ml (4 tablespoons)
Egg	50g (1)	100g (2)
Brown sugar	50g	100g
Self-raising flour	65g	125g
Wholemeal flour	25g (1 tablespoon)	50g (2 tablespoons)
Baking powder	2.5g (½ teaspoon)	5g (1 teaspoon)
Mixed spice	2.5g (½ teaspoon)	5g (1 teaspoon)

Method	
1.	Pre-heat the oven to 180°C/350°F/Gas mark 4. Line a cupcake or muffin tin with the appropriate number of mini muffin/cupcake cases
2.	Mash the banana.
3.	In a large bowl, beat the milk, oil, egg and sugar together. Then add the mashed banana.
4.	In a separate bowl, mix the flours, baking powder and mixed spice.
5.	Make a well in the middle of the dry ingredients and gradually add the liquid, mixing until just combined.
6.	Spoon the mixture into the paper cases and bake for 20 minutes, until they are lightly browned on top, and spring back when pressed lightly. Transfer to a wire rack to cool.

Serving suggestion: Use a variety of seasonal fruit instead of banana.
Infants 10-12 months Avoid providing cakes and biscuits to infants under 12 months. Instead, provide fruit and dairy-based desserts, such as fruit with yoghurt, semolina or rice pudding. Try swapping the banana buns for fingers of banana (30g) served as a finger food.

Banana pancakes

Included in: Autumn/winter menu
Allergy information: Contains egg*
Recipe type: Dessert
Typical portion size for 1-4 years: 40g
Preparation time: 5 minutes
Cooking time: 8-10 minutes
Recipe adapted from: St Luke's Pre-School, Medway food and nutrition support programme for childcare settings: Recipe book for early years settings

Ingredients	Quantity – serves 10	Quantity – serves 20
Banana, peeled	240g (2 large)	480g (4 large)
Egg	200g (4 eggs)	400g (8 eggs)
Vegetable oil	30ml (2 tablespoons)	60ml (2 tablespoons)

Method	
1.	Mash the banana in a bowl with a fork. Combine with the eggs and beat well.
2.	Heat the oil in a large frying pan on low-medium heat. Pour a small amount of the mixture into the pan to make a small pancake – no bigger than 10-12cm.
3.	Cook the pancake until bubbling on the top (1-2 minutes), then flip with a spatula and continue to cook until golden on both sides (30 seconds-1 minute).

Serving suggestion: Serve with plums or frozen mixed berries.
Infants 10-12 months Typical portion size: 40g Recipe adaptations: serve with a yoghurt dip/topping for infants 10-12 months to increase the calcium content.

Blueberry sponge cakes

Included in: Spring/summer menu
Allergy information: Contains egg, milk, wheat (gluten)*
Recipe type: Dessert
Typical portion size for 1-4 years: 35g
Preparation time: 15 minutes
Cooking time: 20 minutes
Recipe adapted from: The Nursery Catering Company

Ingredients	Quantity – serves 10	Quantity – serves 20
Egg	100g (2 eggs)	200g (4 eggs)
Vegetable oil spread	80g	160g
Caster sugar	80g	160g
Self-raising flour	80g	160g
Blueberries	80g	160g

Method	
1.	Pre heat the oven to 180°C/350°F/gas mark 4.
2.	Whisk the eggs, spread and sugar together. Line a cupcake or muffin tin with the appropriate number of mini muffin/cupcake cases.
3.	Sieve the flour into the mixture and fold until the mixture is smooth and pale.
4.	Fold in the blueberries gently.
5.	Spoon the mixture into the paper cases.
6.	Bake for 20 minutes, until they are lightly browned on top, and spring back when pressed lightly. Transfer to a wire rack to cool.

Serving suggestion: Serve warm with custard or cold with yoghurt
Infants 10-12 months Avoid providing cakes and biscuits to infants under 12 months. Instead, provide fruit and dairy-based desserts, such as fruit with yoghurt, semolina or rice pudding. Try swapping the blueberry sponge for a fruit or dairy dessert for plain whole milk yoghurt (50g) with whole or mashed blueberries (25g)

Courgette and lime cake

Additional recipe: try instead of mini carrot cakes
Allergy information: Contains egg, wheat (gluten)*
Recipe type: Dessert
Typical portion size for 1-4 years: 40g
Preparation time: minutes
Cooking time: 25 minutes
Recipe adapted from: Bright Horizons

Ingredients	Quantity – serves 10	Quantity – serves 20
Courgette	100g	200g
Lime zest	1 lime	2 limes
Plain flour	90g	180g
Baking powder	2.5g (½ teaspoon)	5g (1 teaspoon)
Cocoa powder	20g	40g
Bicarbonate of soda	5g (1 teaspoon)	10g (2 teaspoons)
Caster sugar	60g	120g
Egg	50g (1 medium)	100g (2 medium)
Vegetable oil	85ml	170ml

Method	
1.	Pre-heat the oven to 180°C/350°F/Gas mark 4. Grease and line a tin.
2.	Grate lime and courgette.
3.	Sift the flour, baking powder, cocoa powder, bicarbonate of soda and sugar.
4.	Beat the egg with the vegetable oil.
5.	Mix the egg and oil into dry ingredients and stir in grated courgette and lime.
6.	Pour the cake mixture into the tin and bake for 25-30 minutes.

Serving suggestion: Serve as slices of a large cake, or as individual muffins.
Infants 10-12 months Avoid providing cakes and biscuits to infants under 12 months. Instead, provide fruit and dairy-based desserts, such as fruit with yoghurt, semolina or rice pudding.

Creamy apricot dessert

Included in: Spring/summer menu
Allergy information: Contains milk*
Recipe type: Dessert
Typical portion size for 1-4 years: 95g
Preparation time: 10 minutes
Cooking time: None
Recipe adapted from: Toadhall Nursery Group

Ingredients	Quantity – serves 10	Quantity – serves 20
Mascarpone cheese	150g	300g
Plain whole milk yoghurt	300g	600g
Canned apricots, in juice, drained	512g (2 x 400g cans, drained)	1.2kg (4 x 400g cans, drained)

Method	
1.	Beat together the mascarpone and yoghurt.
2.	Drain the apricots and purée them
3.	Swirl the apricot purée into the creamy mixture.

Serving suggestion: Use a variety of canned fruit in juice
Infants 10-12 months Reserve some apricots to serve as a finger food for infants, and serve a smaller portion of the apricot dessert, with some slices of drained apricots.

Custard

Included in: Spring/summer menu and autumn winter menu
Allergy information: Contains milk*
Recipe type: Dessert
Typical portion size for 1-4 years: 60g
Preparation time: 5 minutes
Cooking time: 5 minutes

Ingredients	Quantity – serves 10	Quantity – serves 20
Milk	500ml	1L
Custard powder	50g (1 ½ heaped tablespoons)	100g (3 heaped tablespoons)

Method	
1.	Mix a little of the milk and all of the custard powder in a bowl until smooth. Heat the rest of the milk in a saucepan until hot, then pour over the custard powder and mix well. Return the pan to the heat and stir continuously to avoid lumps.
2.	When the mixture starts boiling, slightly lower the heat and add the sugar. Continue stirring until the custard thickens.

Note: the custard is made without sugar as this often isn't needed, but if it is to be served with fruit that isn't as sweet, a small amount of sugar may be needed (eg 25g for 10 portions, 50g for 20 portions), and can be mixed with the custard powder at the start.

Serving suggestion: Serve with Eve's pudding or crumble
Infants 10-12 months Serve a smaller portion to infants aged 10-12 months (about 50g)

Eve's pudding

Included in: Autumn/winter menu
Allergy information: Contains egg, milk, wheat (gluten)*
Recipe type: Dessert
Typical portion size for 1-4 years: 60g
Preparation time: 20 minutes
Cooking time: 25 minutes
Recipe adapted from: Pollyanna's Nursery and Children's Food Trust Spring/Summer menu and recipes for early years settings

Ingredients	Quantity – serves 10	Quantity – serves 20
Cooking apple, peeled and cored	400g	800g
Caster sugar	80g	150g
Vegetable oil spread	80g	150g
Egg	80g (2 small)	150g (3 medium)
Self-raising flour	80g	150g

Method	
1.	Preheat the oven to 180°C/350°F/gas mark 4.
2.	Slice the apples and arrange them on the bottom of a greased baking dish. Bake in the oven for 10 minutes.
3.	Meanwhile, beat the sugar and spread until light and fluffy.
4.	Beat the eggs and gradually beat them into the vegetable oil spread mixture.
5.	Fold in the flour.
6.	Spread the sponge mixture on top of apples and bake for 25 minutes, or until the sponge is lightly browned and springs back when pressed gently, and the apples are soft when checked with a sharp knife.

Serving suggestion: Serve with custard
Infants 10-12 months
Recipe adaptations: instead of Eve's pudding, serve 30g stewed apple for infants 10-12 months. Keep some apple slices as soft cooked to serve as a finger food.

Fruit, jelly and ice cream

Included in: Spring/summer menu
Allergy information: Contains egg, milk*
Recipe type: Dessert
Typical portion size for 1-4 years: 110g
Preparation time: 5 minutes
Refrigeration time: 2 hours in small pots or overnight for a large bowl
Recipe adapted from: Toadhall Nursery Group

Ingredients	Quantity – serves 10	Quantity – serves 20
Raspberry jelly cubes*	90g	180g
Boiling water	190ml	380ml
Cold water	190ml	380ml
Blackcurrants or raspberries	400g	800g
Dairy ice cream	150g	600g

*jelly cubes generally contain pork gelatine, but you can choose vegetarian jelly cubes if catering for vegetarian children, or children who do not eat pork.

Method	
1.	Make up the jelly according to the manufacturer's instructions.
2.	Pour the jelly over the blackcurrants or raspberries. Cover and refrigerate to set.
3.	Serve with a scoop of dairy ice cream

Serving suggestion: Use different seasonal fruits throughout the year
Infants 10-12 months Swap the jelly for a fruit or dairy dessert for infants 10-12 months – try sticks of cheese such as Edam (10g) with sliced grapes (30g).

Fruity oat crumble sundaes

Included in: Autumn/winter menu
Allergy information: Contains milk, oats (gluten), wheat (gluten)*
Recipe type: Dessert
Typical portion size for 1-4 years: 70g
Preparation time: 10 minutes
Cooking time: 20 minutes
Recipe adapted from: Let's Get Cooking

Ingredients	Quantity – serves 10	Quantity – serves 20
Wholemeal flour	65g	130g
Oats	20g	40g
Vegetable oil spread	20g	40g
Soft brown sugar	20g	40g
Canned fruit cocktail, in juice, drained	260g (1 x 400g can, drained)	520g (2 x 400g can, drained)
Custard	335g	670g

Method	
1.	Preheat the oven to 190°C/170°C fan or gas mark 5. Line the baking tray with baking parchment or greaseproof paper.
2.	Place the flour and oats into a large bowl, add the spread and rub in using your fingertips.
3.	Add the sugar and stir together.
4.	Tip onto a baking tray and spread into an even layer, then cook for 10-15 minutes. Then leave to cool.
5.	Layer the fruit and custard, followed by fruit and then custard again. Leave to cool in the fridge.
6.	Sprinkle the fruit and custard layers with crumble topping.

Serving suggestion: Use different fruits to vary the colour tastes and texture.
Infants 10-12 months
Typical portion size: about 30g fruit plus 50g custard
Recipe adaptations: for infants under 12 months, serve the drained fruit cocktail with a portion of custard.

Ginger cake

Additional recipe: try instead of mini carrot cakes
Allergy information: Contains egg, milk, wheat (gluten)*
Recipe type: Dessert
Typical portion size for 1-4 years: 35g
Preparation time: 15 minutes
Cooking time: 20 minutes
Recipe adapted from: The Nursery Catering Company

Ingredients	Quantity – serves 10	Quantity – serves 20
Vegetable oil spread	30g	60g
Caster sugar	50g	100g
Golden syrup	25g	100g
Egg	25g (½)	50g (1 egg)
Semi-skimmed milk	100ml	200ml
Self-raising flour	115g	230g
Bicarbonate of soda	1.5g (½ teaspoon)	3g (1 teaspoon)
Ground ginger	3g (1 teaspoon)	6g (2 teaspoons)

Method	
1.	Pre-heat the oven to 150°C/300°F/Gas mark 2. Grease and line a baking tray.
2.	Melt the spread, sugar and syrup gently.
3.	Beat the egg into the milk.
4.	Sieve the dry ingredients and add to the syrup mix.
5.	Beat in the egg and milk.
6.	Bake for 20 minutes or until cooked.

Serving suggestion: with custard or fruit slices
Infants 10-12 months Avoid providing cakes and biscuits to infants under 12 months. Instead, provide fruit and dairy-based desserts, such as fruit with yoghurt, semolina or rice pudding.

Greek yoghurt and Raspberry purée

Included in: Spring/summer menu
Allergy information: Contains milk*
Recipe type: Dessert
Typical portion size for 1-4 years: 100g (60g yoghurt, 40g fruit)
Preparation time: 5 minutes
Cooking time: None
Recipe adapted from: Children's Food Trust Autumn/Winter menu and recipes for early years settings

Ingredients	Quantity – serves 10	Quantity – serves 20
Fresh or frozen raspberries	400g	800g
Greek whole milk yoghurt	600g	1.2kg

Method	
1.	Purée the raspberries until smooth. Either combine with Greek yoghurt and serve immediately or serve separately if children prefer to serve themselves.

Serving suggestion: Use a variety of fresh or frozen fruits
Infants 10-12 months Serve a smaller portion to infants aged 10-12 months (around 50g yoghurt and 25g fruit).

Lemon and orange polenta cake with orange segments

Additional recipe: try instead of shortbread and satsuma segments
Allergy information: Contains egg, milk, wheat (gluten)*
Recipe type: Dessert
Typical portion size for 1-4 years: 60g (35g cake, 25g fruit)
Preparation time: 15 minutes
Cooking time: 25 minutes
Recipe adapted from: Zebedee's Lunchbox

Ingredients	Quantity – serves 10	Quantity – serves 20
Vegetable oil spread	90g	150g
Caster sugar	90g	150g
Egg	90g (2 small)	150g (3)
Self-raising flour	90g	150g
Baking powder	1.5g (½ teaspoon)	3g (1 teaspoon)
Polenta	15g	30g
Lemon juice	15ml (1 tablespoon)	30ml (2 tablespoons)
Orange juice	30ml (2 tablespoons)	60ml (4 tablespoons)
Orange segments	250g	500g

Method	
1.	Pre-heat the oven to 160°C/320°F/Gas mark 3.
2.	Grease and line a cake tin.
3.	Cream the spread and sugar together until light and fluffy.
4.	Add the eggs one at a time and mix thoroughly.
5.	Once combined, add the remaining ingredients and combine well.
6.	Transfer the mixture to the cake tin and bake in the oven for 20-25 minutes or until the cake is cooked through.
7.	Serve with orange slices

Serving suggestion: with orange slices
Infants 10-12 months Avoid providing cakes and biscuits to infants under 12 months. Instead, provide fruit and dairy-based desserts, such as fruit with yoghurt, semolina or rice pudding.

***Allergy information is included as a guide only; always check labels to find out which allergens are included in each ingredient and product you are using by checking product packaging ingredient lists. Even if you have used them before, don't assume.**

Lemon and sultana cake

Included in: Spring/summer menu
Allergy information: Contains egg, milk, wheat (gluten)*
Recipe type: Dessert
Typical portion size for 1-4 years: 35g
Preparation time: 15 minutes
Cooking time: 25 minutes
Recipe adapted from: Nature Trails Day Nursery

Ingredients	Quantity – serves 10	Quantity – serves 20
Lemon	½ lemon (zest only)	1 lemon (zest only)
Egg	80g (2 small)	160g (4 small)
Vegetable oil spread	80g (8 tablespoons)	160g
Caster sugar	80g (4 tablespoons)	160g
Self-raising flour	80g (4 tablespoons)	160g
Sultanas	40g (1 heaped tablespoon)	80g (2 heaped tablespoons)

Method	
1.	Pre-heat the oven to 180°C/350°F/Gas mark 4. Grease and line an appropriate size cake tin.
2.	Zest the lemon. Beat the eggs.
3.	Cream together the spread and sugar.
4.	Add the eggs and beat into the spread and sugar mixture
5.	Sift in the flour, and add the lemon zest and sultanas. Fold into the mixture until just combined and pour into the prepared tin.
6.	Bake for 20-25 minutes or until the cake is lightly browned on top, and springs back when lightly pressed.
7.	Cool on a wire tray and serve.

Serving suggestion: Drizzle with lemon juice whilst warm before serving
Infants 10-12 months Avoid providing cakes and biscuits to infants under 12 months. Instead, provide fruit and dairy-based desserts, such as fruit with yoghurt, semolina or rice pudding. Try plain whole milk yoghurt (50g) with chopped raisins (10g) and canned peach slices (25g).

Mandarin jelly

Included in: Autumn/winter menu
Allergy information: None*
Recipe type: Dessert
Typical portion size for 1-4 years: 70g
Preparation time: 5 minutes
Refrigeration time: 2 hours in small pots or overnight for a large bowl
Recipe adapted from: Toadhall Nursery Group

Ingredients	Quantity – serves 10	Quantity – serves 20
Orange jelly cubes	90g	180g
Boiling water	190ml	380ml
Cold water	190ml	380g
Canned mandarins, in juice, drained	350g (2 x 298g cans, drained)	700g (4x 298g cans, drained)

Method	
1.	Make up the jelly according to the manufacturer's instructions.
2.	Pour over the mandarins. Cover and refrigerate to set.

Serving suggestion: Use seasonal fruits throughout the year
Infants 10-12 months Typical portion size: 30g canned mandarins Recipe adaptations: as fruit jelly can be a difficult texture for some infants to manage, swap the fruit jelly for plain canned mandarins instead.

Mango and pear cobbler

Additional recipe: try instead of apple and rhubarb crumble
Allergy information: Contains milk, wheat (gluten)*
Recipe type: Dessert
Typical portion size for 1-4 years: 60g
Preparation time: 20 minutes
Cooking time: 35 minutes
Recipe adapted from: Bright Horizons Day Nurseries

Ingredients	Quantity – serves 10	Quantity – serves 20
Fresh or canned mango, in juice, drained	150g	300g
Pears, peeled and cored	150g (1 medium)	300g (2 medium)
Water	30ml (2 tablespoons)	60ml (4 tablespoons)
Plain flour	160g	320g
Baking powder	1.5g (½ teaspoon)	3g (1 teaspoon)
Ground mixed spice	1.5g (½ teaspoon)	3g (1 teaspoon)
Vegetable oil spread	75g	150g
Soft light brown sugar	20g	40g
Semi skimmed milk	65ml	140ml

Method	
1.	Pre-heat the oven to 180°C/350°F/Gas mark 4.
2.	Slice the mango and pear. Place in a pan over a medium heat and stew gently with the water for 5 minutes. Place in an ovenproof dish.
3.	To make the cobbler, sift the flour, baking powder and mixed spice into a bowl.
4.	Rub in the spread until the texture is like breadcrumbs.
5.	Add the sugar and the milk (reserving a little to brush the pastry) and mix to make a soft dough.
6.	Spoon the mixture on to the fruit and brush with the reserved milk.
7.	Bake for 30-35 minutes or until golden brown.

Serving suggestion: with custard
Infants 10-12 months Avoid providing cakes and biscuits to infants under 12 months. Instead, provide fruit and dairy-based desserts, such as fruit with yoghurt, semolina or rice pudding – try stewed mangos and pears with custard or yoghurt.

Mini carrot cakes

Included in: Autumn/winter menu
Allergy information: Contains egg, milk, wheat (gluten)*
Recipe type: Dessert
Typical portion size for 1-4 years: 35g
Preparation time: 20 minutes
Cooking time: 25 minutes
Recipe adapted from: Lordswood Under-5s Playgroup

Ingredients	Quantity – serves 10	Quantity – serves 20
Carrots, peeled	60g (2 small)	120g (4 small)
Self-raising flour	115g	230g
Soft brown sugar	35g	70g
Cinnamon	1.5g (½ teaspoon)	3g (1 teaspoon)
Raisins	40g	80g
Egg	40g (1 small)	80g (2 small)
Vegetable oil	70ml	140ml
Orange juice or milk	25ml	50ml

Method	
1.	Pre-heat the oven to 150°C /300°F/gas mark 2. Line a cake or muffin tin with mini muffin or cupcake cases.
2.	Grate the carrots.
3.	In a large bowl, mix the flour, sugar, cinnamon, grated carrots and raisins.
4.	Make a hole in the centre of the mixture and add the egg and oil. Mix well. Stir in the orange juice or milk.
5.	Spoon the mixture into the paper cases.
6.	Bake in the oven for 20-25 minutes.
7.	Remove from the tray and allow to cool.

Serving suggestion: add some nutmeg for an extra spicy flavour
Infants 10-12 months Avoid providing cakes and biscuits to infants under 12 months. Instead provide fruit and dairy-based desserts, such as fruit with yoghurt, semolina or rice pudding. For infants, try serving sticks of banana instead.

Moroccan fruit salad

Additional recipe: try instead of seasonal fruit salad
Allergy information: None*
Recipe type: Dessert
Typical portion size for 1-4 years: 40g
Preparation time: 10 minutes
Cooking time: None
Recipe adapted from:

Ingredients	Quantity – serves 10	Quantity – serves 20
Orange, peeled	150g (1 medium)	300g (2 medium)
Grapefruit, peeled	150g (½ medium)	300g (1 medium)
Pomegranate	70g	140g
Orange juice	30ml (2 tablespoons)	60ml (4 tablespoons)

Method	
1.	Break the orange into segments and slice lengthways.
2.	Chop the grapefruit.
3.	Remove the seeds from the pomegranate.
4.	Combine all the fruit and the fruit juice.

Serving suggestion: Try with different combinations of fruit.
Infants 10-12 months Typical portion size: 30g Serving to infants 10-12 months: slice the fruit into fingers to make it easier for infants to hold.

Passion cake squares

Additional recipe: try instead of pineapple upside down pudding
Allergy information: Contains egg, wheat (gluten)*
Recipe type: Dessert
Typical portion size for 1-4 years: 35g
Preparation time: 15 minutes
Cooking time: 30 minutes
Recipe adapted from: Bright Horizons Day Nurseries

Ingredients	Quantity – serves 10	Quantity – serves 20
Carrot, peeled	75g (1 medium)	150g (2 medium)
Dried dates	35g	70g
Egg	60g (1 large)	120g (2 large)
Self-raising flour	75g	150g
Ground cinnamon	1.5g (½ teaspoon)	3g (1 teaspoon)
Ground nutmeg	1.5g (½ teaspoon)	3g (1 teaspoon)
Soft brown sugar	75g	150g
Vegetable oil	35ml (2 tablespoons)	70ml (4 tablespoons)

Method	
1.	Pre-heat the oven to 180°C/350°F/gas mark 4. Grease and line a square baking tin.
2.	Grate the carrot, chop the dates. Beat the egg.
3.	Sift flour and spices into a bowl.
4.	Add the carrot, dates and sugar and mix well.
5.	Add the eggs and oil into mixing bowl. Beat until thoroughly combined.
6.	Pour the mixture into the tin and bake for 30 minutes or until firm to touch and dry in the middle when tested.
7.	Leave for 5 minutes and turn out to cool.

Serving suggestion: with yoghurt or fresh fruit
Infants 10-12 months Avoid providing cakes and biscuits to infants under 12 months. Instead, provide fruit and dairy-based desserts, such as fruit with yoghurt, semolina or rice pudding.

Peach fool ripple

Included in: Spring/summer menu
Allergy information: Contains milk*
Recipe type: Dessert
Typical portion size for 1-4 years: 100g
Preparation time: None
Cooking/assembly time: 10 minutes
Recipe adapted from: Elmscot Group

Ingredients	Quantity – serves 10	Quantity – serves 20
Canned peaches in juice, drained	465g (2 x 400g cans, drained)	930g (4 x 400g cans, drained)
Greek whole milk yoghurt	570g	1.1kg
Vanilla extract	5ml (1 teaspoon)	10ml (2 teaspoons)

Method	
1.	Blend the peaches with a hand blender to make a purée. If using fresh peaches, poach the peaches in water first to make soft.
2.	In a bowl mix the yoghurt and vanilla extract until smooth.
3.	Ripple through the peach purée then spoon into bowls to serve.

Serving suggestion: Use season fresh fruit or a frozen fruit mix for variety throughout the year
Infants 10-12 months Serve a smaller portion to infants aged 10-12 months (60g) and add nectarine slices as a finger food.

Pineapple upside down pudding

Included in: Spring/summer menu
Allergy information: Contains egg, milk, wheat (gluten)*
Recipe type: Dessert
Typical portion size for 1-4 years: 55g
Preparation time: 15 minutes
Cooking time: 30 minutes
Recipe adapted from: Old School House Nursery, Children's Food Trust Spring/Summer menu and recipe book

Ingredients	Quantity – serves 10	Quantity – serves 20
Fresh or canned pineapple, in juice	275g (1 x 432g can, drained)	550g (2 x 432g cans, drained)
Self-raising flour	90g	180g
Caster sugar	90g	180g
Vegetable oil spread	90g	180g
Eggs	(100g) 2eggs	200g (4 eggs)

Method	
1.	Preheat the oven to 180°C/350°F/gas mark 4.
2.	Drain the pineapple if using canned, or peel and prepare fresh pineapple.
3.	Cream together the spread and sugar, then mix in the beaten eggs and flour until combined.
4.	Grease an ovenproof dish and lay the pineapple rings across the bottom.
5.	Top the pineapple with the sponge mixture and bake in the oven for 30 minutes, or until the sponge is lightly browned, and springs back when lightly pressed.

Serving suggestion: Serve with custard
Infants 10-12 months Avoid providing cakes and biscuits to infants under 12 months. Instead, provide fruit and dairy-based desserts, such as fruit with yoghurt, semolina or rice pudding. Try serving slices of fresh or canned pineapple (25g) with custard (50g).

Rice pudding and raspberries

Included in: Spring/summer menu
Allergy information: Contains milk*
Recipe type: Dessert
Typical portion size for 1-4 years: 115g (75g rice pudding, 40g fruit)
Preparation time: 10 minutes
Cooking time: 2 hours
Recipe adapted from: Marsha Mclarty (Childminder) and Eden Foodservice, Children's Food Trust Autumn/Winter menu and recipes

Ingredients	Quantity – serves 10	Quantity – serves 20
Pudding rice	100g	200g
Caster sugar	30g (1 ½ tablespoons)	60g (3 tablespoons)
Milk	1L	2L
Raspberries	400g	800g

Method	
1.	Preheat the oven to 160°C/325°F/gas mark 3 and grease an ovenproof dish.
2.	Wash the rice in a sieve and put it in the dish with the sugar.
3.	Heat the milk in a pan and pour over the rice and sugar.
4.	Bake in the oven for 1½-2 hours until the rice is tender. Cover the rice pudding with foil if it starts to burn on the top during cooking.
5.	Wash the raspberries. Sprinkle the raspberries over the rice pudding to serve.

Serving suggestion: Can be served warm, or prepared in advance and served cold. For a quicker to prepare version, the rice pudding can be cooked in a pan on the hob instead of being oven baked.
Infants 10-12 months Serve a smaller portion to infants aged 10-12 months (60g of rice pudding, with 25g raspberries).

Rhubarb fool

Included in: Spring/summer menu
Allergy information: Contains milk, oats, wheat (gluten)*
Recipe type: Dessert
Typical portion size for 1-4 years: 100g
Preparation time: 5 minutes
Cooking time: None
Recipe adapted from: The Nursery Catering Company

Ingredients	Quantity – serves 10	Quantity – serves 20
Canned or fresh rhubarb	400g	800g
Custard (see separate recipe)	600g	1.2kg
Digestive biscuits	30g	60g

Method	
1.	If using fresh rhubarb, chop and stew for 10 minutes or until soft. Allow to cool.
2.	Combine the rhubarb and custard.
3.	Crush the biscuits and sprinkle evenly over the rhubarb and custard mix.

Serving suggestion: Try using any frozen, canned or fresh seasonal fruit
Infants 10-12 months Rhubarb is difficult to serve as a finger food, so for infants, serve a smaller portion of the custard, with sticks of banana or another seasonal fruit.

Sago pudding with apricots

Additional recipe: try instead of rice pudding and apricots
Allergy information: Contains milk, sulphites*
Recipe type: Dessert
Typical portion size for 1-4 years: 85g (60g sago, 25g fruit)
Preparation time: None
Cooking time: 10 minutes
Recipe adapted from: Toadhall Nursery Group

Ingredients	Quantity – serves 10	Quantity – serves 20
Dried apricots	250g	500g
Semi skimmed milk	500ml	1L
Sago	50g	100g
Ground cinnamon	6g (2 teaspoons)	12g (4 teaspoons)

Method	
1.	Slice the apricots.
2.	Bring the milk to the boil.
3.	Whisk in the sago, stirring continually and cook out for 5 mins.
4.	Add the cinnamon and stir. Sprinkle with apricots.

Serving suggestion: with a variety of fresh, frozen, dried or canned fruit in juice.
Infants 10-12 months Typical portion size: 60g Recipe adaptations: make with whole milk Serving to infants 10-12 months: chop or mince the apricots to the desired consistency before adding to the pudding.

Seasonal fruit salad (autumn/winter)

Included in: Autumn/winter menu
Allergy information: None*
Recipe type: Dessert
Typical portion size for 1-4 years: 40g
Preparation time: 10 minutes
Cooking time: None
Recipe adapted from:

Ingredients	Quantity – serves 10	Quantity – serves 20
Grapes	50g	100g
Satsuma	50g	100g
Apple, cored	40g	80g
Pear, cored	100g	200g
Plums, stones removed	100g	200g

Method	
1.	Chop the fruit, ensuring the grapes and slice lengthways and the other fruit is sliced.
2.	Combine the fruit and spoon into bowls.

Serving suggestion: Serve with yoghurt
Infants 10-12 months Typical portion size: 30g Recipe adaptations: slice the fruit to make it easier for infants to hold.

Seasonal fruit platter (spring/summer)

Included in: Spring/summer menu
Allergy information: None*
Recipe type: Dessert
Typical portion size for 1-4 years: 40g
Preparation time: 10 minutes
Cooking time: None
Recipe adapted from: Children's Food Trust Spring/summer menu and recipes

Ingredients	Quantity – serves 10	Quantity – serves 20
Kiwi fruit	100g	200g
Strawberries	100g	200g
Raspberries	100g	200g
Melon	100g	200g

Method	
1.	Slice the fruit.
2.	Arrange on a fruit platter.

Serving suggestion: Allow the children to chop some of the soft fruits.
Infants 10-12 months Serve a smaller portion to infants aged 10-12 months (30g).

Seasonal fruit salad (spring/summer)

Included in: Spring/summer menu
Allergy information: None*
Recipe type: Dessert
Typical portion size for 1-4 years: 40g
Preparation time: 10 minutes
Cooking time: None

Ingredients	Quantity – serves 10	Quantity – serves 20
Kiwi fruit	80g	160g
Strawberries	80g	160g
Raspberries	80g	160g
Blueberries	80g	160g
Melon	80g	160g

Method	
1.	Slice the fruit.
2.	Combine the fruit and serve in bowls.

Serving suggestion: Use any combination of colourful seasonal fruit
Infants 10-12 months Serve a smaller portion to infants aged 10-12 months (30g).

Semolina and blackberry compote

Included in: Autumn/winter menu
Allergy information: Contains milk, wheat (gluten)*
Recipe type: Dessert
Typical portion size for 1-4 years: 125g (85g semolina, 40g fruit)
Preparation time: 5 minutes
Cooking time: 10 minutes
Recipe adapted from: St Pauls Nursery and Children's Centre, Children's Food Trust Autumn/Winter menu and recipes

Ingredients	Quantity – serves 10	Quantity – serves 20
Blackberries	400g	800g
Semolina	50g	100g
Milk	750ml	1.5L
Caster sugar	40g (2 tablespoons)	80g (4 tablespoons)

Method	
1.	Place the blackberries in a blender and blend until smooth.
2.	Place the semolina and milk in a large pan and bring to the boil.
3.	Stir in the sugar, reduce the heat and simmer, stirring continuously until the semolina has thickened.
4.	Serve the semolina with a portion of blackberry compote.

Serving suggestion: Use different seasonal fruits to vary colour and texture
Infants 10-12 months Typical portion size: 60g Recipe adaptations: prepare without sugar for infants under 12 months, and serve with 25g plum slices to provide a finger food.

Semolina and raisins

Included in: Autumn/winter menu
Allergy information: Contains milk, wheat (gluten)*
Recipe type: Dessert
Typical portion size for 1-4 years: 110g (85g semolina, 25g fruit)
Preparation time: 5 minutes
Cooking time: 10 minutes
Recipe adapted from: St Pauls Nursery and Children's Centre, Children's Food Trust Autumn/Winter menu and recipes

Ingredients	Quantity – serves 10	Quantity – serves 20
Semolina	50g	100g
Milk	750ml	1.5L
Caster sugar	40g (2 tablespoons)	80g (4 tablespoons)
Raisins	250g	500g

Method	
1.	Place the semolina and milk in a large pan and bring to the boil.
2.	Stir in the sugar; reduce the heat and simmer, stirring continuously until the semolina has thickened.
3.	Serve the semolina with a portion of raisins.

Serving suggestion: Use different seasonal fruits to vary colour and texture
Infants 10-12 months Typical portion size: 60g semolina and raisins plus 25g fruit as a finger food. Recipe adaptations: prepare without sugar for infants under 12 months, and chop the raisins before adding to the semolina.

Shortbread and satumas

Included in: Autumn/winter menu
Allergy information: Contains milk, wheat (gluten)*
Recipe type: Dessert
Typical portion size for 1-4 years: Shortbread 35g and fruit 40g
Preparation time: 10 minutes plus 20 minutes chilling time
Cooking time: 20 minutes
Recipe adapted from: Toadhall Nursery Group

Ingredients	Quantity – serves 10	Quantity – serves 20
Vegetable oil spread	100g	200g
Caster sugar	50g	100g
Plain flour	200g	400g
Satsumas, segmented	400g	800g

Method	
1.	Pre-heat the oven to 190°C/375°F/Gas mark 5.
2.	Beat the spread and the sugar together until smooth.
3.	Stir in the flour to get a smooth paste. Turn the paste on to a clean work surface and roll out to 1cm thick.
4.	Cut into rounds or fingers and place onto a baking tray. Chill in the fridge for 20 minutes.
5.	Bake for 15-20 minutes, or until pale golden-brown. Set aside to cool on a wire rack before serving with a portion of satsuma segments.

Serving suggestion: Use fresh or frozen seasonal fruit. Use cookie cutters to make the shortbread into themed shapes.
Infants 10-12 months Avoid providing cakes and biscuits to infants under 12 months. Instead provide fruit and dairy-based desserts, such as fruit with yoghurt, semolina or rice pudding. For infants 10-12 months, try serving 30g sliced mandarin segments.

Spicy banana bread

Additional recipe: try instead of banana pancakes
Allergy information: Contains egg, oats (gluten), wheat (gluten)*
Recipe type: Dessert
Typical portion size for 1-4 years: 40g
Preparation time: 10 minutes
Cooking time: 15 minutes
Recipe adapted from: Bright Horizons Day Nurseries

Ingredients	Quantity – serves 10	Quantity – serves 20
Banana, peeled	200g (1 medium)	400g (4 medium)
Egg	60g (1 large)	120g (2 large)
Ground mixed spice	6g (2 teaspoons)	12g (4 teaspoons)
Plain flour	100g	200g
Baking powder	3g (1 level teaspoon)	6g (2 teaspoons)
Oats	50g	100g
Caster sugar	25g (1 tablespoon)	50g (2 tablespoons)
Vanilla extract	5ml (1 teaspoon)	10ml (2 teaspoons)

Method	
1.	Pre-heat the oven to 190°C/375°F/Gas mark 5. Grease and line a loaf tin.
2.	Mash the banana.
3.	Add the egg and mixed spice to the banana and mix well.
4.	Sieve the flour and baking powder and fold into the banana mixture then add the oats, sugar and vanilla extract.
5.	Pour the mixture into the tin.
6.	Bake for 15 minutes until cooked through and firm to touch.
7.	Cool on a wire rack. Slice and serve.

Serving suggestion: cut into squares or triangles
Infants 10-12 months Avoid providing cakes and biscuits to infants under 12 months. Instead, provide fruit and dairy-based desserts, such as fruit with yoghurt, semolina or rice pudding.

Summer crumble

Included in: Spring/summer menu
Allergy information: Contains milk, oats (gluten), wheat (gluten)*
Recipe type: Dessert
Typical portion size for 1-4 years: 60g
Preparation time: 5 minutes
Cooking time: 5 minutes
Recipe adapted from: Children's Food Trust

Ingredients	Quantity – serves 10	Quantity – serves 20
Strawberries	150g	300g
Raspberries	150g	300g
Apple, peeled	100g	200g
Caster sugar	20g	40g
Vegetable oil spread	50g	100g
Plain flour	80g	160g
Wholemeal flour	30g	60g
Soft brown sugar	50g	100g
Oats	20g	40g

Method	
1.	Preheat the oven to 190°C/375°F/gas mark 5.
1.	Slice the strawberries, wash the raspberries and slice the peeled apple.
2.	Mix the prepared fruit and lay on the bottom of an ovenproof dish
3.	Sprinkle with the caster sugar.
4.	Prepare the crumble mixture: gently rub the spread into the flour and brown sugar, then add the oats.
5.	Sprinkle the mixture over the fruit and level ensuring all the fruit is covered.
6.	Bake in the oven for 35 minutes.

Serving suggestion: Serve with custard
Infants 10-12 months Serve the mixed seasonal berries (25g) without crumble topping, with custard (50g) for infants 10-12 months.

Vanilla sauce

Included in: Autumn/winter menu
Allergy information: Contains milk*
Recipe type: Dessert
Typical portion size for 1-4 years: 60g
Preparation time: 5 minutes
Cooking time: 10 minutes
Recipe adapted from: Eden Foodservice, Children's Food Trust Autumn/Winter menu and recipes

Ingredients	Quantity – serves 10	Quantity – serves 20
Milk	500ml	100ml
Cornflour	25g (1 heaped tablespoon)	50g (2 heaped tablespoons)
Vanilla extract	2.5ml (½ teaspoon)	5ml (1 teaspoon)
Caster sugar	15g (1 level teaspoon)	30g (2 level teaspoon)

Method	
1.	Mix a small amount of the milk with the cornflour to make a smooth paste.
2.	Heat the remaining milk with the vanilla extract, sugar and cornflour mixture on a low heat until it thickens.

Serving suggestion: Serve with warm fruit salad
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Warm winter fruit salad

Included in: Autumn/winter menu
Allergy information: None*
Recipe type: Dessert
Typical portion size for 1-4 years: 40g
Preparation time: 10 minutes
Cooking time: 10 minutes
Recipe adapted from: Busy Bees Nursery and Children's Food Trust Autumn/Winter menu and recipes

Ingredients	Quantity – serves 10	Quantity – serves 20
Pear, peeled and cored	160g (1 medium)	320g (2 medium)
Fresh orange, peeled	160g (1 medium)	320g (2 medium)
Orange juice	100ml	200ml
Ground cinnamon	3g (1 teaspoon)	6g (2 teaspoons)

Method	
1.	Core the pear and break the orange into segments. Chop the fruit.
2.	Warm the fruit, juice and cinnamon in a large pan on a low heat until the fruit has softened.

Serving suggestion: Serve with vanilla sauce
Infants 10-12 months Typical portion size: 30g Recipe adaptations: Leave the warmed fruit salad to cool, and then serve the pieces of fruit as a finger food.

Yoghurt and dried apricots

Included in: Spring/summer menu
Allergy information: Contains milk, sulphites*
Recipe type: Dessert
Typical portion size for 1-4 years: 85g (60g yoghurt, 25g fruit)
Preparation time: 5 minutes
Cooking time: None
Recipe adapted from: Claire Knight (Childminder), Children's Food Trust Autumn/Winter menu and recipes

Ingredients	Quantity – serves 10	Quantity – serves 20
Yoghurt	600g	120g
Dried apricots	200g	400g

Method	
1.	Chop the apricots and either combine with the yoghurt and serve immediately or serve separately if children prefer.

Serving suggestion: Use a variety of dried fruit
Infants 10-12 months Serve a smaller portion to infants aged 10-12 months (50g yoghurt with 10g chopped dried apricots) and serve with melon slices as a finger food.

Tea: meat/fish main courses

Chicken and red pepper fajitas

Included in: Autumn/winter menu
Allergy information: Contains milk, wheat (gluten)*
Recipe type: Main meat dish
Typical portion size for 1-4 years: 140g
Preparation time: 15 minutes
Cooking time: 15 minutes
Recipe adapted from: Elmscot Group

Ingredients	Quantity – serves 5	Quantity – serves 20
Red pepper, deseeded	160g (1 medium)	640g (4 medium)
Onion, peeled	120g (2 small)	480g (2 large)
Paprika	1.5g (½ teaspoon)	6g (2 teaspoons)
Chilli powder	1.5g (½ teaspoon)	6g (2 teaspoons)
Garlic powder	0.75g (¼ teaspoon)	3g (1 teaspoon)
Ground cumin	1.5g (½ teaspoon)	6g (2 teaspoons)
Vegetable oil	5ml (1 teaspoon)	15ml (1 tablespoon)
Chicken breast strips	250g	1kg
Tortilla wrap	155g (2 ½ wraps)	620g (10 wraps)
Plain whole milk yoghurt	75g (2 level tablespoons)	300g (7 tablespoons)

Method	
1.	De-seed the pepper and slice with the onion.
2.	Mix all of the spices with the oil and coat the vegetables and chicken. Cover and leave to marinade in the fridge for 5 minutes.
3.	On a medium heat, cook the chicken and vegetable mixture for 10-15 minutes until the chicken is cooked through and the vegetables softened.
4.	Heat the tortillas according to manufacturer's instructions.
5.	Place the chicken and vegetable mix in centre of tortilla, and a small spoon of yoghurt and roll up tightly. Cut in half.

Serving suggestion: Try serving with guacamole and/or grated cheese
Infants 7-12 months Typical portion size: about 30g cooked chicken, with 25g cooked pepper strips and 20g sliced pitta Recipe adaptations: infants may find slices of pitta bread easier to manage than pieces of tortilla wrap. Serving to infants 7-9 months: blend or mash the cooked chicken until smooth with soft lumps, or slice to serve as a finger food. Serve with cooked pepper strips and strips of pitta. Serving to infants 10-12 months: chop or mince the cooked chicken to the desired consistency, or slice to serve as a finger food. Serve with cooked pepper strips and strips of pitta.

Chicken noodle soup

Additional recipe: try instead of cous cous with chicken, beetroot and mixed salad
Allergy information: Contains celery, egg, milk, wheat (gluten)*
Recipe type: Main meat dish
Typical portion size for 1-4 years: 170g
Preparation time: 10 minutes
Cooking time: 25 minutes
Recipe adapted from: Toadhall Nursery Group

Ingredients	Quantity – serves 5	Quantity – serves 20
Onion, peeled	30g (½ small)	120g (2 small)
Carrot, peeled	50g (½ medium)	200g (2 medium)
Chicken breast	200g	800g
Reduced salt chicken stock cube	3g (½ cube)	12g (2 cubes)
Boiling water	250ml	1.5L
Vegetable oil	5ml (1 teaspoon)	15ml (1 tablespoon)
Frozen sweetcorn	75g	300g
Egg noodles	175g	700g

Method	
1.	Slice the onion and carrots.
2.	Dice the chicken and make up the stock.
3.	Heat the oil in a pan. Add the chicken and cook until starting to brown.
4.	Add the onion, carrots and sweetcorn and cook for 3-4 minutes.
5.	Add the stock and simmer for 5 minutes
6.	Finally, add the noodles and simmer for a further 5-10 minutes until the chicken, vegetables and noodles are cooked.

Serving suggestion: sprinkle with chopped spring onions or fresh herbs like coriander.
Infants 7-12 months Typical portion size: around 100g soup Recipe adaptations: make without using the stock cube if serving to infants. Serving to infants 7-9 months: mash/blend the soup until it is smooth with soft lumps. Serve with strips of bread or toast. Serving to infants 10-12 months: blend the soup to the desired consistency, or chop the noodles into small pieces. Serve with strips of bread or toast.

Cous cous with chicken

Included in: Autumn/winter menu
Allergy information: Contains wheat (gluten)*
Recipe type: Main meat dish
Typical portion size for 1-4 years: 125g (90g cous cous, 35g chicken)
Preparation time: 10 minutes
Cooking time: None
Recipe adapted from: Children's Food Trust

Ingredients	Quantity – serves 5	Quantity – serves 20
Cous cous	225g	900g
Water	275ml	1.1L
Chicken breast, cooked	170g	680g

Method	
1.	Make the cous cous according to the manufacturer's instructions.
2.	Slice the chicken breast and combine with the cous cous.

Serving suggestion: Serve with mixed salad and beetroot.
<p>Infants 7-12 months Typical portion size: about 30g chicken and 30-40g cous cous, with 30g beetroot and cucumber strips. Serving to infants 7-9 months: blend or mash the cooked chicken and cous cous until smooth with soft lumps. Serve with cooked beetroot strips and cucumber sticks as a finger food. Serving to infants 10-12 months: chop or mince the cooked chicken and cous cous to the desired consistency. Serve with cooked beetroot strips and cucumber sticks as a finger food.</p>

Homemade ham flatbread

Included in: Spring/summer menu
Allergy information: Contains milk, wheat (gluten)*
Recipe type: Main meat dish
Typical portion size for 1-4 years: 115g
Preparation time: 20 minutes
Cooking time: 10 minutes
Recipe adapted from: Let's Get Cooking and used in Medway food and nutrition support programme for childcare settings: Recipe book for early years settings

Ingredients	Quantity – serves 5	Quantity – serves 20
Self-raising flour (plus extra for kneading)	50g	200g
Wholemeal self-raising flour	50g	200g
Plain whole milk yoghurt	100g	400g
Ham	100g	400g
Mushrooms	100g	400g
Mozzarella	40g	200g
Cheddar cheese	40g	200g
Canned chopped tomatoes	100g (½ x 200g can)	400g (1 x 400g can)

Method	
1.	Sift the flours into the mixing bowl. Add the yoghurt and stir until well mixed.
2.	Tip onto a clean, floured worktop and knead gently until smooth. Clean and flour the surface again and roll out into one large or several small pizza bases. Leave to rest for 5 minutes.
3.	Pre-heat the grill to medium to hot.
4.	Meanwhile, slice the ham and mushrooms and grate the cheese.
5.	Place a frying pan over a low to medium heat. Cook the flatbread pizza base(s) until crisp and golden on one side, then turn and repeat. Transfer to a baking sheet.
6.	Spread the tomatoes over the bread bases then top with ham, mushrooms and the cheese.
7.	Place the assembled pizza(s) under the grill until the topping is hot and the cheese is bubbling

Serving suggestion: Allow children to make the flat breads during the afternoon session.
Infants 7-12 months Typical portion size: about 100g flatbreads Recipe adaptations: serve without ham to limit the salt content for infants. Serving to infants 7-9 months: cut flatbreads into strips and serve with sticks of pepper as a finger food. Serving to infants 10-12 months: cut flatbreads into strips and serve with sticks of pepper as a finger food.

Homemade mackerel pâté

Included in: Autumn/winter menu
Allergy information: Contains milk, fish*
Recipe type: Main fish dish
Typical portion size for 1-4 years: 60g
Preparation time: 10 minutes
Cooking time: None
Recipe adapted from: Nature Trails Day Nursery

Ingredients	Quantity – serves 5	Quantity – serves 20
Canned mackerel in brine, drained	150g (1 x 212g can, drained)	600g (4 x 212g cans, drained)
Cream cheese	50g	200g
Semi skimmed milk	15ml (1 tablespoon)	60ml (4 tablespoons)
Plain whole milk yoghurt	50g (1 heaped tablespoon)	200g (4 heaped tablespoons)
Lemon juice	20ml (1 tablespoon)	80ml (4 tablespoons)

Method	
1.	Use a fork to finely mash the fish.
2.	Add the cream cheese, milk, natural yoghurt and lemon juice to the fish and mash into a paste.

Serving suggestion: Serve with baked potatoes and salad
Infants 7-12 months Typical portion size: about 40g pate. Serving to infants 7-9 months: blend or mash until smooth with soft lumps. Serving to infants 10-12 months: chop or mince to the desired consistency.

Note: pate bought from a shop should not be given to young children for food safety reasons.

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Lamb and mint kofta with tomato sauce

Included in: Spring/summer menu
Allergy information: Contains egg, soya, wheat (gluten)*
Recipe type: Main meat dish
Typical portion size for 1-4 years: 95g
Preparation time: 20 minutes
Cooking time: 30 minutes
Recipe adapted from: Elmscot Group

Ingredients	Quantity – serves 5	Quantity – serves 20
Koftas		
Onion, peeled	60g (1 small)	240g (1 large)
Garlic, peeled	4g (1 clove)	16g (4 cloves)
Fresh mint	1g (1-2 sprigs)	4g (4-6 sprigs)
Fresh parsley	1g (1-2 sprigs)	4g (4-6 sprigs)
Egg	25g (½ egg)	100g (2 eggs)
Vegetable oil	5g (1 teaspoon)	20g (2 tablespoons)
Minced lamb	265g	1.1kg
White breadcrumbs	20g	80g
Flour	10g (½ level tablespoon)	40g (2 level tablespoons)
Tomato sauce		
Onion, peeled	30g (½ small)	120g (2 small)
Garlic, peeled	2g (½ clove)	8g (2 cloves)
Vegetable oil	5g (1 teaspoon)	20g (2 tablespoons)
Plain flour	7g (2 level teaspoons)	28g (1 heaped tablespoon)
Tomato purée	10g (1 level tablespoon)	40g (2 ½ tablespoons)
Canned chopped tomatoes	100g (½ x 200g can)	400g (1 x 400g can)
Dried oregano	0.5g (½ teaspoon)	2g (2 teaspoons)

Method	
1.	Pre-heat the oven to 190°C/375°F/Gas mark 5.
2.	To make the koftas, finely dice the onion and garlic and roughly chop the mint and parsley. Beat the egg.
3.	Heat the oil in a pan and add the onions and garlic. Cook for 3-4 minutes until softened. Set aside and allow to cool slightly.
4.	In a large bowl, combine the lamb, mint, parsley, breadcrumbs and eggs. Then add the onions and garlic.
5.	With floured hands, shape the mixture into kebab sticks. Place in an ovenproof dish and bake in the oven for 30 minutes or until thoroughly cooked.
6.	Meanwhile, to make the tomato sauce, chop the onion and garlic.
7.	Heat the oil in a pan, add the onions and garlic and cook for 3-4 minutes until soft.
8.	Add the plain flour and stir well. Cook for a further 2 minutes.
9.	Add the tomato purée, tomatoes and oregano. Simmer for 15-20 minutes or until the sauce has thickened.
Serving suggestion: Serve with wholemeal pitta bread	

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Infants 7-12 months

Typical portion size: about 75g koftas with 20g pitta bread

Recipe adaptations: none

Serving to infants 7-9 months: blend or mash the koftas and sauce until smooth with soft lumps. Serve with pitta bread strips as a finger food.

Serving to infants 10-12 months: chop or mince the koftas and sauce to the desired consistency. Serve with pitta bread strips as a finger food.

Lamb Kheema

Additional recipe: try instead of lamb tagine

Allergy information: **Contains mustard***

Recipe type: Main meat dish

Typical portion size for 1-4 years: 130g

Preparation time: 10 minutes, **Cooking time:** 55 minutes

Recipe adapted from: Bright Horizons Day Nurseries Day Nursery

Ingredients	Quantity – serves 5	Quantity – serves 20
Onion, peeled	75g (½ medium)	300g (2 medium)
Garlic, peeled	4g (1 clove)	16g (4 cloves)
Potatoes, peeled	75g	300g
Vegetable oil	5ml (1 teaspoon)	15ml (1 tablespoon)
Curry powder	3g (1 teaspoon)	12g (4 teaspoons)
Lamb mince	275g	1.1kg
Canned chopped tomatoes	200g (1 x 200g can)	800g (2 x 400g cans)
Frozen peas	125g	500g

Method

1. Pre-heat the oven to 200°C/400°F/gas mark 6.
2. Dice the onions, garlic and potato.
3. Heat the oil in a pan and add the onions and garlic. Cook for 3-4 minutes until starting to soften.
4. Add curry powder and cook for 1-2 minutes.
5. Add the mince and brown well.
6. Add the potatoes and tomatoes and bring to the boil.
7. Pour into an ovenproof dish, cover and bake in the oven for 30-40 minutes until the potato is cooked through. Checking regularly, adding water if required. Add the frozen peas 5 minutes before the end of the cooking time.

Serving suggestion: with naan bread

Infants 7-12 months

Typical portion size: around 60g kheema with 20g naan bread.

Recipe adaptations: none

Serving to infants 7-9 months: mash/blend the kheema until it is smooth with soft lumps. Serve with strips of naan bread.

Serving to infants 10-12 months: chop or mince the kheema to the desired consistency. Serve with strips of naan bread.

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Lemon chicken wrap with lettuce and cucumber

Included in: Spring/summer menu
Allergy information: Contains milk, wheat (gluten)*
Recipe type: Main meat dish
Typical portion size for 1-4 years: 120g
Preparation time: 10 minutes
Cooking time: 20 minutes
Recipe adapted from: Toadhall Nursery Group

Ingredients	Quantity – serves 5	Quantity – serves 20
Chicken breast	250g	1kg
Lemon juice and zest	½ lemon	2 lemons
Lettuce	50g	200g
Cucumber	150g	600g
Tortilla wraps	160g (5)	640g (20)
Cream cheese	40g	160g

Method	
1.	Pre-heat the oven to 200°C/400°F/gas mark 6.
2.	Slice the chicken into strips.
3.	Mix together the lemon juice and zest and pour over the sliced chicken to marinade.
4.	Place the chicken fillets on a baking tray and roast in the oven for 10-15 minutes or until thoroughly cooked.
5.	Meanwhile, slice the lettuce and cucumber.
6.	Spread the tortillas with the cream cheese and add the sliced lettuce and cucumber.
7.	Place the chicken on the top of the wrap.
8.	Roll up the tortilla and cut into halves.

Serving suggestion: Provide children with the prepared ingredients to make their own wraps.
<p>Infants 7-12 months Typical portion size: about 80g (including chicken and pitta bread strips) Recipe adaptations: none Serving to infants 7-9 months: serve the lemon chicken strips as a finger food, or mash until smooth, and serve with pitta bread strips and cucumber batons. Serving to infants 10-12 months: serve the lemon chicken strips as a finger food, or chop/mince to the desired consistency, and serve with pitta bread strips and cucumber batons.</p>

Pea, ham and mushroom pasta bake

Included in: Autumn/winter menu
Allergy information: Contains wheat (gluten)*
Recipe type: Main meat dish
Typical portion size for 1-4 years: 210g
Preparation time: 15 minutes
Cooking time: 40 minutes
Recipe adapted from: Toadhall Nursery Group

Ingredients	Quantity – serves 5	Quantity – serves 20
White pasta	210g	840g
Mushrooms	75g	300g
Onion, peeled	75g (1½ medium)	300g (2 medium)
Garlic, peeled	8g (2 cloves)	32g (8 cloves)
Fresh basil	5g (3-4 sprigs)	20g (1 small bunch)
Ham	175g	700g
Vegetable oil	5ml (1 teaspoon)	15ml (1 tablespoon)
Canned chopped tomatoes	200g (1 x 200g can)	800g (4 x 400g cans)
Tomato purée	12g (1 tablespoon)	50g (4 tablespoons)
Frozen peas	50g	200g

Method	
1.	Preheat the oven to 180°C/350°F/gas mark 4.
2.	Cook the pasta according to manufacturer's instructions. When cooked, drain and place in an oven proof dish ensuring that the pasta only half fills the dish.
3.	Chop the mushrooms, onions, garlic, basil and ham.
4.	Heat the oil and add the onions and mushrooms until softened.
5.	Add the chopped tomatoes, tomato purée and peas, stir and simmer for a 15 minutes.
6.	Add the basil and diced ham.
7.	Pour the sauce over the pasta and mix well.
8.	If the pasta mix is a little stiff, add a drop of water and place in the oven for 15 to 20 minutes.

Serving suggestion: Serve with mixed salad
Infants 7-12 months Typical portion size: about 100g pasta bake, served with about 30g broccoli florets Recipe adaptations: none Serving to infants 7-9 months: blend or mash the cooked pasta bake until it is smooth with soft lumps. Serve with broccoli florets as a finger food. Serving to infants 10-12 months: chop or mince the cooked pasta bake to the desired consistency. Serve with broccoli florets as a finger food.

Salmon and broccoli pasta

Included in: Spring/summer menu
Allergy information: Contains fish, milk, wheat (gluten)*
Recipe type: Main fish dish
Typical portion size for 1-4 years: 220g
Preparation time: 20 minutes
Cooking time: 20 minutes
Recipe adapted from: Pollyanna's Nursery, Children's Food Trust Spring/Summer menu and recipes

Ingredients	Quantity – serves 5	Quantity – serves 20
Fresh or canned salmon, drained	200g fresh or 1 x 212g can, drained	800g fresh or 2 x 418g cans, drained
Onion, peeled	30g (½ small)	120g (2 small)
Broccoli	75g	300g
Cheddar cheese	30g	120g
White pasta	210g	840g
Vegetable oil spread	15g	60g
Plain flour	15g (3 teaspoons)	60g (2 heaped tablespoons)
Semi-skimmed milk	300ml	1.2L
Dried parsley	0.5g (½ teaspoon)	2g (2 teaspoons)

Method	
1.	Either cook the fresh salmon or prepare the canned salmon by removing all bones and skin.
2.	Finely chop the onion and cut the broccoli into small florets. Grate the cheese.
3.	Boil the pasta according to the instructions on the packet, then drain.
4.	Cook the broccoli and onion in boiling water until just tender, for approximately 10 minutes.
5.	Make the cheese sauce: heat the vegetable oil spread in a saucepan and stir in the flour. Remove from the heat and add the milk gradually and whisk until smooth. Bring the sauce to a gentle simmer, stirring all the time until it thickens. Add the grated cheese and stir until melted.
6.	Combine the cheese sauce, pasta and broccoli then fold in the cooked, cooled salmon and parsley.

Serving suggestion: Serve with sweetcorn
Infants 7-12 months Typical portion size: about 100g pasta with 25g vegetables Recipe adaptations: none Serving to infants 7-9 months: blend or mash the cooked pasta dish until it is smooth with soft lumps. Serve with baby corn as a finger food. Serving to infants 10-12 months: chop or mince the cooked pasta dish to the desired consistency. Serve with baby corn as a finger food.

Salmon and vegetable rice salad

Included in: Autumn/winter menu
Allergy information: Contains fish*
Recipe type: Main fish dish
Typical portion size for 1-4 years: 190g
Preparation time: 5 minutes
Cooking time: 20 minutes
Recipe adapted from: Toadhall Nursery Group

Ingredients	Quantity – serves 5	Quantity – serves 20
Green pepper, deseeded	80g (½ medium)	320g (2 medium)
Red chilli, deseeded	5g (¼ chilli)	20g (1 chilli)
Spring onion	50g (5 onions)	200g (20 onions)
Fresh coriander	12g (8-10 sprigs)	48g
Fresh basil	12g (8-10 sprigs)	48g
White rice	160g	640g
Frozen peas	75g	300g
Frozen sweetcorn	75g	300g
Salmon fillets	225g	900g
Lime juice	10ml (½ lime)	40ml

Method	
1.	Dice with the pepper, red chilli and spring onion. Roughly chop the herbs.
2.	Bring a pan of water to the boil and add the rice. Simmer for 8 mins then add the peas and sweetcorn and simmer for a further 4 mins.
3.	Drain the rice, peas and sweetcorn and rinse under cold water. Leave to one side to cool.
4.	Meanwhile steam or bake the salmon.
5.	When cooled, place the rice, peas and sweetcorn into a bowl. Flake in the salmon and add all of the other diced ingredients, including the juice of the lime.

Serving suggestion: Use seasonal herbs, allowing the children to smell and taste them before they are added.
Infants 7-12 months Typical portion size: about 100g rice salad, served with about 30g avocado slices. Recipe adaptations: none Serving to infants 7-9 months: blend or mash the cooked rice salad until it is smooth with soft lumps. Serve with avocado slices as a finger food. Serving to infants 10-12 months: chop or mince the cooked rice salad to the desired consistency. Serve with avocado slices as a finger food.

Sardine pate on toast

Included in: Spring/summer menu
Allergy information: Contains fish, milk, soya, wheat (gluten)*
Recipe type: Main fish dish
Typical portion size for 1-4 years: 65g (35g pate, 25g toast)
Preparation time: 10 minutes
Cooking/assembly time: 5 minutes
Recipe adapted from: Nature Trails Day Nursery

Ingredients	Quantity – serves 5	Quantity – serves 20
Spring onion	10g (1)	40g (4)
Garlic, peeled	4g (1 clove)	8g (2 cloves)
Cucumber	65g	260g
Fresh basil	2g (1-2 sprigs)	8g (6-8 sprigs)
Canned sardines, in brine, drained	80g (1x 120g can, drained)	320g (4 x 120g cans, drained)
Lemon juice	5ml (1 teaspoon)	20ml (4 teaspoons)
Greek yoghurt	50g	200g
Cottage cheese	25g	100g
White bread	125g (5 slices)	500g (20 slices)

Method	
1.	Dice the spring onion, garlic, cucumber and basil.
2.	Put the sardines in a blender with the lemon juice and process until the sardine mixture is a smooth consistency.
3.	If necessary, drain the yoghurt and/or cottage cheese in a sieve then mix with the sardines
4.	Fold in the garlic, cucumber and basil.
5.	Toast the bread and then spread with the pâté.

Serving suggestion: Allow children to spread their own pâté onto the toast. Serve with grilled tomatoes.
Infants 7-12 months Typical portion size: about 35g pate, 20g toast fingers and 25g tomatoes. Recipe adaptations: none Serving to infants 7-9 months: blend or mash the pâté until it is smooth with soft lumps and serve with toast fingers and tomatoes. Serving to infants 10-12 months: chop or mince the pâté to the desired consistency. Serve with toast fingers and tomatoes.

Tuna fishcakes

Included in: Spring/summer menu
Allergy information: Contains egg, fish, soya, wheat (gluten)*
Recipe type: Main fish dish
Typical portion size for 1-4 years: 145g
Preparation time: 25 minutes
Cooking/assembly time: 30 minutes
Recipe adapted from: Acorn Grove Nursery, Children's Food Trust Spring/Summer menu and recipes

Ingredients	Quantity – serves 5	Quantity – serves 20
Vegetable oil	5ml (1 teaspoon)	15ml (1 tablespoon)
Baking potatoes, peeled	400g (2½ medium)	1.6kg (10 medium)
Onion, peeled	60g (1 small)	240g (1 large)
Canned tuna in spring water, drained	150g (1¼ x 185g cans, drained)	600g (4½ x 185g cans (drained)
Dried mixed herbs	1g (1 teaspoon)	4g (4 teaspoons)
Wholemeal bread	50g (2 medium slices)	200g (8 medium slices)
Egg	50g (1 medium)	200g (4 medium)

Method	
1.	Preheat the oven to 200°C /400°F/gas mark 6. Grease a baking tray with half the oil.
2.	Chop the potatoes and onions. Put the potatoes in a pan, cover with water and boil for 20 minutes or until soft.
3.	Drain the potatoes and mash them until smooth.
4.	Heat half the oil in a frying pan, add the onion and fry for 5 minutes or until soft.
5.	Combine the potatoes, onions, tuna and herbs in a large bowl.
6.	Make the bread into breadcrumbs and beat the egg in a bowl.
7.	Roll the potato and tuna mixture into balls, coat in egg and breadcrumbs and place on the greased baking tray. Bake in the oven for 20–30 minutes.

Serving suggestion: Serve with tomato relish
Infants 7-12 months Typical portion size: about 70g fishcake, with 25g vegetables. Recipe adaptations: none Serving to infants 7-9 months: mash the fishcakes until smooth with soft lumps, or slice and serve as a finger food. Serve with vegetable sticks. Serving to infants 10-12 months: chop or mince the fishcakes to the desired consistency, or slice and serve as a finger food. Serve with vegetable sticks

Tuna mayonnaise

Included in: Autumn/winter menu
Allergy information: Contains fish, egg, milk, mustard*
Recipe type: Main fish dish
Typical portion size for 1-4 years: 30g
Preparation time: 5 minutes
Cooking time: None
Recipe adapted from: The Peterborough Nursery School

Ingredients	Quantity – serves 5	Quantity – serves 20
Canned tuna in spring water, drained	130g (1 x 160g can, drained)	520g (4 x 160g cans, drained)
Mayonnaise	15g (1 level tablespoon)	60g (4 level tablespoons)
Plain whole milk yoghurt	15g (1 teaspoon)	60g (4 teaspoons)

Method	
1.	Flake the tuna. Add the mayonnaise and yoghurt and mix well.

Serving suggestion: Serve with jacket potato and carrot and cucumber sticks
Infants 7-12 months Typical portion size: about 30g tuna mayonnaise, served with 30-40g baked potato and about 30g carrot and cucumber sticks. Recipe adaptations: none, but ensure bought mayonnaise (rather than homemade) is used for infants under 12 months, so the egg is pasteurised. Serving to infants 7-9 months: blend or mash the tuna with the cooked potato until it is smooth with soft lumps. Serve with vegetable sticks as a finger food. Serving to infants 10-12 months: chop or mince the tuna and cooked potato to the desired consistency. Serve with vegetable sticks as a finger food.

Tea: vegetarian main dishes

Bean and tomato gnocchi bake

Included in: Spring/summer menu
Allergy information: Contains egg, milk, wheat (gluten)*
Recipe type: Main vegetarian dish
Typical portion size for 1-4 years: 240g
Preparation time: 15 minutes
Cooking time: 45 minutes
Recipe adapted from: Phoenix Day Nursery, Medway food and nutrition support programme for childcare settings: Recipe book for early years settings

Ingredients	Quantity – serves 5	Quantity – serves 20
Floury potatoes, peeled	190g	760g
Onion, peeled	60g (1 small)	240g (1 large)
Garlic, peeled	4g (1 clove)	16g (4 cloves)
Pepper, deseeded	80g (½ medium)	320g (2 peppers)
Mozzarella	75g	300g
Egg	50g (1 egg)	200g (4 eggs)
Fresh spinach	90g	360g
Plain flour	50g	200g
Ground or grated nutmeg	1.5g (½ teaspoon)	6g (2 teaspoons)
Vegetable oil	5ml (1 teaspoon)	15ml (1 tablespoon)
Passata	350g	1.4kg
Canned cannellini beans, drained	240g (1 x 400g can, drained)	960g (4 x 400g cans, drained)

Method	
1.	Chop the potatoes. Dice the onion, garlic and pepper. Grate or slice the mozzarella. Beat the egg.
2.	Boil the potatoes for 15 minutes or until tender then drain.
3.	Meanwhile, boil the spinach for 3-4 minutes until soft. Drain and run under cold water. When cool enough to handle, squeeze out all the moisture, and chop finely.
4.	Mash the potatoes with a fork or potato masher, until smooth and fluffy.
5.	Combine the flour, chopped spinach, mashed potato, grated nutmeg and egg.
6.	Roll the mixture into several sausage shapes about 1cm in diameter. Cut across diagonally into 2.5cm pieces. Cover and refrigerate until required.
7.	Heat the oil in a large pan. Add the onion and pepper and cook for 5 minutes until softened. Stir in the garlic and cook for 1 minute.
8.	Add the passata and beans, bring to the boil then turn down the heat to a simmer for 10-15 minutes, stirring occasionally, until the sauce has thickened (add some water if it looks too dry).
9.	While the sauce simmers, pre-heat the oven to 200°C/400°F/gas mark 6.
10.	Meanwhile, boil the gnocchi for 3 minutes. Drain and set aside.
11.	Combine the gnocchi and tomato sauce and transfer into a large baking dish. Scatter the mozzarella on top.
12.	Bake in the oven for 5-10 minutes, or until everything is piping hot and cheese has

*Allergy information is included as a guide only; always check labels to find out which allergens are included in each ingredient and product you are using by checking product packaging ingredient lists. Even if you have used them before, don't assume.

melted and turned golden.

Serving suggestion: Serve with bread and spread and a seasonal side salad
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Infants 7-12 months

Typical portion size: about 100g bake with 25g vegetables
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Recipe adaptations: none

Serving to infants 7-9 months: Blend or mash the cooked bake until it is smooth with soft lumps. Serve with cooked green beans as a finger food.

Serving to infants 10-12 months: Chop or mince the cooked bake until it reaches the desired consistency. Serve with cooked green beans as a finger food.

Bean and vegetable enchiladas

Included in: Spring/summer menu
Allergy information: Contains milk, wheat (gluten)*
Recipe type: Main vegetarian dish
Typical portion size for 1-4 years: 145g
Preparation time: 10 minutes
Cooking time: 45 minutes
Recipe adapted from: Scribbles Nursery

Ingredients	Quantity – serves 5	Quantity – serves 20
Onion, peeled	80g (½ medium)	320g (2 medium)
Red pepper, deseeded	80g (½ medium)	320g (2 medium)
Cheddar cheese	50g	200g
Vegetable oil	5ml (1 teaspoon)	15ml (1 tablespoon)
Tomato purée	10g (1 level tablespoon)	40g (2 heaped tablespoons)
Canned chopped tomatoes	200g (1 x 200g can)	800g (2 x 400g cans)
Canned kidney beans, no added sugar or salt, drained	128g (1 x 200g can, drained)	512g (2 x 400g cans, drained)
Paprika	1.5g (½ teaspoons)	6g (2 teaspoons)
Dried mixed herbs	0.5g (½ teaspoon)	2g (2 teaspoons)
Flour tortillas	165g (2 ½ wraps)	660g (10 wraps)

Method	
1.	Preheat the oven to 180°C/350°F/gas mark 4.
2.	Chop the onion and pepper. Grate the cheese.
3.	Heat oil in a pan. Add the onions and peppers and cook for 3-4 minutes until softened.
4.	Add the tomato purée and cook for 2-3 minutes.
5.	Add the tomatoes and simmer for 10-15 minutes.
6.	Add the kidney beans and simmer for a further 2-3 minutes.
7.	Warm the tortillas according to the manufacturer's instructions in a lightly oiled non-stick frying pan for 15 seconds on each side.
8.	Spread each wrap with a portion of the vegetable and bean sauce and roll up. Place in an ovenproof dish.
9.	Sprinkle with the grated cheese and bake in oven for 10-20 minutes.

Serving suggestion: Try serving with guacamole.
Infants 7-12 months Typical portion size: about 75g bean and cheese mixture, with 30-40g sweet potato Recipe adaptations: instead of making into enchiladas, serve 75g of the bean and cheese mixture to infants under 12 months, with cooked sweet potato as a finger food. Serving to infants 7-9 months: Blend or mash the bean and cheese mixture until smooth with soft lumps. Serve with the cooked sweet potato as a finger food. Serving to infants 10-12 months: Chop or mince the bean and cheese mixture until it reaches the desired consistency. Serve with the cooked sweet potato as a finger food.

Billy can beans with wholemeal pasta

Included in: Spring/summer menu
Allergy information: Contains egg, soya, sulphites, wheat (gluten)*
Recipe type: Main vegetarian dish
Typical portion size for 1-4 years: 240g
Preparation time: 5 minutes
Cooking time: 40 minutes
Recipe adapted from: Montagu Community Nursery

Ingredients	Quantity – serves 5	Quantity – serves 20
Green pepper, deseeded	80g (½ medium)	320g (2 medium)
Canned chopped tomatoes	200g (1 x 200g can)	800g (2 x 400g cans)
Canned mixed beans, no added salt or sugar, drained	250g (1 x 400g can, drained)	1kg (4 x 400g cans)
Vegetarian sausage	200g	800g
Paprika	3g (1 teaspoon)	12g (4 teaspoons)
Dried mixed herbs	1g (1 teaspoon)	4g (4 teaspoons)
Frozen peas	75g	300g
Wholemeal pasta	200g	800g

Method	
1.	Preheat the oven to 180°C/350°F/gas mark 4.
2.	Slice the peppers.
3.	Place all the ingredients, except the pasta into a casserole dish, cover with foil or a lid and cook for 40 minutes.
4.	Meanwhile cook the pasta according to the manufacturer's instructions. Then drain.
5.	Combine the pasta with the casserole mixture before serving.

Serving suggestion: Sprinkle with grated cheese
Infants 7-12 months Typical portion size: about 100g pasta dish with 25g vegetable. Recipe adaptations: none Serving to infants 7-9 months: Blend or mash the cooked pasta dish until it is smooth with soft lumps. Serve with cooked courgette batons as a finger food. Serving to infants 10-12 months: Chop or mince the cooked pasta dish until it reaches the desired consistency. Serve with cooked courgette batons as a finger food.

Butternut squash and lentil soup

Included in: Autumn/winter menu
Allergy information: None*
Recipe type: Main vegetarian dish
Typical portion size for 1-4 years: 160g
Preparation time: 10 minutes
Cooking time: 35 minutes
Recipe adapted from: Elmscot Group

Ingredients	Quantity – serves 5	Quantity – serves 20
Butternut squash, peeled	250g	1kg
Red pepper, deseeded	80g (½ medium)	320g (2 medium)
Onion, peeled	75g (½ medium)	300g (2 medium)
Vegetable oil	15ml (1 tablespoon)	60ml (2 tablespoons)
Dried oregano	1g (1 teaspoon)	4g (4 teaspoons)
Water	375ml	1.5l
Dried red lentils	45g	180g

Method	
1.	De-seed butternut squash and pepper and dice with the onions.
2.	Heat the oil in a pan and add the butternut squash, pepper and onion. Cook until starting to soften.
3.	Add the oregano, water and lentils. Bring to the boil and simmer for 30 minutes.
4.	Set aside to cool a little before blending until smooth.

Serving suggestion: Serve with wholemeal bread and spread
Infants 7-12 months Typical portion size: about 100g soup, served with about 20g bread/toast and spread. Recipe adaptations: none. Serving to infants 7-9 months: blend or mash the soup until it is smooth with soft lumps. Serve with wholemeal bread or toast and spread as a finger food. Serving to infants 10-12 months: chop or mince the tuna and cooked potato to the desired consistency. Serve with wholemeal bread or toast and spread as a finger food.

Chickpea and potato baked samosas

Additional recipe: try instead of chickpea korma
Allergy information: Contains celery, mustard, sulphites, wheat (gluten)*
Recipe type: Main vegetarian dish
Typical portion size for 1-4 years: 100g
Preparation time: 10 minutes
Cooking time: 50 minutes
Recipe adapted from: Georgina Jones and Helen Bawden, Childminders

Ingredients	Quantity – serves 5	Quantity – serves 20
Onion, peeled	60g (1 small)	240g (1 large)
Garlic, peeled	4g (1 clove)	16g (4 cloves)
Potato, peeled	100g	400g
Ground ginger	3g (1 teaspoon)	12g (4 teaspoons)
Ground coriander	3g (1 teaspoon)	12g (4 teaspoons)
Ground cumin	3g (1 teaspoon)	12g (4 teaspoons)
Garam masala	3g (1 teaspoon)	12g (4 teaspoons)
Curry powder	3g (1 teaspoon)	12g (4 teaspoons)
Water	25ml	100ml
Lemon juice	10ml (1 dessertspoon)	40ml (4 dessertspoons)
Frozen peas	75g	300g
Canned chickpeas, no added sugar or salt, drained	120g (½ x 400g can, drained)	480g (2 x 400g cans, drained)
Filo pastry	180g (9 sheets)	720g (36 sheets)
Vegetable oil	30ml (2 tablespoons)	120ml (8 tablespoons)

Method	
1.	Pre-heat the oven to 190°C/375°F/Gas mark 5.
2.	Dice the onion and garlic and chop the potatoes into small cubes.
3.	Par boil the potatoes for 5 minutes until starting to soften. Then drain.
4.	Heat half the oil in a pan. Add the onion, garlic and spices and cook for 3-4 minutes.
5.	Add the water, lemon juice, potatoes, peas and chickpeas and cook for 5 minutes.
6.	Portion out the mixture between the filo pastry sheets and fold into triangles. Brush with oil.
7.	Bake in the oven for 30 minutes or until golden brown.

Serving suggestion: with around 40g tomato slices and 30g chapatti
Infants 7-12 months Typical portion size: around 60g spiced potato and chickpea mixture Recipe adaptations: serve the spiced potato and chickpea mixture (without the pastry) Serving to infants 7-9 months: mash/blend the mixture until it is smooth with soft lumps. Serving to infants 10-12 months: chop or mince the mixture to the desired consistency.

Chickpea and vegetable rice salad

Included in: Autumn/winter menu
Allergy information: Contains sulphites*
Recipe type: Main vegetarian dish
Typical portion size for 1-4 years: 190g
Preparation time: 5 minutes
Cooking time: 20 minutes
Recipe adapted from: Toadhall Nursery Group

Ingredients	Quantity – serves 5	Quantity – serves 20
Green pepper, deseeded	80g (½ medium)	320g (2 medium)
Red chilli, deseeded	5g (¼ chilli)	20g (1 chilli)
Spring onion	50g (5 onions)	200g (20 onions)
Fresh coriander	12g (8-10 sprigs)	48g
Fresh basil	12g (8-10 sprigs)	48g
White rice	160g	640g
Frozen peas	75g	300g
Frozen sweetcorn	75g	300g
Canned chickpeas, no added sugar or salt, drained	130g (1 x 210g can, drained)	520g (2 x 400g cans, drained)
Lime juice	10ml (½ lime)	40ml

Method	
1.	Dice the pepper, red chilli and the spring onion. Roughly chop the herbs.
2.	Bring a pan of water to the boil and add the rice. Simmer for 8 mins then add the peas and sweetcorn and simmer for a further 4 mins.
3.	Drain the rice, peas and sweetcorn and rinse under cold water. Leave to one side to cool.
4.	When cooled, place the rice, peas and sweetcorn into a bowl with all of the other diced ingredients, the chickpeas and the lime juice.

Serving suggestion: Use seasonal herbs, allowing the children to smell and taste them before they are added.
Infants 7-12 months Typical portion size: about 100g, served with about 30g avocado slices. Recipe adaptations: none. Serving to infants 7-9 months: blend or mash the salad until it is smooth with soft lumps. Serve with avocado slices as a finger food. Serving to infants 10-12 months: chop or mince the salad to the desired consistency. Serve with avocado slices as a finger food.

Cous cous and chickpea salad

Included in: Autumn/winter menu and spring/summer menu
Allergy information: Contains milk, sulphites, wheat (gluten)*
Recipe type: Main vegetarian dish
Typical portion size for 1-4 years: 165g
Preparation time: 10 minutes
Cooking time: 10 minutes
Recipe adapted from: Elmscot Group

Ingredients	Quantity – serves 5	Quantity – serves 20
Red pepper, deseeded	80g (½ medium)	320g (2 medium)
Green pepper, deseeded	40g (¼ medium)	160g (1 medium)
Red onion, peeled	60g (1 small)	240g (1 large)
Fresh parsley	1.5g (1-2 sprigs)	6g (6 sprigs)
Cous cous	165g	660g
Water	225ml	900ml
Plain whole milk yoghurt	85g	340g
Ground cumin	3g (1 teaspoon)	12g (4 teaspoon)
Canned chickpea, no added sugar or salt, drained	120g (½ x 400g can, drained)	480g (2 x 400g cans, drained)
Raisins	25g	100g

Method	
1.	Dice the pepper and onion. Roughly chop the parsley.
2.	Make the cous cous according to the packet instructions.
3.	Combine the yoghurt and cumin together and leave to chill in the fridge.
4.	Mix the cous cous with the red onion, pepper, parsley, chickpeas and raisins and add the yoghurt and cumin mixture.

Serving suggestion: Serve with vegetable sticks
Infants 7-12 months Typical portion size: about 100g, served with about 30g broccoli florets Recipe adaptations: none Serving to infants 7-9 months: blend or mash the salad until it is smooth with soft lumps. Serve with broccoli florets as a finger food. Serving to infants 10-12 months: chop or mince the salad to the desired consistency. Serve with broccoli florets as a finger food.

Cous cous with houmous

Included in: Autumn/winter menu
Allergy information: Contains sulphites, wheat (gluten)*
Recipe type: Main vegetarian dish
Typical portion size for 1-4 years: 120g (80g pitta, 40g houmous)
Preparation time: 10 minutes
Cooking time: None
Recipe adapted from:

Ingredients	Quantity – serves 5	Quantity – serves 20
Houmous		
Canned chickpeas, no added sugar or salt, drained	125g (1 x 210g can, drained)	500g (2 x 400g cans, drained)
Lemon juice	10ml (2 teaspoons)	40ml (2 tablespoons)
Garlic, peeled	4g (1 clove)	16g (4 cloves)
Ground cumin	1.5g (½ teaspoon)	6g (2 teaspoons)
Water	30ml (2 tablespoons)	120ml (8 tablespoons)
Olive oil	11g (1 tablespoon)	44g (4 tablespoons)
Cous cous	225g	900g
Water	275ml	1.1L

Method	
1.	Put all the houmous ingredients into a blender or food processor and blend to form a smooth paste.
2.	Make up the cous cous according to the manufacturer's instructions.

Serving suggestion: Serve with beetroot and mixed salad or cucumber and carrot salad
Infants 7-12 months
Typical portion size: about 30g houmous and 30-40g cous cous, served with about 30g beetroot and cucumber
Recipe adaptations: none
Serving to infants 7-9 months: blend or mash the houmous and cooked cous cous until smooth with soft lumps. Serve with cooked beetroot strips and cucumber sticks as a finger food.
Serving to infants 10-12 months: chop or mince the houmous and cooked cous cous to the desired consistency. Serve with cooked beetroot strips and cucumber sticks as a finger food.

Cream of parsnip, butterbean and apple soup

Included in: Autumn/winter menu
Allergy information: Contains milk, sulphites*
Recipe type: Main vegetarian dish
Typical portion size for 1-4 years: 160g
Preparation time: 10 minutes
Cooking time: 40 minutes
Recipe adapted from: Elmscot Group

Ingredients	Quantity – serves 5	Quantity – serves 20
Parsnip, peeled	100g	400g
Apple, peeled and cored	50g	200g
Onion, peeled	60g (1 small)	240g (1 large)
Vegetable oil	15ml (1 tablespoon)	4460ml (4 tablespoon)
Potato, peeled	150g	600g
Dried mixed herbs	1g (1 teaspoon)	4g (4 teaspoons)
Water	300ml	1.2L
Canned butter beans, no added sugar or salt, drained	115g (1 x 200g can, drained)	460g (2x 400g can, drained)
Semi skimmed milk	40ml	160ml

Method	
1.	Chop the parsnips, apple and onions.
2.	Heat the oil. Add the parsnip, apple and onion and cook for a few minutes.
3.	Add the potato, water, mixed herbs and butter beans and milk. Bring to the boil and simmer for 30 minutes.
4.	Remove from heat and blend until smooth.

Serving suggestion: Serve with wholemeal bread and spread
Infants 7-12 months Typical portion size: about 100g, served with about 20g wholemeal bread/toast fingers with spread. Recipe adaptations: none Serving to infants 7-9 months: Serve with wholemeal bread or toast fingers as a finger food. Serving to infants 10-12 months: Serve with wholemeal bread or toast fingers as a finger food.

Crustless quiche

Included in: Spring/summer menu
Allergy information: Contains egg and milk*
Recipe type: Main vegetarian dish
Typical portion size for 1-4 years: 90g
Preparation time: 10 minutes
Cooking time: 25 minutes
Recipe adapted from: Lordswood Under 5's Playgroup and Little Explorer's Day Nursery, Medway food and nutrition support programme for childcare settings: Recipe book for early years settings

Ingredients	Quantity – serves 5	Quantity – serves 20
Vegetable oil	5ml (1 tablespoon)	15ml (1 tablespoon)
Spring onion	50g (5)	200g (20)
Pepper, deseeded	80g (½ medium)	320g (2 medium)
Fresh tomatoes	50g (1 small)	200g (2 medium)
Egg	250g (5 eggs)	1kg (20 eggs)
Semi-skimmed milk	30ml (2 tablespoons)	120ml
Dried mixed herbs	1g (1 teaspoon)	4g (½ tablespoons)

Method	
1.	Pre-heat the oven to 200°C/400°F/gas mark 6. Lightly grease the muffin tray.
2.	Dice the spring onions, peppers and tomatoes.
3.	Distribute the prepared vegetables between the muffin tray holes.
4.	Beat together the eggs, milk and herbs and pour over the vegetables in the muffin tray.
5.	Bake in the oven for 20-25 minutes or until puffy, light brown and the eggs are set.
6.	Cool for a few minutes then remove from the tin and serve.

Serving suggestion: Serve with potato salad and pepper sticks.
Infants 7-12 months Typical portion size: about 60g quiche with 30-40g potatoes and 25g vegetables. Recipe adaptations: none Serving to infants 7-9 months: Mash the cooked quiche until it is smooth with soft lumps, or serve as a finger food in slices with pepper sticks. Serving to infants 10-12 months: Chop until it reaches the desired consistency or serve in slices as a finger food with pepper sticks.

Homemade cheese flatbread

Included in: Spring/summer menu
Allergy information: Contains milk, wheat (gluten)*
Recipe type: Main vegetarian dish
Typical portion size for 1-4 years: 100g
Preparation time: 20 minutes
Cooking time: 10 minutes
Recipe adapted from: Let's Get Cooking and used in Medway food and nutrition support programme for childcare settings: Recipe book for early years settings

Ingredients	Quantity – serves 5	Quantity – serves 20
Self-raising flour (plus extra for kneading)	50g	200g
Wholemeal self-raising flour	50g	200g
Plain whole milk yoghurt	100g	400g
Mushrooms	100g	400g
Mozzarella	40g	200g
Cheddar cheese	40g	200g
Canned chopped tomatoes	100g (½ x 200g can)	400g (1 x 400g can)

Method	
1.	Sift the flours into the mixing bowl. Add the yoghurt and stir until well mixed.
2.	Tip onto a clean, floured worktop and knead gently until smooth. Clean and flour the surface again and roll out into one large or several small pizza bases. Leave to rest for 5 minutes.
3.	Pre-heat the grill to medium to hot.
4.	Meanwhile, slice the mushrooms and grate the cheese.
5.	Place a frying pan over a low to medium heat. Cook the flatbread pizza base(s) until crisp and golden on one side, then turn and repeat. Transfer to a baking sheet.
6.	Spread the tomatoes over the bread bases then top with mushrooms and the cheese.
7.	Place the assembled pizza(s) under the grill until the topping is hot and the cheese is bubbling, and cool before serving.

Serving suggestion: Allow children to make the flat breads during the afternoon session.
Infants 7-12 months
Typical portion size: about 100g plus 25g vegetables.
Recipe adaptations: none
Serving to infants 7-9 months: cut into strips and serve with sticks of pepper as a finger food.
Serving to infants 10-12 months: cut into strips and serve with sticks of pepper as a finger food.

Kumara patties

Additional recipe: try instead of vegetarian meatballs
Allergy information: Contains celery, egg, sulphites*
Recipe type: Main vegetarian dish
Typical portion size for 1-4 years: 135g
Preparation time: 10 minutes
Cooking time: 35 minutes
Recipe adapted from: Small is Beautiful Ltd

Ingredients	Quantity – serves 5	Quantity – serves 20
Sweet potato, peeled	225g	900g
Onion, peeled	150g (1 medium)	600g (4 medium)
Canned chickpeas, no added sugar or salt, drained	160g (1 x 200g can, drained)	640g (2½ x 400g cans, drained)
Garam masala	6g (2 teaspoons)	24g (8 teaspoons)
Egg	100g (2 eggs)	400g (8 eggs)
Vegetable oil	30ml (2 tablespoons)	120ml (8 tablespoons)

Method	
1.	Roughly chop the sweet potatoes. Dice the onion.
2.	Boil the sweet potatoes for 15 minutes or until soft. Then drain.
3.	Place the potatoes into a large mixing bowl and mash with the chickpeas until smooth.
4.	Add the diced onion, garam masala and eggs, and mix to combine.
5.	Roll into small balls then flatten to form patties.
6.	Heat the oil over a moderate heat in a pan. Cook the patties for 2 minutes on each side or until golden brown and cooked through. Drain on a paper towel.

Serving suggestion: with around 90g cooked rice and 40g mixed salad
Infants 7-12 months Typical portion size: around 60g patties, with 30-40g rice. Recipe adaptations: none Serving to infants 7-9 months: mash the patties until smooth with soft lumps, or slice to serve as a finger food. Serving to infants 10-12 months: chop or mince the patties to the desired consistency, or serve sliced as a finger food.

Lemon soya wrap with lettuce and cucumber

Included in: Spring/summer menu
Allergy information: Contains milk, soya, wheat (gluten)*
Recipe type: Main vegetarian dish
Typical portion size for 1-4 years: 130g
Preparation time: 10 minutes
Cooking time: 20 minutes
Recipe adapted from: Toadhall Nursery Group

Ingredients	Quantity – serves 5	Quantity – serves 20
Dried soya pieces (or plain frozen soya pieces)	60g (if using dried) 250g (if using frozen)	250g (if using dried) 1kg (if using frozen)
Lemon juice and zest	½ lemon	2 lemons
Lettuce	50g	200g
Cucumber	150g	600g
Tortilla wraps	160g	640g
Cream cheese	40g	160g

Method	
1.	Pre-heat the oven to 200°C/400°F/gas mark 6.
2.	If using dried soya pieces, soak the soya pieces according to the instructions on the packet, then mix together the lemon juice and zest, pour over the soya pieces. Place the soya pieces on a baking tray, cover and cook in the oven for 10 minutes.
3.	If using frozen soya pieces, mix together the lemon juice and zest and pour over the frozen soya pieces. Place the soya pieces on a baking tray, cover and cook in the oven for 10 minutes.
4.	Meanwhile, slice the lettuce and cucumber.
5.	Spread the tortillas with the cream cheese and add the sliced lettuce and cucumber
6.	Place the soya pieces on the top of the wrap.
7.	Roll up the tortilla and cut into halves.

Serving suggestion: Provide children with the prepared ingredients to make their own wraps.
Infants 7-12 months Typical portion size: about 80g soya, pitta bread and cucumber. Recipe adaptations: none Serving to infants 7-9 months: serve the strips as a finger food, or mash until smooth, and serve with pitta bread strips and cucumber batons. Serving to infants 10-12 months: serve the strips as a finger food, or chop/mince to the desired consistency, and serve with pitta bread strips and cucumber batons.

Lentil and broccoli pasta

Included in: Spring/summer menu
Allergy information: Contains milk, wheat (gluten)*
Recipe type: Main vegetarian dish
Typical portion size for 1-4 years: 220g
Preparation time: 20 minutes
Cooking time: 20 minutes
Recipe adapted from: Pollyanna's Nursery, Children's Food Trust Spring/Summer menu and recipes

Ingredients	Quantity – serves 5	Quantity – serves 20
Onion, peeled	60g (1 small)	240g (1 large)
Garlic, peeled	4g (1 clove)	8g (2 cloves)
Broccoli	60g	260g
Vegetable oil	5ml (1 teaspoon)	15ml (1 tablespoon)
Canned chopped tomatoes	200g (1 x 200g can)	800g (2 x 400g can)
Dried mixed herbs	0.5g (½ teaspoon)	2g (2 teaspoons)
Water	200ml	800ml
Dried red lentils	65g	250g
Cream cheese	60g (2 tablespoons)	240g (8 tablespoons)
White pasta	210g	840g

Method	
1.	Chop the garlic and onion. Break the broccoli into florets.
3.	Heat the oil in a saucepan, add the onion and garlic and soften for 5 minutes.
4.	Add the broccoli, tomatoes, mixed herbs, water and lentils and cook uncovered for 12 minutes.
5.	Melt the cream cheese by stirring it into the broccoli and tomato sauce.
6.	Meanwhile cook the pasta according to the instructions on the pack. Then drain.
7.	Mix the cooked pasta with the broccoli and lentil sauce.

Serving suggestion: Serve with sweetcorn
Infants 7-12 months Typical portion size: about 100g pasta, plus 25g vegetables. Recipe adaptations: none Serving to infants 7-9 months: Blend or mash the cooked pasta dish until it is smooth with soft lumps. Serve with baby corn as a finger food. Serving to infants 10-12 months: Chop until it reaches the desired consistency. Serve with baby corn as a finger food.

Mexican bean and cheese wrap

Included in: Autumn/winter menu
Allergy information: Contains milk, wheat (gluten)*
Recipe type: Main vegetarian dish
Typical portion size for 1-4 years: 100g (30g wrap, 70g filling)
Preparation time: 15 minutes
Cooking time: None
Recipe adapted from: First Steps Nutrition Trust, Eating well recipe book: Simple cost-effective ideas for the whole family

Ingredients	Quantity – serves 5	Quantity – serves 20
Canned five bean salad, no added sugar and salt, drained	255g (1 x 400g can, drained)	1kg (4 x 400g cans, drained)
Tortilla wraps, halved	150g (2 ½ wraps)	600g (9 wraps)
Cheddar cheese	80g	320g
Lettuce	25g	100g

Method	
1.	Mash the mixed beans with a fork.
2.	Grate the cheese and roughly chop the lettuce.
3.	Divide the beans between the wraps and top with some cheese.
4.	Roll up and slice as needed.

Serving suggestion: Serve with pepper and celery sticks
Infants 7-12 months Typical portion size: about 50g beans and cheese, with 20g toast fingers and 30g red pepper Recipe adaptations: none Serving to infants 7-9 months: blend or mash the beans and cheese until smooth with soft lumps. Serve on toast fingers with red pepper strips Serving to infants 10-12 months: chop or mince the beans and cheese to the desired consistency. Serve with red pepper strips.

Mixed bean chilli

Included in: Autumn/winter menu
Allergy information: Contains wheat (gluten)*
Recipe type: Main vegetarian dish
Typical portion size for 1-4 years: 120g
Preparation time: 15 minutes
Cooking time: 25 minutes
Recipe adapted from: Elmscot Group

Ingredients	Quantity – serves 5	Quantity – serves 20
Onion, peeled	60g (1 small)	240g (1 large)
Garlic, peeled	8g (2 cloves)	32g (8 cloves)
Aubergine	40g	160g
Courgette	50g	200g
Red pepper, deseeded	40g	160g
Vegetable oil	5ml (1 teaspoon)	30ml (2 tablespoons)
Chilli powder	1.5g (½ teaspoon)	6g (2 teaspoons)
Plain flour	10g (½ tablespoon)	40g (2 tablespoons)
Tomato purée	10g (2 teaspoons)	40g (2 ½ tablespoons)
Canned chopped tomatoes	100g (½ x 200g can)	400g (1 x 400g can)
Canned aduki beans, no added sugar or salt, drained	115g (½ x 400g can, drained)	460g (2 x 400g cans, drained)
Canned red kidney beans, no added sugar or salt, drained	120g (1 x 200g can, drained)	480g (2 x 400g cans, drained)
Dried mixed herbs	1g (1 teaspoon)	4g (4 teaspoons)
Frozen sweetcorn	50g	200g

Method	
1.	Chop the onion, garlic, aubergine, courgette and pepper.
2.	Heat oil in pan, add onions and garlic and cook until softened.
3.	Add remaining vegetables and cook for a further 5-10 minutes.
4.	Add the chilli powder and plain flour and mix well. Cook for 2-3 minutes.
5.	Add the tomato purée, chopped tomatoes, beans, herbs and sweetcorn.
6.	Simmer on a low heat until thickened and the vegetables cooked.

Serving suggestion: Serve with jacket potatoes
Infants 7-12 months Typical portion size: about 60g chilli, served with 30-40g baked potato Recipe adaptations: none Serving to infants 7-9 months: blend or mash the cooked chilli with cooked potato until it is smooth with soft lumps. Serving to infants 10-12 months: chop or mince the cooked chilli and potato to the desired consistency.

Pasta with beans and peas

Included in: Spring/summer menu
Allergy information: Contains wheat (gluten)*
Recipe type: Main vegetarian dish
Typical portion size for 1-4 years: 185g
Preparation time: 10 minutes
Cooking time: 15 minutes
Recipe adapted by the Children's Food Trust

Ingredients	Quantity – serves 5	Quantity – serves 20
Garlic, peeled	4g (1 clove)	16g (4 cloves)
Fresh mint	10g	40g
Green beans	100g	400g
White pasta	210g	840g
Vegetable oil	15ml (1 tablespoon)	60ml (4 tablespoons)
Broad beans	200g	800g
Frozen peas	150g	600g
Lemon juice	10g (½ lemon)	40g (2 lemons)

Method	
1.	Chop the garlic and mint. Trim the green beans.
2.	Boil the pasta according to the manufacturer's instructions, then drain.
3.	Heat the oil in a pan and add the garlic. Cook for 1 minute.
4.	Add the green beans, broad beans and peas and a splash of water. Put the lid on and steam until the vegetables have softened.
5.	Mix the drained pasta with the cooked vegetables, lemon juice and mint.

Serving suggestion: Try making with different beans.
Infants 7-12 months Typical portion size: about 100g pasta dish with 25g vegetables. Recipe adaptations: none Serving to infants 7-9 months: Blend or mash the cooked pasta dish until it is smooth with soft lumps. Serve with cooked carrot batons as a finger food. Serving to infants 10-12 months: Chop until it reaches the desired consistency. Serve with cooked carrot batons as a finger food.

Pea and asparagus frittata

Included in: Spring/summer menu
Allergy information: Contains egg, milk*
Recipe type: Main vegetarian dish
Typical portion size for 1-4 years: 95g
Preparation time: 15 minutes
Cooking time: 35 minutes
Recipe adapted from: Scribbles Nursery

Ingredients	Quantity – serves 5	Quantity – serves 20
Potatoes, peeled	125g	500g
Spring onion	25g (2½)	100g (10)
Asparagus	65g (3 spears)	260g (10 spears)
Fresh mint	2.5g (2-3 sprigs)	10g (small bunch)
Cheddar cheese	25g	100g
Egg	200g (4 eggs)	800g (16 eggs)
Vegetable oil	15ml (1 tablespoon)	60ml (4 tablespoons)
Frozen peas	75g	300g

Method	
1.	Pre-heat the oven to 200°C/400°F/gas mark 6.
2.	Chop the potatoes into small cubes, slice the spring onions and asparagus. Roughly chop the mint.
3.	Grate the cheese and beat the eggs.
4.	Boil the potatoes for 10-15 minutes until starting to soften then drain.
5.	Brush inside of ovenproof dish with the oil.
6.	Crush potatoes into small pieces.
7.	In a large bowl combine all the ingredients together and pour into the dish.
8.	Bake in the oven for 15-20 minutes or until completely set.

Serving suggestion: Serve with potato salad
Infants 7-12 months Typical portion size: 95g Recipe adaptations: for infants under 12 months, serve the asparagus sticks separately as a finger food. Serving to infants 7-9 months: Mash the cooked frittata until it is smooth with soft lumps, or serve in slices as a finger food, alongside the asparagus spears Serving to infants 10-12 months: Chop the frittata until it reaches the desired consistency, or serve in slices as a finger food alongside the asparagus spears.

Pea, veggie mince and mushroom pasta bake

Included in: Autumn/winter menu
Allergy information: Contains soya, wheat (gluten)*
Recipe type: Main vegetarian dish
Typical portion size for 1-4 years: 225g
Preparation time: 15 minutes
Cooking time: 40 minutes
Recipe adapted from: Toadhall Nursery Group

Ingredients	Quantity – serves 5	Quantity – serves 20
White pasta	210g	840g
Mushrooms	75g	300g
Onion, peeled	75g (½ medium)	300g (2 medium)
Garlic, peeled	8g (2 cloves)	32g (8 cloves)
Fresh basil	5g (3-4 sprigs)	20g (1 small bunch)
Vegetable oil	5ml (1 teaspoon)	15ml (1 tablespoon)
Veggie mince	250g	1kg
Canned chopped tomatoes	200g (1 x 200g can)	800g (4 x 400g cans)
Tomato purée	12g (1 tablespoon)	50g (4 tablespoons)
Frozen peas	50g	200g

Method	
1.	Preheat the oven to 180°C/350°F/gas mark 4.
2.	Cook the pasta according to manufacturer's instructions. When cooked, drain and place in an oven proof dish ensuring that the pasta only half fills the dish.
3.	Chop the mushrooms, onions, garlic and basil.
4.	Heat the oil and add the onions and mushrooms until softened.
5.	Add the veggie mince and cook for 3-5 minutes. Add the canned tomatoes, tomato purée and peas, stir and simmer for a 15 minutes.
6.	Add the basil. Pour the sauce over the pasta and mix well.
7.	If the pasta mix is a little stiff, add a drop of water and place in the oven for 15 to 20 minutes.

Serving suggestion: Serve with mixed salad
Infants 7-12 months Typical portion size: about 100g pasta bake, served with about 30g broccoli florets Recipe adaptations: none Serving to infants 7-9 months: blend or mash the cooked pasta bake until it is smooth with soft lumps. Serve with broccoli florets as a finger food. Serving to infants 10-12 months: chop or mince the cooked pasta bake to the desired consistency. Serve with broccoli florets as a finger food.

Pinto bean spread

Included in: Spring/summer menu
Allergy information: Contains sesame*
Recipe type: Vegetarian main dish
Typical portion size for recipe 1-4 years: 35g
Preparation time: None
Cooking/assembly time: 5 minutes
Recipe adapted from: First Steps Nutrition Trust, Eating well: vegan infants and under 5's

Ingredients	Quantity – serves 5	Quantity – serves 20
Canned pinto beans, no added sugar or salt, drained	150g (2/3 x 400g can, drained)	600g (2½ x 400g cans, drained)
Tahini paste	10g	40g
Garlic, peeled	2g (½ clove)	8g (2 cloves)
Lemon juice	5ml (1 teaspoon)	20ml (2 tablespoons)

Method	
1.	Place the beans, tahini, garlic and lemon juice in a blender and blend until smooth.

Serving suggestion: Serve with white toast and tomatoes.
Infants 7-12 months Typical portion size: 35g Recipe adaptations: none Serving to infants 7-9 months: Mash until it smooth with soft lumps. Serving to infants 10-12 months: Chop until it reaches the desired consistency.

Pitta bread with falafel and houmous

Additional recipe: try instead of Mexican bean and cheese wrap
Allergy information: Contains sesame, sulphites, wheat (gluten)*
Recipe type: Main vegetarian dish
Typical portion size for 1-4 years: 105g (25g pitta, 60g falafel, 20g houmous)
Preparation time: 10 minutes
Cooking time: 5 minutes
Recipe adapted from: First Steps Nutrition Trust, Eating well: vegan infants and under 5's (falafel recipe) and Kloster's Kindergarten (houmous recipe)

Ingredients	Quantity – serves 5	Quantity – serves 20
Canned chickpeas, no added sugar or salt, drained	240g (1 x 400g can, drained)	960g(4 x 400g cans, drained)
Lemon juice	15ml (1 tablespoon)	60ml (4 tablespoons)
Tahini	40g	160g
Garlic purée	5g (1 teaspoon)	20g (4 teaspoons)
Paprika	1.5g (½ teaspoon)	6g (2 teaspoons)
Vegetable oil	15ml (1 tablespoon)	60ml (4 tablespoons)
Houmous (see recipe)	100g	400g
Wholemeal pitta bread	125g	500g

Method	
1.	To make the falafel, place the chickpeas, lemon juice, tahini, garlic purée and paprika in a blender and blend until smooth.
2.	Divide the mixture into small balls and flatten slightly.
3.	Heat the oil in a pan and cook the falafels for 2-3 minutes on each side until golden.
4.	Warm the pitta breads according to the manufacturer's instructions.
5.	Slice and open the pitta breads, spread with houmous and add the falafel or serve separately for children to serve themselves.

Serving suggestion: with around 40g vegetable sticks
Infants 7-12 months Typical portion size: around 100g (including pitta, falafel and houmous). Recipe adaptations: none Serving to infants 7-9 months: Mash the falafel until smooth with soft lumps, or slice to serve as a finger food with strips of pitta bread. Serving to infants 10-12 months: chop or mince the falafel to the desired consistency, or serve sliced as a finger food with strips of pitta bread.

Pitta pockets with egg mayonnaise

Included in: Autumn/winter menu
Allergy information: Contains egg, milk, mustard, wheat (gluten)*
Recipe type: Main vegetarian dish
Typical portion size for 1-4 years:
Preparation time: 5 minutes
Cooking time: None
Recipe adapted from:

Ingredients	Quantity – serves 5	Quantity – serves 20
Egg	250g (5)	1kg (20)
Mayonnaise	15g (1 level tablespoon)	60g (4 level tablespoons)
Plain whole milk yoghurt	15g (1 teaspoon)	60g (4 teaspoons)
Pitta bread	175g	700g

Method	
1.	Hard boil the eggs and leave to cool.
2.	Peel and mash with the mayonnaise and yoghurt.
3.	Warm the pitta bread, slice open and fill with the egg mayonnaise.

Serving suggestion: Serve with carrot and cucumber sticks
Infants 7-12 months Typical portion size: about 30g egg mayonnaise, with about 20g pitta strips and about 30g carrot and cucumber sticks Recipe adaptations: none, but ensure mayonnaise used is bought, and not homemade, as the egg will be pasteurised. Serving to infants 7-9 months: mash the egg mayonnaise until it is smooth with soft lumps, then serve spread on strips of pitta, with carrot and cucumber sticks. Serving to infants 10-12 months: mash the egg mayonnaise until the desired consistency is reached, then serve spread on strips of pitta, with carrot and cucumber sticks.

Potato and lentil cakes

Included in: Spring/summer menu
Allergy information: Contains egg, soya, wheat (gluten)*
Recipe type: Main vegetarian dish
Typical portion size for 1-4 years: 145g
Preparation time: 55 minutes
Cooking/assembly time: 30 minutes
Recipe adapted from: Acorn Grove Nursery, Children's Food Trust Spring/Summer menu and recipes

Ingredients	Quantity – serves 5	Quantity – serves 20
Vegetable oil	15ml (1 tablespoon)	60ml (4 tablespoons)
Baking potatoes, peeled	400g (2½ medium)	1.6kg (10 medium)
Green lentils	20g	80g
Red lentils	30g	120g
Onion, peeled	60g (1 small)	240g (1 large)
Dried mixed herbs	1g (1 teaspoon)	4g (4 teaspoons)
Wholemeal bread	50g (2 medium slices)	200g (8 medium slices)
Egg	50g (1 medium)	200g (4 medium)

Method	
1.	Preheat the oven to 200°C /400°F/gas mark 6. Grease a baking tray with half the oil.
2.	Chop the potatoes and onions. Put the potatoes in a pan, cover with water and boil for 20 minutes or until soft.
3.	In a separate pan of boiling water add the green lentils and boil for 10 minutes. After 10 minutes add the red lentils and boil for a further 20 minutes before draining.
4.	Dice the onion.
5.	Drain the potatoes and mash them until smooth.
6.	Heat half the oil in a frying pan, add the onion and fry for 5 minutes or until soft.
7.	Combine the potatoes, onions, lentils and herbs in a large bowl.
8.	Make the bread into breadcrumbs and beat the egg in a bowl.
9.	Roll the potato and lentil mixture into balls, coat in egg and breadcrumbs and place on the greased baking tray. Bake in the oven for 20–30 minutes.

Serving suggestion: Serve with tomato relish
Infants 7-12 months Typical portion size: about 70g lentil and potato cakes, with 25g vegetables. Recipe adaptations: none Serving to infants 7-9 months: mash the cakes until smooth with soft lumps, or slice and serve as a finger food. Serve with vegetable sticks. Serving to infants 10-12 months: chop or mince the cakes to the desired consistency, or slice and serve as a finger food. Serve with vegetable sticks

Roast vegetable and red lentil pasta

Included in: Autumn/winter menu
Allergy information: Contains wheat (gluten)*
Recipe type: Main vegetarian dish
Typical portion size for 1-4 years: 230g
Preparation time: 15 minutes
Cooking time: 40 minutes
Recipe adapted from: Elmscot Group

Ingredients	Quantity – serves 5	Quantity – serves 20
Red pepper, deseeded	80g (½ small)	320g (2 peppers)
Green pepper, deseeded	80g (½ small)	320g (2 peppers)
Onion, peeled	30g (½ small)	120g (2 small)
Garlic, peeled	4g (1 clove)	16g (4 cloves)
Courgette	40g	160g
Aubergine	65g	260g
Vegetable oil	15ml (1 tablespoon)	60ml (4 tablespoons)
White pasta	210g	840g
Dried red lentils	35g	140g
Canned aduki beans, no added sugar or salt, drained	115g (½ x 400g can, drained)	468g (2 x 400g can, drained)
Canned chopped tomatoes	200g (1 x 200g can)	800g (2 x 400g can)

Method	
1.	Preheat the oven to 180°C/350°F/gas mark 4.
2.	Chop the peppers, onions, garlic, courgette and aubergine.
3.	Place on a baking tray and drizzle with the oil and toss, so all the vegetables are coated.
4.	Place in the oven and cook until softened. Approximately 30 minutes.
5.	Meanwhile, cook the pasta according to the manufacturer's instructions. And drain.
6.	Once cooked, pour the vegetables into a large saucepan, add the tomatoes, lentils and beans and bring to boil.
7.	Add drained pasta, stir well.

Serving suggestion: Serve with chopped fresh herbs
Infants 7-12 months Typical portion size: about 100g plus 10g rice cakes Recipe adaptations: none Serving to infants 7-9 months: blend or mash the cooked pasta dish until it is smooth with soft lumps. Serve with strips of rice cakes as a finger food. Serving to infants 10-12 months: chop or mince the cooked pasta dish to the desired consistency. Serve with strips of rice cakes as a finger food.

Savoury omelette

Included in: Spring/summer menu
Allergy information: Contains egg*
Recipe type: Main vegetarian dish
Typical portion size for 1-4 years: 70g
Preparation time: 20 minutes
Cooking time: 15 minutes
Recipe adapted from: Caroline Walker Trust, Children's Food Trust Spring Summer menu and recipes

Ingredients	Quantity – serves 5	Quantity – serves 20
New potato	50g (1)	200g (4)
Onion, peeled	30g (½ small)	120g (2 small)
Fresh, mixed peppers, cored	30g (¼ small)	120g (1 small)
Eggs	250g (5 eggs)	1kg (20 eggs)
Vegetable oil	5ml (1 teaspoon)	15ml (1 tablespoon)

Method	
1.	Chop the potato, onion and pepper. Boil in unsalted water until cooked. (Approximately 10 minutes)
2.	Drain the water from the potato and leave to cool then dice.
3.	Crack the eggs into a mixing bowl and beat.
4.	Heat the oil in a frying pan and add the onions and peppers. Cook until soft.
5.	Add the diced, cooled potato and pour the egg over the ingredients.
6.	Cook until the eggs are set and the base is golden then finish cooking under the grill.

Serving suggestion: with potato salad and cucumber
Infants 7-12 months Typical portion size: about 50g omelette, with 30-40g potato salad and 25g cucumber. Recipe adaptations: none Serving to infants 7-9 months: Mash the cooked omelette until it is smooth with soft lumps, or slice and serve as a finger food. Serve with cucumber batons as a finger food. Serving to infants 10-12 months: Chop the cooked omelette into the desired texture, or slice and serve as a finger food. Serve with cucumber batons as a finger food.

Sweet potato and lentil soup

Included in: Autumn/winter menu
Allergy information: None*
Recipe type: Main vegetarian dish
Typical portion size for 1-4 years: 110g
Preparation time: 10 minutes
Cooking time: 20 minutes
Recipe adapted from: Toadhall Nursery Group

Ingredients	Quantity – serves 5	Quantity – serves 20
Onion, peeled	60g (1 small)	240g (1 large)
Sweet potato, peeled	150g	600g
Fresh parsley	5g (2-3 sprigs)	20g (1 small bunch)
Vegetable oil	5ml (1 teaspoon)	30ml (2 tablespoons)
Water	100ml	400ml
Dried red lentils	70g	280g

Method	
1.	Chop the onions, sweet potatoes and parsley.
2.	Heat the oil, add the onion and cook until starting to soften. Add the potato and water and simmer for 20 mins.
3.	In a separate pan, boil the lentils for 15 minutes until they are cooked then drain.
4.	Using a hand blender, blitz the potato and vegetable mixture then stir in the lentils and parsley.

Serving suggestion: Serve with wholemeal bread and spread
Infants 7-12 months Typical portion size: about 100g served with about 20g wholemeal toast or bread strips Recipe adaptations: none Serving to infants 7-9 months: blend or mash the cooked soup until it is smooth with soft lumps. Serve with toast fingers as a finger food. Serving to infants 10-12 months: lightly blend the cooked soup to the desired consistency. Serve with toast fingers as a finger food.

Vegetarian red pepper fajitas

Included in: Autumn/winter menu
Allergy information: Contains milk, soya, wheat (gluten)*
Recipe type: Main vegetarian dish
Typical portion size for 1-4 years: 150g
Preparation time: 15 minutes
Cooking time: 15 minutes
Recipe adapted from: Elmscot Group

Ingredients	Quantity – serves 5	Quantity – serves 20
Red pepper, deseeded	160g (1 medium)	640g (4 medium)
Onion, peeled	120g (2 small)	480g (2 large)
Paprika	1.5g (½ teaspoon)	6g (2 teaspoons)
Chilli powder	1.5g (½ teaspoon)	6g (2 teaspoons)
Garlic powder	0.75g (¼ teaspoon)	3g (1 teaspoon)
Ground cumin	1.5g (½ teaspoon)	6g (2 teaspoons)
Vegetable oil	5g (1 teaspoon)	20g (2 tablespoons)
Frozen soya mince	250g	1kg
Tortilla wrap	155g (2½ wraps)	620g (10 wraps)
Plain whole milk yoghurt	75g (2 level tablespoons)	300g (7 tablespoons)

Method	
1.	Slice with the pepper and onion.
2.	Mix all of the spices with the oil and coat the vegetables. Cover and leave to marinade in the fridge for 5 minutes.
3.	On a medium heat, cook the mince and vegetables for 10-15 minutes until the mince is cooked through and the vegetables softened.
4.	Heat the tortillas according to manufacturer's instructions.
5.	Place the mince and vegetable mix in centre of tortilla, and a small spoon of yoghurt and roll up tightly. Cut in half.

Serving suggestion: Serve with guacamole and/or grated cheese
Infants 7-12 months Typical portion size: about 60g soya mixture, plus about 20g pitta bread strips and 30g red pepper strips Recipe adaptations: swap the wraps for pitta bread strips for infants under 12 months. Serving to infants 7-9 months: blend or mash the cooked soya mixture until smooth with soft lumps. Serve with cooked pepper strips and strips of pitta. Serving to infants 10-12 months: chop or mince the cooked chicken to the desired consistency. Serve with cooked pepper strips and strips of pitta.

Veggie mince and mint kofta with tomato sauce

Included in: Spring/summer menu
Allergy information: Contains egg, soya, wheat (gluten)*
Recipe type: Main vegetarian dish
Typical portion size for 1-4 years: 95g
Preparation time: 20 minutes
Cooking time: 30 minutes
Recipe adapted from: Elmscot Group

Ingredients	Quantity – serves 5	Quantity – serves 20
Koftas		
Onion, peeled	60g (1 small)	240g (1 large)
Garlic, peeled	4g (1 clove)	16g (4 cloves)
Fresh mint	1g (1-2 sprigs)	4g (4-6 sprigs)
Fresh parsley	1g (1-2 sprigs)	4g (4-6 sprigs)
Egg	25g (½ egg)	100g (2 eggs)
Vegetable oil	5ml (1 teaspoon)	15ml (1 tablespoon)
Soya mince (frozen)	185g	740g
White breadcrumbs	20g	80g
Flour	10g (½ level tablespoon)	40g (2 level tablespoons)
Tomato sauce		
Onion, peeled	30g (½ small)	120g (2 small)
Garlic, peeled	2g (½ clove)	8g (2 cloves)
Vegetable oil	5g (1 teaspoon)	20g (2 tablespoons)
Plain flour	7g (2 level teaspoons)	28g (1 heaped tablespoon)
Tomato purée	10g (1 level tablespoon)	40g (2½ tablespoons)
Canned chopped tomatoes	100g (½ x 200g can)	400g (1 x 400g can)
Dried oregano	0.5g (½ teaspoon)	2g (2 teaspoons)

Method	
1.	Pre-heat the oven to 190°C/375°F/Gas mark 5. Remove the soya mince from the freezer to defrost.
2.	To make the koftas, finely dice the onion and garlic and roughly chop the mint and parsley. Beat the egg.
3.	Heat the oil in a pan and add the onions and garlic. Cook for 3-4 minutes until softened. Set aside and allow to cool slightly.
4.	In a large bowl, combine the soya mince, mint, parsley, breadcrumbs and eggs. Then add the onions and garlic.
5.	With floured hands, shape the mixture into kebab sticks. Place in an ovenproof dish and bake in the oven for 30 minutes or until thoroughly cooked.
6.	Meanwhile, to make the tomato sauce, chop the onion and garlic.
7.	Heat the oil in a pan, add the onions and garlic and cook for 3-4 minutes until soft.
8.	Add the plain flour and stir well. Cook for a further 2 minutes.
9.	Add the tomato purée, tomatoes and oregano. Simmer for 15-20 minutes or until the sauce has thickened.

Serving suggestion: Serve with wholemeal pitta bread

Infants 7-12 months

Typical portion size: about 75g kofta and sauce

Recipe adaptations: none

Serving to infants 7-9 months: blend or mash the kofta and sauce until smooth with soft lumps. Serve with pitta bread strips as a finger food.

Serving to infants 10-12 months: chop or mince the kofta and sauce to the desired consistency. Serve with pitta bread strips as a finger food.

Wholemeal English muffin pizza with various toppings

Included in: Spring/summer menu

Allergy information: **Contains milk, wheat (gluten)***

Recipe type: Main vegetarian dish

Typical portion size for 1-4 years: 150g

Preparation time: 10 minutes, **Cooking time:** 20 minutes

Recipe adapted from: Scribbles Nursery

Ingredients	Quantity – serves 5	Quantity – serves 20
Onion, peeled	40g (½ small)	150g (1 medium)
Garlic, peeled	2g (½ clove)	8g (2 cloves)
Red pepper, deseeded	40g (¼ pepper)	160g (1 pepper)
Green pepper, deseeded	40g (¼ pepper)	160g (1 pepper)
Mushrooms	50g	200g
Cheddar cheese	75g	300g
Vegetable oil	5g (1 teaspoon)	20g (2 tablespoons)
Canned chopped tomatoes	200g (1x 200g can)	800g (2 x 400g cans)
Dried mixed herbs	1.5g (½ teaspoon)	6g (2 teaspoons)
Wholemeal English muffin	175g	700g
Canned pineapple, in juice, drained	55g (¼ x 400g can)	215g (1 x 400g cans)
Frozen sweetcorn, defrosted	65g	260g

Method

1. Finely chop the onion, garlic, peppers and mushrooms. Grate the cheese.
2. Heat oil in a pan and add onion and garlic. Cook for a few minutes until softened.
3. Add the chopped tomatoes and herbs and simmer for 10 minutes. Leave to cool then blend until smooth.
4. Slice each muffin in half and toast on either side for 1 minute.
5. Spread each half with the tomato sauce and top with the peppers, mushrooms, pineapple and cheese. Place under grill until cheese bubbles and melts.

Serving suggestion: Allow children to choose their own toppings

Infants 7-12 months

Typical portion size: about 100g

Recipe adaptations: none

Serving to infants 7-9 months: Slice into strips and serve as a finger food.

Serving to infants 10-12 months: Slice into strips and serve as a finger food.

***Allergy information is included as a guide only; always check labels to find out which allergens are included in each ingredient and product you are using by checking product packaging ingredient lists. Even if you have used them before, don't assume.**

Wholemeal macaroni cheese

Included in: Autumn/winter menu
Allergy information: Contains milk, wheat (gluten)*
Recipe type: Main vegetarian dish
Typical portion size for 1-4 years: 170g
Preparation time: 5 minutes
Cooking time: 20 minutes
Recipe adapted from: Toadhall Nursery Group

Ingredients	Quantity – serves 5	Quantity – serves 20
Wholemeal pasta	195g	975g
Cheddar cheese	40g	160g
Fresh tomato	125g (2 small)	500g (6 medium)
Vegetable oil spread	15g	60g
Plain flour	15g (1 level tablespoon)	60g (2 heaped tablespoons)
Semi skimmed milk	200ml	800ml

Method	
1.	Cook the pasta according to the manufacturer's instructions and drain.
2.	Grate the cheese and dice the tomatoes.
3.	Prepare a roux white sauce: melt the spread in a pan on a low heat. Once the spread has melted, add the flour and mix well. Gradually add the milk, stirring continuously until the sauce is smooth and thick.
4.	Add the grated cheese and diced tomatoes and mix well.
5.	Combine the pasta with the cheese sauce.

Serving suggestion: Serve with peas
Infants 7-12 months Typical portion size: about 100g pasta, served with about 30g peas. Recipe adaptations: none Serving to infants 7-9 months: blend or mash the cooked dish until it is smooth with soft lumps, reserving some pasta for a finger food. Serve with peas. Serving to infants 10-12 months: chop or mince the cooked dish to the desired consistency reserving some pasta for a finger food. Serve with peas.

Tea: starchy accompaniments

Fruity cous cous

Additional recipe: try in the place of herb cous cous
Allergy information: Contains sulphites, wheat (gluten)*
Recipe type: Starchy accompaniment
Typical portion size for 1-4 years: 100g
Preparation time: 5 minutes
Cooking time: 5 minutes
Recipe adapted from: Bright Horizons Day Nurseries

Ingredients	Quantity – serves 5	Quantity – serves 20
Dried apricots	50g	200g
Raisins	25g	100g
Cous cous	175g	700g
Water	220ml	880ml
Olive or vegetable oil	5ml (1 teaspoon)	15ml (1 tablespoon)
Lemon juice	10ml (1 dessertspoon)	40ml (1½ tablespoons)

Method	
1.	Finely chop the apricot and raisins.
2.	Prepare the couscous according to the manufacturer's instructions.
3.	Add finely chopped apricots and raisins.
4.	Mix the olive oil and lemon juice together and add to couscous mix.
5.	Combine well before serving.

Serving suggestion: with koftas
Infants 7-12 months
Typical portion size: around 40g
Recipe adaptations: ensure the dried fruit is finely chopped when serving to infants.

Jacket potato

Included in: Autumn/winter menu
Allergy information: None*
Recipe type: Starchy accompaniment
Typical portion size for 1-4 years: 90g
Typical portion size for 7-12 months: 40g
Preparation time: 2 minutes
Cooking time: 2 hours

Ingredients	Quantity – serves 5	Quantity – serves 20
Baking potatoes	750g	3kg

Method	
1.	Pre heat the oven to 180°C/350°F/gas mark 4.
2.	Bake the potatoes in the oven for about 2 hours

Serving suggestion: Serve with tuna mayonnaise or cheese and sweetcorn

New potato salad

Included in: Spring/summer menu
Allergy information: Contains egg, milk, mustard*
Recipe type: Starchy accompaniment
Typical portion size for 1-4 years: 100g
Typical portion size for 7-12 months: 40g
Preparation time: 10 minutes
Cooking time: 25 minutes

Ingredients	Quantity – serves 5	Quantity – serves 20
Potato, peeled	450g	1.8kg
Red onion, peeled	40g (½ small)	160g (1 medium)
Mayonnaise ^{xi}	25g (1 tablespoon)	100g (4 tablespoons)

Method	
1.	Wash and dice the potatoes and onion.
2.	Boil the potatoes in unsalted water until they are soft (approximately 20 minutes).
3.	Drain the potatoes and leave to cool.
4.	Once cooled, combine the potatoes, onion and mayonnaise and serve.

Serving suggestion: Serve with crustless quiche or frittata

^{xi} Use bought mayonnaise (rather than homemade) for this recipe, as the eggs will have been pasteurised.

Pitta bread fingers

Included in: Spring/summer menu
Allergy information: Contains wheat (gluten)*
Recipe type: Starchy accompaniment
Typical portion size for 1-4 years: 35g
Typical portion size for 7-12 months: 20g
Preparation time: 5 minutes
Cooking time: None

Ingredients	Quantity – serves 5	Quantity – serves 20
Wholemeal pitta bread	175g (5 mini or 2 ½ small)	700g (20 mini or 10 small)

Method	
1.	Warm the pitta bread according to the manufacturer's instructions and then slice into fingers.

Serving suggestion: Serve with mixed bean chilli

White toast and vegetable oil spread

Included in: Spring/summer menu
Allergy information: Contains milk, soya, wheat (gluten)*
Recipe type: Starchy accompaniment
Typical portion size for 1-4 years: 25g
Typical portion size for 7-12 months: 20g
Preparation time: 5 minutes
Cooking time: None

Ingredients	Quantity – serves 5	Quantity – serves 20
White bread, sliced or rolls	125g	500g
Vegetable oil spread	20g	80g

Method	
1.	Toast the bread. Add the spread to each slice of toast thinly and cut in half.

Serving suggestion: Serve with sardine pate or houmous

Wholemeal bread and vegetable oil spread

Included in: Spring/summer menu
Allergy information: Contains milk, soya, wheat (gluten)*
Recipe type: Starchy accompaniment
Typical portion size for 1-4 years: 25g
Typical portion size for 7-12 months: 20g
Preparation time: 5 minutes
Cooking time: None

Ingredients	Quantity – serves 5	Quantity – serves 20
Wholemeal bread, sliced or rolls	125g	500g
Vegetable oil spread	20g	80g

Method	
1.	Add the spread to the bread thinly and cut each slice of bread in half.

Serving suggestion: Serve with soup
--

Tea: vegetable accompaniments

Cucumber and carrot salad

Included in: Autumn/winter menu
Allergy information: None*
Recipe type: Vegetable accompaniment
Typical portion size for 1-4 years: 40g
Typical portion size for 7-12 months: 30g
Preparation time: 10 minutes
Cooking time: None

Ingredients	Quantity – serves 5	Quantity – serves 20
Cucumber	100g	400g
Carrot, peeled	100g	400g

Method	
1.	Grate the carrot and cucumber and mix well. Alternatively, slice into vegetable sticks.

Serving suggestion: Serve with pitta pockets and egg mayonnaise
--

Cucumber sticks

Included in: Spring/summer menu
Allergy information: None*
Recipe type: Vegetable accompaniment
Typical portion size for 1-4 years: 40g
Typical portion size for 7-12 months: 25g
Preparation time: 5 minutes
Cooking time: None

Ingredients	Quantity – serves 5	Quantity – serves 20
Cucumber	200g	800g

Method	
1.	Cut the cucumber into sticks.

Serving suggestion: Serve with savoury omelette and potato salad

Grilled tomatoes

Included in: Spring/summer menu
Allergy information: None*
Recipe type: Vegetable accompaniment
Typical portion size for 1-4 years: 30g
Typical portion size for 7-12 months: 25g
Preparation time: 5 minutes
Cooking time: 5 minutes

Ingredients	Quantity – serves 5	Quantity – serves 20
Fresh tomato	150g (2½ small)	600g (9 small)

Method	
1.	Pre-heat the grill to a medium heat.
2.	Half the tomatoes and arrange on a baking tray.
3	Grill the tomatoes for 5 minutes or until heated through and softened.

Serving suggestion: Serve with sardine pate on toast.

Mixed salad

Included in: Autumn/winter menu
Allergy information: None*
Recipe type: Vegetable accompaniment
Typical portion size for 1-4 years: 4g
Preparation time: 10 minutes
Cooking time: None

Ingredients	Quantity – serves 5	Quantity – serves 20
Lettuce	30g	120g
Cucumber	30g	120g
Tomato	30g	120g

Method	
1.	Dice the cucumber and tomato. Roughly chop the lettuce and mix all the vegetables together.

Serving suggestion: Serve with mackerel pate or cheese and a jacket potato

Mixed salad with beetroot

Included in: Autumn/winter menu
Allergy information: Contains celery*
Recipe type: Vegetable accompaniment
Typical portion size for 1-4 years: 45g
Preparation time: 10 minutes
Cooking time: None

Ingredients	Quantity – serves 5	Quantity – serves 20
Lettuce	30g	120g
Cucumber	30g	120g
Celery	30g (1stick)	120g (4 sticks)
Beetroot	100g	400g

Method	
1.	Dice the cucumber and celery. Roughly chop the lettuce and mix all the vegetable together.

Serving suggestion: Serve with chicken or houmous pitta pockets
--

Peas

Included in: Autumn/winter menu
Allergy information: None*
Recipe type: Vegetable accompaniment
Typical portion size for 1-4 years: 40g
Typical portion size for 7-12 months: 30g
Preparation time: None
Cooking time: 5 minutes

Ingredients	Quantity – serves 5	Quantity – serves 20
Frozen peas	200g	800g

Method	
1.	Boil in unsalted water until cooked.

Serving suggestion: Serve with wholemeal macaroni cheese

Pepper and celery sticks

Included in: Autumn/winter menu
Allergy information: Contains celery*
Recipe type: Vegetable accompaniment
Typical portion size for 1-4 years: 40g
Typical portion size for 7-12 months: 30g
Preparation time: 10 minutes
Cooking time: None
Recipe adapted from: Toadhall Nursery Group

Ingredients	Quantity – serves 5	Quantity – serves 20
Red pepper, deseeded	160g (1 medium)	640g (4 medium)
Celery	100g (3 sticks)	400g (12 sticks)

Method	
1.	Cut the pepper and celery into sticks.

Serving suggestion: Serve with Mexican bean wraps
--

Pepper sticks

Included in: Spring/summer menu
Allergy information: None*
Recipe type: Vegetable accompaniment
Typical portion size for 1-4 years: 40g
Typical portion size for 7-12 months: 25g
Preparation time: 5 minutes
Cooking time: None

Ingredients	Quantity – serves 5	Quantity – serves 20
Red pepper	100g (½ large)	400g (2 large)
Green pepper	100g (½ large)	400g (2 large)

Method	
1.	Wash and deseed the peppers.
2.	Cut the pepper into sticks.

Serving suggestion: Serve with crustless quiche and potato salad

Sweetcorn

Included in: Spring/summer menu
Allergy information: None*
Recipe type: Vegetable accompaniment
Typical portion size for 1-4 years: 40g
Typical portion size for 7-12 months: 25g
Preparation time: 5 minutes
Cooking time: 5 minutes

Ingredients	Quantity – serves 5	Quantity – serves 20
Frozen sweetcorn	200g	800g

Method	
1.	Boil the sweetcorn according to manufacturer's instructions.

Serving suggestion: Serve with salmon or lentil and broccoli pasta

Tomato relish

Included in: Spring/summer menu
Allergy information: Contains soya, wheat (gluten)*
Recipe type: Vegetable accompaniment
Typical portion size for 1-4 years: 40g
Typical portion size for 7-12 months: 25g
Preparation time: 5 minutes
Cooking time: 5 minutes

Ingredients	Quantity – serves 5	Quantity – serves 20
Onion, peeled	30g	120g
Red pepper, deseeded	40g	160g
Ground ginger	1.5g (½ teaspoon)	6g (2 teaspoons)
Chilli powder	1.5 g (½ teaspoon)	6g (2 teaspoons)
Caster sugar	7g (2 level teaspoons)	30g (1½ tablespoons)
Soft dark brown sugar	9g (2 level teaspoons)	35g (1½ tablespoons)
Canned chopped tomatoes	100g (½ x 200g can)	400g (1 x 400g can)
Soy sauce, reduced salt	3ml (½ teaspoon)	12ml (2 teaspoons)

Method	
1.	Chop the onion and pepper.
2.	Put all the ingredients into a pan, bring to the boil and simmer until a thick sauce is formed.

Serving suggestion: Serve with tuna fish cakes or potato and lentil cakes
--

Tea: other accompaniments

Cheese

Included in: Autumn/winter menu
Allergy information: Contains milk*
Recipe type: Tea accompaniment
Typical portion size for 1-4 years: 15g
Typical portion size for 7-12 months: 10g
Preparation time: None
Cooking time: 5 minutes

Ingredients	Quantity – serves 5	Quantity – serves 20
Cheese	75g	300g

Method	
1.	Grate the cheese.

Serving suggestion: Serve with a jacket potato

Tea: desserts

Apple and dates

Included in: Spring/summer menu
Allergy information: None*
Recipe type: Dessert
Typical portion size for 1-4 years: 60g (40g apple, 20g dates)
Preparation time: 5 minutes
Cooking time: None

Ingredients	Quantity – serves 10	Quantity – serves 20
Apple, cored	400g	800g
Soft dates	200g	400g

Method	
1.	Slice the apples and combine with the dates. Drizzle the apple with lemon juice to preventing browning if not serving straight away.

Serving suggestion:
Infants 10-12 months Serve 20g sliced apple with 10g cheese, cut into slices or sticks.

Apples, pears and plums

Included in: Autumn/winter menu
Allergy information: None*
Recipe type: Dessert
Typical portion size for 1-4 years: 40g
Preparation time: 5 minutes
Cooking time: None

Ingredients	Quantity – serves 10	Quantity – serves 20
Apples, cored	140g	280g
Pears, cored	140g	280g
Plums, stones removed	120g	240g

Method	
1.	Slice all the fruit.
2.	Combine to make a fruit salad or serve as a fruit platter.

Serving suggestion: Add some dried fruit to vary the texture
Infants 10-12 months Typical portion size: about 30g Recipe adaptations: none Serving to infants 10-12 months: serve the slices of fruit as a finger food.

Apple slices and raisins

Included in: Spring/summer menu
Allergy information: None*
Recipe type: Dessert
Typical portion size for 1-4 years: 60g (40g apple, 20g raisins)
Preparation time: 5 minutes, Cooking time: None
Recipe adapted from:

Ingredients	Quantity – serves 10	Quantity – serves 20
Apple, cored	400g	800g
Raisins	200g	400g

Method	
1.	Slice the apples and combine with the raisins. Drizzle the apple with lemon juice to preventing browning if not serving straight away.

Serving suggestion: Stew the apples and raisins together in the winter for a warm dessert.
Infants 10-12 months Serve 30g apple slices with 10g cheese (Edam)

Autumn fruit kebabs

Included in: Autumn/winter menu
Allergy information: None*
Recipe type: Dessert
Typical portion size for 1-4 years: 50g
Preparation time: 10 minutes, Cooking time: None
Recipe adapted from: Let's Get Cooking

Ingredients	Quantity – serves 10	Quantity – serves 20
Apple, cored	200g	400g
Pear, cored	200g	400g
Blackberries	100g	200g

Method	
1.	Chop the apples and pears into cubes
2.	Thread the fruit onto blunt skewers or straws.

Serving suggestion: Allow the children to thread the skewers themselves
Infants 10-12 months Typical portion size: 30g kebab plus 50g plain whole milk yoghurt Recipe adaptations: none Serving to infants 10-12 months: serve the slices of fruit as a finger food, with the yoghurt as a dip or served on a spoon.

Banana

Included in: Spring/summer menu
Allergy information: None*
Recipe type: Dessert
Typical portion size for 1-4 years: 40g
Preparation time: 5 minutes
Cooking time: None

Ingredients	Quantity – serves 10	Quantity – serves 20
Banana	400g (4 medium)	800g (8 medium)

Method	
1.	Slice the bananas. Drizzle the banana with lemon juice to stop them browning if not serving straight away.

Serving suggestion: Allow the children to slice their own banana
Infants 10-12 months Serve a smaller portion to infants 10-12 months (30g), and cut into fingers to make it easier for them to hold.

Bananas and custard

Included in: Autumn/winter menu
Allergy information: Contains milk*
Recipe type: Dessert
Typical portion size for 1-4 years: 100g (40g banana, 60g custard)
Preparation time: 5 minutes, Cooking time: 5 minutes

Ingredients	Quantity – serves 10	Quantity – serves 20
Banana	400g (4 medium)	800g (8 medium)
Milk	500ml	1L
Custard powder	50g (1 ½ heaped tablespoons)	100g (3 heaped tablespoons)

Method	
1.	Slice the bananas.
2.	Mix a little of the milk and all of the custard powder in a bowl until smooth. Heat the rest of the milk in a saucepan until hot, then pour over the custard powder and mix well. Return the pan to the heat and stir continuously to avoid lumps.
3.	When the mixture starts boiling, slightly lower the heat and add the sugar. Continue stirring until the custard thickens.
4.	Serve over the sliced banana.

Serving suggestion: Allow the children to slice their own bananas and serve themselves custard
Infants 10-12 months Typical portion size: about 30g banana plus 50g custard Recipe adaptations: Cut the banana into fingers to make it easier for infants to hold.

Dairy ice cream and mango slices

Included in: Spring/summer menu
Allergy information: Contains egg, milk*
Recipe type: Dessert
Typical portion size for 1-4 years: 85g (40g fruit, 45g ice cream)
Preparation time: 5 minutes
Cooking time: None

Ingredients	Quantity – serves 10	Quantity – serves 20
Fresh or canned mango in juice, drained	400g	800g
Vanilla dairy ice cream	450g	900g

Method	
1.	Peel and stone the mango, and slice the mango.
2.	Serve with a portion of dairy ice cream.

Serving suggestion: Use different fruits to vary the colour, tastes and texture
Infants 10-12 months Serve plain whole milk yoghurt instead of ice cream to infants, and serve the mango in slices as a finger food (30g).

Fruit yoghurt pots

Included in: Spring/summer menu
Allergy information: Contains barley, milk*
Recipe type: Dessert
Typical portion size for 1-4 years: 125g
Preparation time: 10 minutes
Cooking time: None
Recipe adapted from: Let's Get Cooking and used in Medway food and nutrition support programme for childcare settings: Recipe book for early years settings

Ingredients	Quantity – serves 10	Quantity – serves 20
Raspberries	150g	300g
Strawberries	150g	300g
Blackberries	150g	300g
Plain whole milk yoghurt	300g	600g
Cornflakes	100g	200g

Method	
1.	Put the fruit in a bowl and mash with a fork or potato masher to make a rough purée. You can keep each type of fruit in separate bowls or combine into one bowl and use a blender.
2.	Spoon some of the fruit into each serving cup.
3.	Spoon some yoghurt on top of the fruit in each cup. Carefully spread the yoghurt so it covers the layer of fruit.
4.	Sprinkle cornflakes over the yoghurt in each cup.
5.	Add layers of fruit, yoghurt and cereal.
6.	Store in the fridge until ready to serve.

Serving suggestion: Create a fruit, cereal and yoghurt bar and allow the children to make up their own layered cups.
Infants 10-12 months Serve a smaller portion of yoghurt to infants (about 50g), with sliced berries as a finger food.

Grapes and melon

Included in: Spring/summer menu
Allergy information: None*
Recipe type: Dessert
Typical portion size for 1-4 years: 40g
Preparation time: 5 minutes

Ingredients	Quantity – serves 10	Quantity – serves 20
Grapes	200g	400g
Honeydew melon	200g	400g

Method	
1.	Slice the grapes lengthways.
2.	Chop the melon into slices or cubes. Combine with the grapes and serve.

Serving suggestion:
Infants 10-12 months Serve a smaller portion of fruit (30g) for infants 10-12 months, and serve with a cottage cheese dip (20g) to increase the calcium content.

Greek yoghurt with strawberries and blackcurrants

Included in: Spring/summer menu
Allergy information: Contains milk*
Recipe type: Dessert
Typical portion size for 1-4 years: 100g (40g fruit, 60g yoghurt)
Preparation time: 5 minutes
Cooking time: 10 minutes

Ingredients	Quantity – serves 10	Quantity – serves 20
Strawberries	200g	800g
Blackcurrants	200g	800g
Greek whole milk yoghurt	600g	1.2kg

Method	
1.	Hull the strawberries, and slice if needed.
2.	Spoon the fruit over the Greek yoghurt, or serve in separate bowls for children to serve themselves.

Serving suggestion: Use different available seasonal fruits throughout the year or try with frozen berries instead.
Infants 10-12 months Serve a smaller portion to infants 10-12 months (50g yoghurt and 30g berries) and slice the strawberries to an appropriate size for infants to pick up as a finger food.

Kherr milk pudding with raisins

Additional recipe: try instead of semolina with raisins
Allergy information: Contains milk*
Recipe type: Dessert
Typical portion size for 1-4 years: 95g (80g milk pudding, 15g raisins)
Preparation time: 5 minutes
Cooking time: 1 hour 10 minutes
Recipe adapted from: Bright Horizons Day Nurseries

Ingredients	Quantity – serves 10	Quantity – serves 20
Carrot, peeled	40g (1 small)	80g (1 medium)
Pudding rice	65g	130g
Water	50ml	100ml
Semi-skimmed milk	500ml	1L
Sugar	15g (1 tablespoon)	30g (2 tablespoons)
Ground cinnamon	3g (1 teaspoon)	6g (2 teaspoons)
Raisins	150g	300g

Method	
1.	Grate the carrot.
2.	Wash rice and boil in 50 ml of water over a low heat for 5- 10 mins until the water has evaporated.
3.	Add the milk and grated carrot.
4.	Simmer over a low heat for 1 hour stirring occasionally.
5.	Take off the heat and add the sugar, cinnamon and raisins.

Serving suggestion: use a variety of mixed dried fruit
Infants 10-12 months Typical portion size: around 60g Recipe adaptations: make with whole milk, and without adding sugar for infants Serving to infants 10-12 months: chop or mince the raisins to the desired consistency before adding to the pudding.

Mango and kiwi fruit salad

Additional recipe: try in place of seasonal fruit salad
Allergy information: None*
Recipe type: Dessert
Typical portion size 1-4 years: 40g
Preparation time: 5 minutes
Cooking time: None

Ingredients	Quantity – serves 10	Quantity – serves 20
Fresh or canned mango, in juice, drained	200g	400g
Kiwi fruit, peeled	200g	400g

Method	
1.	Slice the mango and kiwi fruit and combine to make a fruit salad.

Serving suggestion: Stew the fruit in the winter for a warm dessert.
Infants 10-12 months Typical portion size: around 30g Recipe adaptations: slice the fruit into pieces large enough for an infant to easily hold.

Peaches and custard

Included in: Autumn/winter menu
Allergy information: Contains milk*
Recipe type: Dessert
Typical portion size for 1-4 years: 100g (40g peaches, 60g custard)
Preparation time: 5 minutes
Cooking time: 5 minutes

Ingredients	Quantity – serves 10	Quantity – serves 20
Canned peaches, in juice, drained	400g (2 x 400g cans, drained)	800g (4 x 400g cans, drained)
Milk	500ml	1L
Custard powder	50g (1 ½ heaped tablespoons)	100g (3 heaped tablespoons)

Method	
1.	Slice the peaches.
2.	Mix a little of the milk and all of the custard powder in a bowl until smooth. Heat the rest of the milk in a saucepan until hot, then pour over the custard powder and mix well. Return the pan to the heat and stir continuously to avoid lumps.
3.	When the mixture starts boiling, slightly lower the heat and add the sugar. Continue stirring until the custard thickens.
4.	Serve over the sliced peaches.

Serving suggestion: Allow the children to slice their own peaches and serve themselves custard
Infants 10-12 months Typical portion size: about 30g peaches plus 50g custard Recipe adaptations: none Serving to infants 10-12 months: serve the slices of fruit as a finger food.

Pineapple slices

Included in: Spring/summer menu
Allergy information: None*
Recipe type: Dessert
Typical portion size for 1-4 years: 40g
Preparation time: 5 minutes
Cooking time: none

Ingredients	Quantity – serves 10	Quantity – serves 20
Fresh or canned pineapple, in juice, drained	400g	800g

Method	
1.	If using fresh pineapple, cut away the outer skin and core then cut into slices.

Serving suggestion: Allow the children to cut up their pineapple slices
Infants 10-12 months Serve a smaller portion of fruit to infants 10-12 months (30g) and serve with 50g plain whole milk yoghurt to increase the calcium content.

Poached pears with Greek yoghurt

Included in: Autumn/winter menu
Allergy information: Contains milk*
Recipe type: Dessert
Typical portion size for 1-4 years: 40g pears with 60g yoghurt
Preparation time: 5 minutes
Cooking time: 15 minutes

Ingredients	Quantity – serves 10	Quantity – serves 20
Pear, peeled and cored	400g (2 large pears)	800g (4 large pears)
Greek whole milk yoghurt	600g	1.2kg

Method	
1.	Cut the pears into quarters, place in a pan of simmering water and poach for approximately 15 minutes.
2.	Remove the poached pears and place in a serving bowl. Spoon over the Greek yoghurt.

Serving suggestion: Use seasonal fruit throughout the year and add different spices like cinnamon when poaching.
Infants 10-12 months Typical portion size: about 30g pear and 50g plain whole milk yoghurt Recipe adaptations: none.

Poached plums with custard

Included in: Autumn/winter menu
Allergy information: Contains milk*
Recipe type: Dessert
Typical portion size for 1-4 years: 100g (40g plums, 60g custard)
Preparation time: 5 minutes
Cooking time: 15 minutes

Ingredients	Quantity – serves 10	Quantity – serves 20
Plums, stones removed	400g (2 large pears)	800g (4 large pears)
Custard (see recipe)	600g	1.2kg

Method	
1.	Cut the plums into quarters, place in a saucepan of gently simmering water and poach for approximately 15 minutes.
2.	Remove the poached plums and place in a serving bowl. Spoon over the custard to serve.

Serving suggestion: Use seasonal fruits throughout the year and add spices such as cinnamon
Infants 10-12 months Typical portion size: about 30g plums and 50g custard Recipe adaptations: none Serving to infants 10-12 months: serve the soft cooked plums as a finger food.

Rice pudding and apricots

Included in: Autumn/winter menu
Allergy information: Contains milk, sulphites*
Recipe type: Dessert
Typical portion size for 1-4 years: 110g (75g rice pudding, 25g fruit)
Preparation time: 10 minutes
Cooking time: 2 hours
Recipe adapted from: Marsha Mclarty (Childminder) and Eden Foodservice, Children's Food Trust Autumn/Winter menu and recipes

Ingredients	Quantity – serves 10	Quantity – serves 20
Pudding rice	100g	200g
Caster sugar	30g (1 ½ tablespoons)	60g (3 tablespoons)
Milk	1L	2L
Dried apricots	250g	500g

Method	
1.	Preheat the oven to 160°C/325°F/gas mark 3 and grease an ovenproof dish.
2.	Wash the rice in a sieve and put it in the dish with the sugar.
3.	Heat the milk in a pan and pour over the rice and sugar.
4.	Bake in the oven for 1½-2 hours until the rice is tender. Cover the rice pudding with foil if it starts to burn.
5.	Chop the apricots and sprinkle over the rice pudding.

Serving suggestion: Can be served warm, or prepared in advance and served cold. For a quicker to prepare version, the rice pudding can be cooked in a pan on the hob instead of being oven baked.
Infants 10-12 months Typical portion size: 60g rice pudding and apricots, plus 20g sliced satsuma segments as a finger food Recipe adaptations: prepare without sugar for infants under 12 months.

Rice pudding and peach purée

Included in: Spring/summer menu
Allergy information: Contains milk*
Recipe type: Dessert
Typical portion size for 1-4 years: 115g (75g rice pudding, 40g fruit)
Preparation time: 10 minutes
Cooking time: 2 hours
Recipe adapted from: Marsha Mclarty (Childminder) and Eden Foodservice, Children's Food Trust Autumn/Winter menu and recipes

Ingredients	Quantity – serves 10	Quantity – serves 20
Pudding rice	100g	200g
Caster sugar	30g (1 ½ tablespoons)	60g (3 tablespoons)
Milk	1L	2L
Canned peaches, in juice, drained	464g (2 x 400g cans, drained)	928g (4 x 400g cans, drained)

Method	
1.	Preheat the oven to 160°C/325°F/gas mark 3 and grease an ovenproof dish.
2.	Wash the rice in a sieve and put it in the dish with the sugar.
3.	Heat the milk in a pan and pour over the rice and sugar.
4.	Bake in the oven for 1½-2 hours until the rice is tender. Cover the rice pudding with foil during cooking if it starts to burn.
5.	Put the peaches in a blender and purée until smooth.
6.	Serve the rice pudding with a portion of peach purée or allow the children to serve themselves.

Serving suggestion: Can be served warm, or prepared in advance and served cold. For a quicker to prepare version, the rice pudding can be cooked in a pan on the hob instead of being oven baked.
Infants 10-12 months Serve a smaller portion of rice pudding to infants 10-12 months (60g) and serve the peach slices (25g) as a finger food.

Rice pudding and raisins

Included in: Spring/summer menu
Allergy information: Contains milk*
Recipe type: Dessert
Typical portion size for 1-4 years: 100g (75g rice pudding, 25g fruit)
Preparation time: 10 minutes
Cooking time: 2 hours
Recipe adapted from: Marsha Mclarty (Childminder) and Eden Foodservice, Children's Food Trust Autumn/Winter menu and recipes

Ingredients	Quantity – serves 10	Quantity – serves 20
Pudding rice	100g	200g
Caster sugar	30g (1 ½ tablespoons)	60g (3 tablespoons)
Milk	1L	2L
Raisins	250g	500g

Method	
1.	Preheat the oven to 160°C/325°F/gas mark 3 and grease an ovenproof dish.
2.	Wash the rice in a sieve and put it in the dish with the sugar.
3.	Heat the milk in a pan and pour over the rice and sugar.
4.	Bake in the oven for 1½–2 hours until the rice is tender. Cover the rice pudding with foil if it starts to burn while cooking.
5.	Serve with a portion of raisins.

Serving suggestion: Can be served warm, or prepared in advance and served cold. For a quicker to prepare version, the rice pudding can be cooked in a pan on the hob instead of being oven baked.
Infants 10-12 months Serve a smaller portion of rice pudding to infants 10-12 months (60g, with 15g chopped raisins) with sliced apricots (canned or fresh) as a finger food.

Satsumas and grapes

Included in: Autumn/winter menu
Allergy information: None*
Recipe type: Dessert
Typical portion size for 1-4 years: 40g
Preparation time: 5 minutes
Cooking time: None

Ingredients	Quantity – serves 10	Quantity – serves 20
Satsuma, peeled	200g	400g
Grapes	200g	400g

Method	
1.	Slice all the fruit lengthways.
2.	Combine to make a fruit salad or serve as a fruit platter.

Serving suggestion: Add some dried fruit to vary the texture
Infants 10-12 months Typical portion size: about 30g Recipe adaptations: for infants who cannot manage slices of satsuma, serve the sliced grapes with slices of cheese such as Edam instead. Serving to infants 10-12 months: serve the slices of fruit as a finger food.

Seasonal fruit kebabs (spring/summer)

Included in: Spring/summer menu
Allergy information: None*
Recipe type: Dessert
Typical portion size for 1-4 years: 40g
Preparation time: 10 minutes
Cooking time: None
Recipe adapted from: Let's Get Cooking

Ingredients	Quantity – serves 10	Quantity – serves 20
Honeydew melon	100g	200g
Strawberries	100g	200g
Satsuma	100g	200g
Grapes	100g	200g

Method	
1.	Chop the melon into 2cm cubes.
2.	Hull the strawberries and separate the satsuma into segments.
3.	Thread the fruit onto blunt skewers or cocktail sticks and serve.

Serving suggestion: Allow the children to chop the soft fruits and thread the skewers themselves
Infants 10-12 months Serve a smaller portion to infants 10-12 months (30g) with a cottage cheese dip to increase calcium content (20g).

Seasonal fruit salad (autumn/winter)

Included in: Autumn/winter menu
Allergy information: None*
Recipe type: Dessert
Typical portion size for 1-4 years: 40g
Preparation time: 10 minutes
Cooking time: None

Ingredients	Quantity – serves 10	Quantity – serves 20
Grapes	50g	100g
Satsuma, peeled	50g	100g
Apple, cored	40g	80g
Pear, cored	100g	200g
Plums, stone removed	100g	200g

Method	
1.	Slice the fruit, ensuring the grapes and satsuma are sliced lengthways.
2.	Combine the fruit with the fruit juice.

Serving suggestion: Allow the children to chop the soft fruits themselves
Infants 10-12 months Typical portion size: about 30g Recipe adaptations: none Serving to infants 10-12 months: serve the slices of fruit as a finger food.

Seasonal fruit salad (spring/summer)

Included in: Spring/summer menu
Allergy information: None*
Recipe type: Dessert
Typical portion size for 1-4 years: 40g
Preparation time: 10 minutes
Cooking time: None

Ingredients	Quantity – serves 10	Quantity – serves 20
Kiwi fruit	80g	160g
Strawberries	80g	160g
Raspberries	80g	160g
Blueberries	80g	160g
Melon	80g	160g

Method	
1.	Wash and slice the fruit.
2.	Combine the fruit and spoon into bowls.

Serving suggestion: Serve with yoghurt
Infants 10-12 months Serve a smaller portion to infants 10-12 months (30g) and serve with plain whole milk yoghurt (50g) to increase calcium content.

Semolina and nectarine compote

Included in: Spring/summer menu
Allergy information: Contains milk, wheat (gluten)*
Recipe type: Dessert
Typical portion size for 1-4 years: 125g (85g semolina, 40g fruit)
Preparation time: 5 minutes
Cooking time: 10 minutes
Recipe adapted from: St Pauls Nursery and Children's Centre, Children's Food Trust Autumn/Winter menu and recipes

Ingredients	Quantity – serves 10	Quantity – serves 20
Nectarines, stones removed	400g	800g
Semolina	50g	100g
Milk	750ml	1.5L
Caster sugar	40g (2 tablespoons)	80g (4 tablespoons)

Method	
1.	Quarter the nectarines. Place in a blender and blend until smooth.
2.	Place the semolina and milk in a large pan and bring to the boil.
3.	Stir in the sugar; reduce the heat and simmer, stirring continuously until the semolina has thickened.
4.	Serve the semolina with a portion of nectarine compote.

Serving suggestion: Use different seasonal fruits to vary colour and texture
Infants 10-12 months Serve a smaller portion of semolina to infants 10-12 months (50g) and serve the nectarine in slices as a finger food (30g), rather than as a compote.

Strawberry frozen yoghurt

Included in: Spring/summer menu
Allergy information: Contains milk*
Recipe type: Dessert
Typical portion size for 1-4 years: 110g
Preparation time: 10 minutes
Freezing time: 4 hours
Recipe adapted from: Toadhall Nursery Group

Ingredients	Quantity – serves 10	Quantity – serves 20
Fresh strawberries, or frozen mixed berries or smoothie mix	500g	1kg
Plain whole milk yoghurt	600g	1.2L

Method	
1.	If using fresh fruit, mash the strawberries the mix in the yoghurt, place into a container and freeze until needed. Once the mix forms ice crystals, mix the yoghurt. Repeat several times until it is completely frozen.
2.	If using frozen fruit, place the frozen fruit and yoghurt into a blender or food processor and blend until smooth, then serve straight away, or place in a container in the freezer.

Serving suggestion: Place into small pots and add wooden sticks to make into lollipops
Infants 10-12 months For infants 10-12 months, serve the plain yoghurt (50g) with strawberries as a finger food, instead of making it into frozen yoghurt.

Warm winter fruit salad and yoghurt

Included in: Autumn/winter menu
Allergy information: Contains milk*
Recipe type: Dessert
Typical portion size for 1-4 years: 100g (40g fruit, 60g yoghurt)
Preparation time: 10 minutes
Cooking time: 10 minutes
Recipe adapted from: Busy Bees Nursery and Children's Food Trust Autumn/Winter menu and recipes

Ingredients	Quantity – serves 10	Quantity – serves 20
Pear, peeled and cored	160g (1 medium)	320g (2 medium)
Fresh orange, peeled	160g (1 medium)	320g (2 medium)
Orange juice	100ml	200ml
Ground cinnamon	3g (1 teaspoon)	6g (2 teaspoons)
Plain whole milk yoghurt	600g	1.2kg

Method	
1.	Core the pear and break the orange into segments. Chop the fruit.
2.	Warm the fruit, juice and cinnamon in a large pan on a low heat until the fruit has softened.
3.	Serve with a portion of yoghurt.

Serving suggestion: Use frozen fruits when out of season
Infants 10-12 months
Typical portion size: about 30g fruit salad plus 50g plain whole milk yoghurt
Recipe adaptations: none
Serving to infants 10-12 months: leave the fruit salad to cool, and then serve the slices of fruit as a finger food

Yoghurt and blackberry compote

Included in: Autumn/winter menu
Allergy information: Contains milk*
Recipe type: Dessert
Typical portion size for 1-4 years: 100g (60g yoghurt, 40g fruit)
Preparation time: 5 minutes
Cooking time: None
Recipe adapted from: Children's Food Trust Autumn/Winter menu and recipes for early years settings

Ingredients	Quantity – serves 10	Quantity – serves 20
Blackberry	400g	800g
Plain whole milk yoghurt	600ml	1.2L

Method	
1.	Puree the blackberries and combine with the yoghurt. Serve immediately or serve separately if children prefer.

Serving suggestion: Use a variety of seasonal fruits
Infants 10-12 months
Typical portion size: 50g yoghurt plus 30g compote
Recipe adaptations: none
Serving to infants 10-12 months: Serve with slices of fruit such as canned pineapple as a finger food.

Yoghurt with date and apple purée and cornflakes

Included in: Autumn/winter menu
Allergy information: Contains barley (gluten), milk*
Recipe type: Dessert
Typical portion size for 1-4 years: 120g (40g fruit, 60g yoghurt, 20g cornflakes)
Preparation time: 5 minutes
Cooking time: 10 minutes

Ingredients	Quantity – serves 10	Quantity – serves 20
Soft dates	150g	300g
Apple, peeled and cored	250g	500g
Plain whole milk yoghurt	600g	1.2kg
Cornflakes	200g	400g

Method	
1.	Slice the apples and chop the dates.
2.	Place the fruit in a saucepan with a dash of water and stew for approximately 5 -10 minutes.
3.	Purée the fruit with a blender.
4.	Spoon the fruit purée over the yoghurt and sprinkle with cornflakes.

Serving suggestion: Use seasonal fruits throughout the year or frozen when not is season
Infants 10-12 months
Typical portion size: 50g yoghurt with 30g apple puree and 20g mandarin segments as a finger food
Recipe adaptations: for infants, swap the cornflakes for slices of fruit such as canned mandarin as a finger food.

Yoghurt and dried fruit

Included in: Autumn/winter menu
Allergy information: Contains milk*
Recipe type: Dessert
Typical portion size for 1-4 years: 85g (60g yoghurt, 25g dried fruit)
Preparation time: 5 minutes
Cooking time: None
Recipe adapted from: Children's Food Trust Autumn/Winter menu and recipes for early years settings

Ingredients	Quantity – serves 10	Quantity – serves 20
Mixed dried fruit or dried dates	250g	500g
Plain whole milk yoghurt	600ml	1.2L

Method	
1.	Chop the dates if using and either combine with the fruit and yoghurt and serve immediately or serve separately if children prefer.

Serving suggestion: Use a variety of dried fruits
Infants 10-12 months
Typical portion size: 50g yoghurt, 25g chopped dried dates, 20g apple slices
Recipe adaptations: serve 50g plain whole milk yoghurt with 25g chopped dates and 20g apple slices as a finger food.

Milk

Allergy information: Contains milk*	
	Typical portion sizes
Ingredients	1-4 years old
Milk*	100ml

***Remember:** children between the ages of one and two should have whole milk to drink and children from two up to five years can have semi-skimmed milk providing they are growing and eating well.

References

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³ First Steps Nutrition Trust (2016). Good food choices and portion sizes for children 1-4 years. Available from:

www.firststepsnutrition.org/pdfs/Good_food_choices_and_portion_sizes%201-4_for_web.pdf

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