

# Happy Mindz



**Happy Mindz**  
**Day Nursery and Preschool**  
**Food Menu**  
**September 1<sup>st</sup> 2026**

In line with EYFS FOOD NUTRITION GUIDANCE  
This is the menu on offer from 1<sup>st</sup> September 2026

## Babies aged 7–9 months & 10–12 months

| Meal                                      | 7-9 months                                                                                                                                                                                                                                                                                                                                                           | 10-12 months                                                                                                                                                                                                                                                                                      |
|-------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Breakfast</b>                          | Porridge or Weetabix, made with breast or formula milk. Served with a finger food eg. Carrot sticks,                                                                                                                                                                                                                                                                 | Breakfast, chopped or minced as appropriate served with a finger food                                                                                                                                                                                                                             |
| <b>Lunch</b>                              | Main dish (blended or mashed with soft lumps depending on development), served with a finger food.                                                                                                                                                                                                                                                                   | Main dish (chopped or minced as needed), served with a finger food.                                                                                                                                                                                                                               |
| <b>Tea</b>                                | Main dish (blended or mashed with soft lumps depending on development), served with a finger food.                                                                                                                                                                                                                                                                   | Main dish (chopped or minced as needed), served with a finger food.                                                                                                                                                                                                                               |
| <b>Breastmilk or first infant formula</b> | Typically, 4 milk feeds daily (for example on waking, after lunch, after tea, before bed) totalling approximately 600ml/day for formula fed babies. Breastfed babies should be fed responsively, and it is not necessary to monitor intakes of breastmilk. Ongoing discussions with parents and/or carers can help you to understand how much milk each child needs. | Typically, 3 milk feeds daily (for example after breakfast, after lunch, and before bed) totalling approximately 400ml/day for formula fed babies. Children should be fed responsively. Ongoing discussions with parents and/or carers can help you to understand how much milk each child needs. |

## Children aged 1-5 years

| Meal             | Breakfast                                           | Lunch                                                                                                                              | Tea                                                                                                                                        |
|------------------|-----------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Monday</b>    | Cereals with fresh milk<br>Sultanas<br>Cup of water | Curry with rice, mixed vegetables, with naan bread.<br>Fromage frais<br>Water                                                      | Beans on Toast<br>Fruit                                                                                                                    |
| <b>Tuesday</b>   | Cereals with fresh milk<br>Sultanas<br>Cup of water | Pasta and GF alternative<br>Tomato pasta with quorn mince and vegetables.<br>Peaches and custard<br>Water                          | Crumpets and GF alternative<br>Cheese<br>Fruit salad in fresh orange juice (unsweetened)<br>Water                                          |
| <b>Wednesday</b> | Cereals with fresh milk<br>Sultanas<br>Cup of water | Quesadillas filled with chicken, cheese, peppers, onion served with Mexican style rice.<br>Rice pudding with fruit pieces<br>Water | Home Made vegetable soup, served with home made bread.<br>Fruit loaf<br>Water                                                              |
| <b>Thursday</b>  | Cereals with fresh milk<br>Sultanas<br>Cup of water | Roast Lunch- Gammon or chicken, Mashed potatoes, Carrots, Peas, Yorkshire pudding.<br>Fromage Frais<br>Water                       | Home Made wholemeal pitta/tortilla pizza.<br>Constructed as a learning activity: Vegetable pasta sauce, cheese<br>Jelly and fruit<br>Water |
| <b>Friday</b>    | Wholemeal toast with spread<br>Yoghurt<br>Water     | Fish Fingers with mashed potatoes or chips, parsley sauce and garden peas.<br>Fruit salad in fresh orange (unsweetened)<br>Water   | Ploughman's tea                                                                                                                            |

# Snacks

| Day of the week | Snack                    |
|-----------------|--------------------------|
| Monday          | Apple and pear slices    |
| Tuesday         | Bananas                  |
| Wednesday       | Carrot & cucumber sticks |
| Thursday        | Rice cakes               |
| Friday          | Apple and pear slices    |

**Children under 12 months do not need snacks. If you think a child is hungry in between meals, offer extra milk feeds instead.**

## Portion size for children aged 1 to 5 years

A portion size for a child aged 1 to 5 is generally smaller than an adult portion.

Portion size refers to 1 part of a meal. For example - 1 portion of vegetables alongside a portion of carbohydrates and a portion of protein could be 1 meal. There are no official guidelines on exactly how much food children need. Portions should be appropriate for a child's body size and appetite.

For toddlers, portion size is usually roughly the size of their clenched fist. About half a piece of fruit (cut appropriately) or a tablespoon of vegetables is a good portion size for a snack.

# Allergens

| Meal             | Breakfast                 | Lunch                                                          | Tea                                          |
|------------------|---------------------------|----------------------------------------------------------------|----------------------------------------------|
| <b>Monday</b>    | Cereals<br>Dairy          | Eggs<br>Milk<br>Lupin<br>Sulphur Dioxide<br>Cereals<br>Mustard | Milk<br>Cereals<br>Lupin                     |
| <b>Tuesday</b>   | Cereals<br>Dairy          | Eggs<br>Milk<br>Lupin<br>Sulphur Dioxide<br>Cereals            | Milk<br>Cereals<br>Lupin<br>Sulphites        |
| <b>Wednesday</b> | Cereals<br>Dairy          | Celery<br>Cereals<br>Eggs<br>Lupin<br>Mustard<br>Soya          | Celery,<br>Cereals<br>Lupin<br>Eggs<br>Dairy |
| <b>Thursday</b>  | Cereals<br>Dairy          | Dairy<br>Cereal<br>Mustard<br>Eggs                             | Wheat<br>Soya<br>Dairy<br>Beta Carotene      |
| <b>Friday</b>    | Cereals<br>Dairy<br>Lupin | Fish<br>Cereal<br>Milk                                         | Dairy<br>Cereals<br>Sulphites<br>Lupin       |