

Menu Examples




INTRODUCTION

The example menus contained within this document have been developed to reflect the principles outlined in National Standard Criteria 10 and guidance contained within *Setting the Table*.

It is important that children are provided with a range of foods, therefore, menus should vary from week to week. Children should have the opportunity to exercise choice and take ownership over their mealtimes, this can be facilitated through the provision of different options.

Please note, that the examples included in these menus are not exhaustive and that settings should always tailor meals to meet individual dietary requirements. In addition to this support tool, when developing menus, settings should maintain awareness of portion recommendations, choking hazards, and potential allergens. This awareness can be supported via existing documentation, such as *Setting the Table*, *NHS Fife Nutrition & Dietetics*, and the Care Inspectorate's *Prevention & Management of Choking Episodes in Babies and Children*.

Additionally, it's important that children have opportunities to participate in baking and cooking processes. If the foods produced as part of these activities are incorporated into menus, staff should continue to ensure that the food standards are met, planning when these options are to be offered.



Week 1

	Breakfast	Mid-Morning	Lunch	Mid-Afternoon	Tea
Monday	Choice of cereal or toast Berries	Tomatoes or cucumber with cream cheese and rice cakes	Vegetable and lentil soup with wholegrain bread Fruit platter	Bread sticks with roast pepper houmous and mixed peppers	Mince with new potatoes & peas or carrots
Tuesday	Choice of cereal or overnight oats Peaches	Hard-boiled egg with carrots or peppers	Wholemeal wrap filled with cheese or ham with lettuce and tomato. Blueberries	Crackers with cubed cheese and apple	Roast chicken with rice & mixed salad or broccoli
Wednesday	Choice of cereal or scrambled eggs Tomatoes	Rice cakes with strawberries or kiwi	Salmon fishcake, potato wedges with sweetcorn or peppers Jelly & pineapple	Plain fromage frais with mixed berries or peaches	Sweet & sour chicken with green beans or mixed peppers
Thursday	Choice of cereal or porridge Melon	Bread sticks with mackerel pâté and mixed peppers	Creamy chicken & vegetable pasta Fresh Fruit Salad	Crackers and grapes or strawberries	Wholegrain pasta with tomato sauce & side salad
Friday	Choice of cereal or toast Grapes	Plain yogurt and mixed berries or peaches	Chilli made with red pepper, onion, rice & broccoli Banana loaf	Rice cakes & strawberries or kiwi	Fish fingers and mixed salad

Week 2

	Breakfast	Mid-Morning	Lunch	Mid-Afternoon	Tea
Monday	<p>Choice of cereal or overnight oats</p> <p>Strawberries</p>	<p>Natural yoghurt with fruit purée or peaches</p>	<p>Egg or chicken roll with tomatoes and water cress</p>	<p>Oatcakes & cream cheese with cherry tomatoes or strawberries</p>	<p>Baked potato with baked beans or cheese</p> <p>Melon</p>
Tuesday	<p>Choice of cereal or toast</p> <p>Peaches</p>	<p>Crumpets with soft cheese and pepper slices or melon</p>	<p>Chicken and vegetable stir-fry with brown rice</p> <p>Apple flapjacks or strawberries</p>	<p>Natural yoghurt with fruit purée or peaches</p>	<p>Fisherman's pie with mashed potato, broccoli or green beans</p> <p>Orange</p>
Wednesday	<p>Choice of cereal or porridge</p> <p>Orange</p>	<p>Oatcakes with cream cheese and grapes or strawberries</p>	<p>Carrot & butterbean soup with a ciabatta roll</p> <p>Pancake or peaches</p>	<p>Hard-boiled egg with tomatoes or peppers</p>	<p>Macaroni cheese with spinach</p> <p>Watermelon or apple</p>
Thursday	<p>Choice of cereal or toast</p> <p>Melon</p>	<p>Crackers and orange or grapes</p>	<p>Mini Thai fish cakes made with mackerel and mashed potato with peas or carrots</p>	<p>Breadsticks with tzatziki dip and tomatoes or cucumber</p>	<p>Ham, onion or pepper omelette with new potatoes</p> <p>Kiwi or apple</p>
Friday	<p>Choice of cereal or scrambled egg</p> <p>Tomato</p>	<p>Breadsticks with apples or kiwi</p>	<p>Wholemeal pitta bread with cheese or ham & mixed salad</p>	<p>Crackerbread & grapes or orange</p>	<p>Cous cous with chickpeas and tomatoes</p>

Week 3

	Breakfast	Mid-Morning	Lunch	Mid-Afternoon	Tea
Monday	Choice of cereal or porridge Peaches	Kiwi or banana	Roast chicken with vegetable medley & mashed potato Apple crumble or melon	Blueberries or raspberries with plain fromage frais	Pasta salad Apple or orange
Tuesday	Choice of cereal or scrambled egg Orange	Carrot or peppers with cheese dip Melon	Lentil & vegetable soup with a wholemeal cheese or tuna sandwich Apple or blueberries	Oatcakes with cheese slices & grapes or tomatoes	Mini pizza crumpets Banana or apple
Wednesday	Choice of cereal or toast Melon	Hard-boiled egg with tomatoes or peppers	Chicken fruity curry & rice with mixed side salad Malt loaf or strawberries	Rice cakes with cream cheese Raspberries or grapes	Pasta
Thursday	Choice of cereal or scrambled egg Strawberries	Breadsticks with tzatziki dip and tomatoes or cucumber	Spaghetti and meatballs with broccoli or cauliflower Watermelon	Toast with banana or raspberries	Omelette and cherry tomatoes
Friday	Choice of cereal or overnight oats Grapes	Toast with banana or raspberries	Cottage pie with beans or carrots Blueberries	Breadsticks with mackerel pâté & cucumber or carrots	Baked potato with baked beans or cheese Melon

Packed Lunch

Week 1

	Mid-Morning/ Afternoon Snack	Lunch
Mon	Oatcakes, cream cheese & cucumber	Chicken tortilla wraps with carrot or green peppers Blueberries with plain yoghurt
Tue	Breadsticks with cheese and blueberries	Pasta Malt loaf and strawberries
Wed	Plain yogurt with strawberries	Sardine sandwich with tomatoes
Thu	Crumpets with soft cheese & pepper slices	Mexican bean and cheese wraps with peppers and cucumber
Fri	Melon slice	Roll with egg, cucumbers or tomato Banana

Week 2

	Mid-Morning/ Afternoon Snack	Lunch
Mon	Melon slices	Turkey cubes with tomatoes, cucumber, and new baby potatoes Strawberries & blueberries
Tue	Fromage frais with strawberries or blueberries	Pitta bread filled with houmous and cucumber or carrots and salad Pear
Wed	Hard-boiled egg with tomatoes	Chicken pasta with red peppers and lettuce Pancakes with banana
Thu	Breadsticks with houmous or cheese dip	Chicken tortilla and carrot or peppers Satsuma and plain yoghurt
Fri	Crumpets with soft cheese and peppers	Mackerel pâté with cucumber or peppers

Week 3

	Mid-Morning/ Afternoon Snack	Lunch
Mon	Bagel with banana	Chicken with rice and peas or sweetcorn Plain yoghurt with peaches.
Tue	Rice cakes and strawberries	Boiled egg, wholemeal roll with cucumber or tomatoes Peaches or orange
Wed	Breadsticks and cream cheese with raspberries	Tuna pasta with spring onion, sweetcorn or mixed peppers Apple or oranges
Thu	Pitta strips with dip and apples	Cream cheese wraps with peppers and cucumbers Jelly with raspberries
Fri	Plain yoghurt with raspberries	BLT Pitta Sandwich Banana bread



RECIPES

The following website links contain a range of recipes developed by governing bodies and charities that adhere to the latest *Setting the Table* guidance and can help support positive mealtime experiences for children.

[Care Inspectorate - Setting the Table Sample Recipes](#)

[Food, a Fact of Life](#)

[Henry](#)

[Parent Club](#)





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