




## Breakfasts included within the autumn/winter menu

Monday	Ingredients	1-4 year olds	1-2 year olds	3-4 year olds
	Wheat biscuits	25g (1 biscuit)	20g	30g
	Yoghurt	60g (1½ tablespoons)	50g	70g
	Dried apricots	25g (3 apricots)	25g (3 apricots)	25g (3 apricots)
	<b>Drink:</b> Diluted apple juice	100ml	100ml	100ml

Tuesday	Ingredients	1-4 year olds	1-2 year olds	3-4 year olds
	Porridge (made with whole milk)	100g	85g	115g
	Raisins	25g (1 tablespoon)	25g	25g
	Wholemeal toast	25g (1 medium slice)	20g	30g
	Spread	4g (thinly spread)	3g	5g
	<b>Drink:</b> Water	100 ml	100ml	100ml

Wednesday	Ingredients	1-4 year olds	1-2 year olds	3-4 year olds
	Malt wheats	25g (4 tablespoons)	20g	30g
	Whole milk	100ml	100ml	100ml
	Chopped plum	40g	40g	40g
	Toasted bagel	50g (½ bagel)	40g	60g
	Spread	4g (thinly spread)	3g	5g
	<b>Drink:</b> Water	100ml	100ml	100ml

Thursday	Ingredients	1-4 year olds	1-2 year olds	3-4 year olds
	Scrambled egg	50g (1 egg)	50g	50g
	Tomato	20g	20g	20g
	Mushrooms	20g	20g	20g
	Toasted muffin	30g (½ muffin)	25g	35g
	Spread	4g (thinly spread)	3g	5g
	<b>Drink:</b> Whole milk	100ml	100ml	100ml

Friday	Ingredients	1-4 year olds	1-2 year olds	3-4 year olds
	Rice crispies	25g (5 tablespoons)	20g	30g
	Whole milk	100ml	100ml	100ml
	Toasted teacake	35g (½ teacake)	30g	40g
	Spread	4g (thinly spread)	3g	5g
	<b>Drink:</b> Diluted orange juice	100ml	100ml	100ml