Jancett Childcare Menu Winter 2026

Week one	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Wholemeal Toast. Weetabix, porridge, corn flakes, Fruit and Natural Yoghurt	Wholemeal Toast. Weetabix, porridge, corn flakes, Fruit and Natural Yoghurt	Wholemeal Toast. Weetabix, porridge, corn flakes, Fruit and Natural Yoghurt	Wholemeal Toast. Weetabix, porridge, corn flakes, Fruit and Natural Yoghurt	Wholemeal Toast. Weetabix, porridge, corn flakes, Fruit and Natural Yoghurt
Snack - free flow	Apple & pear, milk	Banana & rice cake, milk	Strawberries & kiwi, milk	Cucumber & carrot sticks, milk	Cracker & cheese stick, milk
Lunch	Vegetable biryani, mixed peppers, chickpeas, sweetcorn & mushroom	Hunters chicken, with homemade BBQ sauce, w/meal pasta, peas & carrots	Flaked fish in butter & bechamel parsley sauce, boiled potatoes, cauliflower & broccoli	Minced beef hotpot, sliced potato topping with root seasonal veg.	Butter chicken & w/meal rice, cauliflower & broccoli
Alternative meal		Quorn pieces, with homemade BBQ sauce, w/meal pasta, peas & carrots	Tofu in butter & bechamel parsley sauce, boiled potatoes, cauliflower & broccoli	Mixed bean & pearl barley hotpot, sliced potato topping with seasonal root veg	Falafel & w/meal rice, cauliflower & broccoli.
Dessert	Semolina	Kiwi & pear	Melon selection	bread & butter pudding with peach pieces	Pureed blueberries & natural yoghurt
Afternoon Tea	Chunky Tomato, blended butter bean, potato & vegetable soup	Egg & cheese mayo w/meal sandwich & cucumber sticks	Mixed bean burrito w/meal wrap, lettuce	Curried mixed vegetable cous cous with lentils.	Tomato & herb pasta with tuna & cheese topping
Alternative tea		Cheese w/meal sandwich & cucumber sticks			Tomato & herb pasta with mixed beans & cheese topping
Dessert	Satsuma & orange	Sugar free carrot & courgette cake	Yoghurt pot	Banana & kiwi	Pineapple slices.

Chicken is Halal meat, all fruit and vegetable snack needs to be cooked for under 2's. All alternative meals & puddings are like for like.

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Week Two	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Wholemeal Toast. Weetabix, porridge, corn flakes, Fruit and Natural Yoghurt	Wholemeal Toast. Weetabix, porridge, corn flakes, Fruit and Natural Yoghurt	Wholemeal Toast. Weetabix, porridge, corn flakes, Fruit and Natural Yoghurt	Wholemeal Toast. Weetabix, porridge, corn flakes, Fruit and Natural Yoghurt	Wholemeal Toast. Weetabix, porridge, corn flakes, Fruit and Natural Yoghurt
Snack - free flow	Avocado slice & tomato salsa, cracker, Milk available	Breadstick & hummus, Milk available	Apple & plum slice, Milk available	Rice cake & apple slice, Milk available	Cucumber & pepper sticks Milk available
Lunch	Macaroni cheese with a butter bean sauce, peas	Sausage meat pie with onion gravy, mash potato, green beans & cauliflower	Roast chicken, roast potatoes, swede & carrot, Yorkshire puddings	Spaghetti Bolognese with beef mince, onion, carrots, mushrooms and garlic bread	Fish curry, with w/meal rice, carrots & broccoli
Alternative meal		Quorn mince pie with onion gravy, mash potato, green beans & cauliflower	Roast Falafel, roast potatoes, swede & carrot, Yorkshire pudding.	Mixed bean Bolognese, onion, carrots, mushrooms and garlic bread	Tofu curry with w/meal, carrots & broccoli
Dessert	Peach slices with natural yoghurt	Banana & pear slices	Cinnamon semolina	Stewed pear & custard	Greek yoghurt with strawberry puree
Afternoon Tea	Leek, potato & pearl barley soup, with a w/meal part baked baguette	Pizza with a lentil & tomato sauce topped with cheese and mushrooms	Tomato & sardine w/meal pasta, pepper, onion with cream cheese	Tuna & cucumber w/meal sandwiches with pepper sticks	Spaghetti & beans on toast with grated cheese and tomato slices
Alternative tea			Tomato & veg pasta, pepper, onion with cream cheese	Egg & cucumber w/meal sandwiches with pepper sticks	
Dessert	Low sugar courgette & beetroot cake	Yoghurt pot	Fresh fruit Melon & pear slices	Selection of winter fruits	Banana flap jack

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Week Three	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Wholemeal Toast. Weetabix, porridge, corn flakes, Fruit and Natural Yoghurt	Wholemeal Toast. Weetabix, porridge, corn flakes, Fruit and Natural Yoghurt	Wholemeal Toast. Weetabix, porridge, corn flakes, Fruit and Natural Yoghurt	Wholemeal Toast. Weetabix, porridge, corn flakes, Fruit and Natural Yoghurt	Wholemeal Toast. Weetabix, porridge, corn flakes, Fruit and Natural Yoghurt
Snack - free flow	Banana & pear slice, milk	Cream cheese & cracker, milk	Cucumber & pepper sticks Milk available	Breadstick & hummus, Milk available	Orange & plum slice, milk
Lunch	Cheese & onion potato pie with sliced tomatoes and beans	Chilli beef with wholegrain pasta, kidney beans & sweetcorn	Chicken & mushroom stew, boiled potatoes, broccoli & carrots	Fish pie, sweet potato mash with cheese top, peas & leeks	Moroccan lamb, peppers couscous, cauliflower
Alternative meal		Quorn mince chilli with wholegrain pasta, kidney beans & sweetcorn	Mixed beans & mushroom stew, boiled potatoes, broccoli & carrots	Tofu pie, sweet potato mash with cheese top, peas & leeks	Soya mince, peppers, couscous, cauliflower
Dessert	Stewed apple & custard	Pear & kiwi slices	Sugar free pear & blackberry pie with whipped cream	Greek yoghurt with peach puree	Rice pudding and sultanas
Afternoon Tea	Mixed veg & bean tikka with w/meal rice, spring onion & peppers	Sardine bagels with cream cheese & cucumber sticks	Pizza with a tomato lentil base topped with cheese and sweetcorn	Mixed winter vegetable soup with green lentils & part baked w/meal rolls	Ham with a cheese sauce & w/meal spaghetti & pea
Alternative tea		Egg bagel with cucumber sticks	Pizza with a tomato lentil base topped with dairy free cheese and sweetcorn		Cheese sauce, butter bean & w/meal spaghetti & peas
Dessert	Melon selection	Yogurt pot	Banana & fresh Apple	Sultana flapjack with fresh apple slices	Fresh fruit Oranges & satsuma slices

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Week Four	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Wholemeal Toast. Weetabix, porridge, corn flakes, Fruit and Natural Yoghurt	Wholemeal Toast. Weetabix, porridge, corn flakes, Fruit and Natural Yoghurt	Wholemeal Toast. Weetabix, porridge, corn flakes, Fruit and Natural Yoghurt	Wholemeal Toast. Weetabix, porridge, corn flakes, Fruit and Natural Yoghurt	Wholemeal Toast. Weetabix, porridge, corn flakes, Fruit and Natural Yoghurt
Snack - free flow	Cream cheese & cracker, milk	Banana & rice cake, milk	Avocado slice & tomato salsa, cracker, Milk available	Breadstick & hummus	Strawberries & kiwi, milk
Lunch	Vegetable & kidney bean casserole, onion, carrots, peas, swede, celeriac, mushrooms & new potatoes	Fish curry made with coconut milk, rice, cauliflower & naan bread	Mince beef & onion pastry pie, boiled potatoes, cauliflower & carrots & gravy	Roast turkey, mash potato, cabbage, broccoli, Yorkshire pudding & gravy	BBQ chicken with pasta with cream cheese, peppers & sweetcorn
Alternative meal		Tofu curry made with coconut milk, rice, cauliflower & naan bread	No mince & onion pie, boiled potatoes, mushy peas & low salt gravy	Roast falafel, mash potato, cabbage, broccoli, Yorkshire pudding & gravy	BBQ Quorn piece with pasta with cream cheese, peppers & sweetcorn
Dessert	Natural yoghurt & peach puree	Apple & pear crumble & custard	Fresh satsuma & banana slices	Stewed pear & custard	Fresh Apple & pear slices
Afternoon Tea	Crumpet with cheese, hummus & veg sticks	Sweet potato wedges with tuna, cheese, spring onions and sweetcorn	Tomato and pepper pasta with lentils	Parsnip, red lentils & carrot soup, with pearl barley & baguette	Baked beans on toast with grated cheese and tomato slices
Alternative tea		Sweet potato wedges, falafel, spring onions & sweetcorn			
Dessert	Fresh Fruit mix	Melon	Yoghurt pots	Natural yoghurt with mixed berry puree	orange sponge cake

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