

Mini Bees Childcare – Colour-Coded Weekly Menu (Week 1)

Balanced menu including Breakfast, Snacks, Lunch and Cold Tea Time. Nutrient categories are colour-coded: Protein, Fats, Carbohydrates, Dairy, Fruits & Veg.

Day	Breakfast	Morning Snack	Lunch	Afternoon Snack	Tea
Monday	Shredded wheat with milk / Dairy-free milk (VG), Sliced banana	Apple wedges and breadsticks	Moroccan-Spiced Chickpea Velouté with white flat bread and Provençal-style roasted aubergines and peppers (V) D: fromage frais	Carrot batons and cucumber sticks	Gnocchi with cannellini beans, tomatoes and spinach sauted in butter D: Grapes quartered
Tuesday	Wholemeal toast with cream cheese / dairy-free spread (VG), Plain yoghurt with blueberries	Pear wedges and multigrain crackers	Traditional (lamb)Shepherd's Bake topped with buttery mash served with tomato, cucumber, mix leave and red radish Salad / Vegetarian brown Lentil Shepherd's Pie (V) D: Watermelon	Breadsticks and cherry tomatoes quartered	Deli-Style (medium) Sandwiches with red radish, rocket, Turkey slices & Cream Cheese / with Grilled Pepper, red radish, rocket, vegan Quorn slices & Cream Cheese (V), D: Clementines
Wednesday	Porridge with apple and pear puree / oat milk (VG), Wholegrain toast	Melon batons and oatcakes	Tuna Niçoise Pasta Gratin topped with cheese / Sun-Dried Tomato and sweetcorn Pasta Bake (V) with mix Bean Salad D: fruit platter	Cucumber sticks and hummus	Egg & Cress Sandwich with cream cheese served with rainbow vegetable (red radish, sweetcorn, peppers, cucumber, carrot and tomatoes) salad (cottage cheese and cress for egg free, tofu for vegan and/or dairy free) D: strawberry sorbet
Thursday	Weetabix with banana slices and milk / plant-based milk (VG),	Orange segments and rice cakes	Smoky Barbecue Chicken with brown Rice and steamed Broccoli / Roasted peppers, aubergines, courgettes, carrots and baby potatoes and butter beans (V) D: Greek yoghurt with mango pulp	Apple slices and crackers	Rainbow Pasta Salad with baked tofu, Peas, Carrots and peppers in Dairy-Free Pesto (VG), D: homemade berry sorbet
Friday	Wholemeal toast with melted cheese spread, Plain	Carrot batons and breadsticks	Macaroni au Fromage with Chickpeas & Spinach / Vegan Mac (VG)	Grapes and oat biscuits	Cod Fish fingers / homemade veggie fingers (with red kidney beans, peas and carrots) served

yoghurt with diced
pear

D: kiwi slices

with roasted potatoes and
mushy peas

D: Greek yoghurt with berry
mix

Mini Bees Childcare – Colour-Coded Weekly Menu (Week 2)

Balanced menu including Breakfast, Snacks, Lunch and Cold Tea Time. Nutrient categories are colour-coded: Protein, Fats, Carbohydrates, Dairy, Fruits & Veg.

Day	Breakfast	Morning Snack	Lunch	Afternoon Snack	Tea
Monday	Weetabix with milk / dairy-free milk (VG), Banana slices	Cucumber sticks and multigrain crackers	Spanish minced beef with red kidney beans, white basmati rice, cucumber slices /with soya mince (V) and D: plain custard	Melon wedges and breadsticks	Roasted butternut squash and couscous served with Tuna & Sweetcorn / (V) served with cheddar cheese sticks and tempeh D: Plain yoghurt and pineapple batons
Tuesday	White toast with butter or spread, Plain yoghurt with sliced strawberries	Grapes quartered and rice cakes	Roasted Chicken Breast with couscous, sticky carrot & peas / Roasted Quorn fillet D: strawberry sorbet	Carrot batons and oat biscuits	Cold Pesto Wholemeal Pasta Salad with Baby Tomatoes, tahini and Greek yoghurt D: Fruit Platter
Wednesday	Oat porridge with diced apples / oat milk (VG),	Pear wedges and breadsticks	Baked Bean and potato Lasagna topped with cheddar cheese and served with carrots, tomato wedges D: orange slices	Cucumber batons and oatcakes	Falafel with homemade hummus served with wholemeal flat bread and quartered cherry tomatoes D: Banana Coins and Greek yoghurt
Thursday	Rice Krispies with milk / plant-based milk, with a side of sliced banana	Kiwi wedges and crackers	Turkish style lentil soup with wholemeal flatbread, egg wedges & carrot sticks D: Grapes quartered	Cherry tomatoes quartered and breadsticks	Ricotta and spinach Tortellini pasta salad with broccoli, peppers and sweetcorn and a side of boiled egg wedges D: Sugar free Fromage Frais
Friday	Plain yoghurt with peach slices, Wholegrain toast	Melon batons and rice cakes	Salmon Fish Cakes with brown rice & tzatziki (cucumber with plain yoghurt and chopped dill) / Vegetarian potato, egg, and peas Cakes D: fruit of the day	Carrot sticks and multigrain crackers	Jamaican style combo with chickpeas, pineapple, iceberg and shredded carrots in a white bread served with rocket, mango and pomegranate salad D: Kiwi Wedges

Mini Bees Childcare – Colour-Coded Weekly Menu (Week 3)

Balanced menu including Breakfast, Snacks, Lunch and Cold Tea Time. Nutrient categories are colour-coded: Protein, Fats, Carbohydrates, Dairy, Fruits & Veg.

Day	Breakfast	Morning Snack	Lunch	Afternoon Snack	Tea
Monday	Wholegrain toast with butter or dairy-free spread, Banana slices	Apple wedges and crackers	Baked Fish Pie (Cod, haddock, salmon) / Courgette Pie with chickpeas and green peas, sprinkled with cheese D: Honeydew Melon sticks	Cucumber sticks and rice cakes	Chilled Chicken or Vegetarian Sausages with Cheesy wholemeal Flatbread and Fresh Salad (kids' activity – their choice of ingredients) , D: Fromage frais
Tuesday	Plain yoghurt with diced kiwi, Wholemeal toast	Carrot sticks and breadsticks	Potato and Spinach Curry with Wholemeal Flatbread and homemade hummus D: plain yoghurt with fruit of the day	Tomato wedges and crackers	White pasta with grilled chicken breast / falafel, and a yoghurt sauce, with a side of lettuce, sweetcorn, peppers, and cucumber salad D: Grapes quartered
Wednesday	Oat porridge with stewed pears and white Toast triangles	Pear wedges and rice cakes	Spaghetti Bolognese (beef) with carrots and bell peppers / Yellow lentil Spaghetti with carrots and bell peppers topped with Cheesy Sauce, D: strawberry sorbet	Cucumber batons and multigrain crackers	Hard-boiled egg wedges, rice cake with butter and cherry tomatoes quartered, D: Watermelon batons
Thursday	Rice Krispies with milk / plant milk with a side of papaya	Cucumber batons and crackers	Chicken / Vegetable (carrot, bell pepper, potato, chickpeas) Biryani served with sliced cucumber and Greek yoghurt D: Stewed Apple and Pear	Carrot sticks and oat biscuits	Crumpets with Cream Cheese & flaked Salmon / hummus and roasted aubergines with a side of battered (butter and breadcrumbs) cauliflower D: Pineapple batons
Friday	Plain yoghurt with diced mango, Shredded wheat	Cherry tomatoes quartered and breadsticks	Roasted Chicken Thigh / Roasted Vegetables with Mash Potatoes, Sticky Peas &	Melon batons and breadsticks	Mediterranean Couscous Pots with Chickpeas & Sweetcorn (VG), Cheddar cheese sticks

Carrots, and smoked
tofu

D: Grapes

D: Fruit Compote
with Custard

Colour Code Legend

Protein: Blue

Fats: Orange

Carbohydrates: Purple

Dairy: Red

Fruits & Veg: Green