



Menu Guide Autumn Winter

**Prepared for Family First Day Nurseries
by Tiny Tums from The Health kick**



Menu Guide

Tiny Tums from The Health Kick have reviewed this Autumn Winter menu launch for Family First Day Nurseries.

The focus for this menu is to boost wellbeing and immunity for the colder months. The season is packed full of nutritious produce and can be a great time to pack in lots of comforting yet nutritious dishes.

You'll notice a new health character to support this theme with Gus the Guts, Gus supports our immune system with a healthy gut.



We are sticking with the two course menu, offering first course (starter) twice a week and a second course (pudding) three times a week.

In line with the EYFS Nutrition Guidance we are sugar free (all puddings are fruit and veg based, free from ultra processed foods and added salt.



Menu Changes & Summary

Menu Changes

This menu builds upon the favourites from the Spring Summer menu, while introducing new warming, nutrient-rich dishes appropriate for colder months.

Across the 3-week cycle, several new dishes have been introduced to bring variety, enhance nutritional value, and embrace seasonal produce whilst keeping some familiar items and favourites.

The Autumn-Winter menu has been developed to provide children with nutritional balance and comfort foods that support health and well-being through the colder months.

Seasonal changes can disrupt mood, sleep and children's emotional regulation. We'll ensure we have outdoor play (wrapped up of course) and boost seasonal nutrition to support emotional well-being.



Menu Changes & Summary

EYFS compliance

We aim not just to meet the standards set out in the EYFS, but to exceed them, creating menus that are nourishing, inclusive, and enjoyable.

Every dish is developed with safety, nutrition and enjoyment in mind, ensuring that mealtimes are a safe, positive, social, and enriching part of each child's day.



Managing Allergens

The known allergens will be displayed in this image for an easy visual reference.

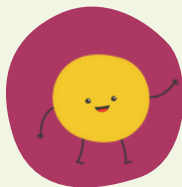
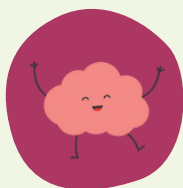
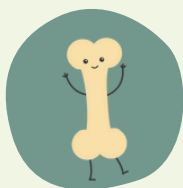


Chop & blend
according to age
and stage

This visual will be displayed on each recipe as a key reminder to ensure each dish is served according to the texture each child is ready for.

Nutritional Benefits

Family First Day Nurseries continue to work with Tiny Tums from The Health Kick, to enhance our menu and ensure that every item on there is supporting early childhood development. To help make this visible we are using the following images on our recipes to show how different dishes support the important areas of early childhood development. Please note the new character to support immunity - Gus the Guts.



The key areas are:

- Building strong bones
- Supporting brain development
- Building a strong gut microbiome
- Helping with emotional regulation
- The importance of 'eating a rainbow'
- Protein's role in early childhood development

Weaning Menu

We have a special weaning menu to ensure our youngest children have nutritionally balanced foods, served in a manner which is appropriate for their individual stage of development.



Nurture|Care|Inspire

Weaning Menu - Week 1

		Monday	Tuesday	Wednesday	Thursday	Friday
Stage 1 - 6mths	Lunch	Broccoli purée	Cauliflower purée	Sweet potato purée	Parsnip purée	Spinach and carrot purée
	Tea	Banana purée	Apple and raspberry purée	Peach purée	Pear purée	Mango purée

Stage 2 - Approx 7 - 12mths	Lunch	Pasta, vegetables and basil	Chicken, carrot and rice	Butterbeans, swede and carrot	Tuna, peas and rice	Lamb, carrot and peas
	Afternoon	Banana	Greek yoghurt and fruit purée	Apple and raspberry purée	Greek yoghurt and fruit purée	Fresh raspberries
	Tea	White fish, couscous & vegetables	Sweet potatoes, cheese and broccoli	Family First pasta	Potato, baked beans and cheese	Cream cheese sandwich

Stage 3 - 12 months

Standard menu

If parents/carers and the nursery team all feel the time is right, we will gradually introduce children to the main menu when we all feel they are developmentally ready.

Our chefs are committed to ensuring each child's food journey is both nutritious and enjoyable. We will work with parents/carers to make sure each child's weaning stage is met. If there are any changes to your child's weaning agreement, please ensure that you inform the management team and update the agreement accordingly. All recipes are available on request. Menu options may change due to unforeseen circumstances, your nursery team will update if an alternative meal has been provided.

Celery
 Eggs
 Gluten
 Milk
 Mustard
 Soya
 Vegetarian
 Crustaceans
 Fish
 Lupin
 Molluscs
 Sesame
 Sulphur dioxide
 WEAN TO BE NUT/PEANUT FREE



Chop & blend
according to age
and stage

Seasonal Nutrition & Activities

We have our seasonal special, the 'Pumpkin Patch Picnic' for children to enjoy recipes, activities, songs and actions.



Join in the fun!

Ask for a copy of our Pumpkin Patch Picnic Pack if you would like to join in with the recipes and songs at home.



General Information

Family First Day Nurseries are working with Tiny Tums from The Health Kick. We continue to share these messages on our approach to nutrition.

Nutrition message

We have made our message on nutrition clearer with the visuals and with information in this guide. We recognise early childhood as a crucial time for both biological development and habit forming behaviours.

Age- appropriate

We use age-appropriate ingredients such as full fat dairy and white pasta (not wholegrain which can be too filling and hard to digest for tiny tummies). We have no refined sugars on our menu - the puddings have been changed as discussed elsewhere in this document.

Food Safety

We ensure safe shape and sizes of foods with detailed instructions on product suitability (i.e. not using pasta shells or bows) and by reiterating 'age and stage' appropriate at all times.

General Information

Macronutrients

Young childhood has different nutritional needs than at other stages in life – the need for dietary fat is higher and good quality protein is vital for growth and development. We have worked on our menu to bring a range of healthy fats for brain development along with a wider range of plant-proteins for all of our children.

Micronutrients

Vitamins, minerals and antioxidants play a vital role in overall health and the growth and development required during childhood. We have increased the amount of veg in different forms throughout our menu.

Menu Building

We have considered the balance of all of the above during a day/week with us in our settings and designed the menus to offer nutritional balance and taste exploration.

Carbohydrates

Carbohydrates

Children have different dietary needs to grown-ups. They are generally much more active than we are, both physically (running, climbing, playing) but also cognitively. Everything is new to them, and all of that learning needs fuel.

That fuel for children comes in the form of Macronutrients as outlined earlier; Protein, Fats and Carbohydrates all provide energy (calories), but it is carbohydrates that provide most of the fuel.

During childhood 50% of all energy consumed feeds the brain. The brains' preferred source of energy is glucose which comes from carbohydrates.

Children are very good at knowing and understanding when they are full and when they want some more, we encourage this independent approach .



Rainbow Nutrition



Family First Sauce

Our Family First home-made vegetable sauce is proving to be a real menu favourite, and is back giving a real nutritional boost to our children. This is now the third menu we have had it on for and the range of dishes we use it in is constantly expanding!



Our dishes



Family First Pasta



Spanish Chicken



Three Bean Chilli



Tuna Pasta Bake



Moussaka



Fajita Pasta



Macaroni Cheese



Veg curry





Rainbow Nutrition



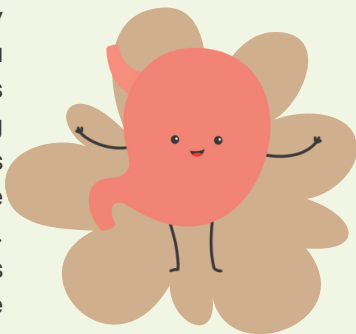
Nutritional Boost

Our Family First home-made vegetable sauce is not just super tasty and versatile, it also offers a real nutritional boost to our dishes as it is bursting with vitamins, minerals, fibre and antioxidants.

- Tomatoes: Lycopene rich for heart health & immunity
- Butterbeans: Plant protein with iron & fibre
- Spinach & basil: Antioxidants and vitamin K
- Carrots & peppers: Beta-carotene and vitamin C boost
- Oregano & garlic: Natural immune support and anti-inflammatory properties

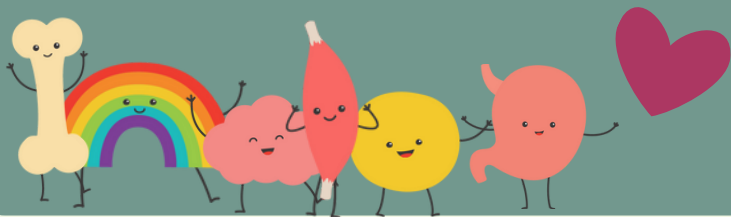
Seasonal Immunity

Boosting immunity by adding in lots of extra vitamins and minerals is especially important during the colder, darker months when we are more susceptible to colds and flu. We can help Gus the Guts build up strong immune defences.



Summary

We truly value the role of food in early childhood development and will continue to enhance our nutritional message and menu, to ensure that every child gets the very best start in life with their food journey at Family First Day Nurseries.



This Autumn Winter 2025 menu design and launch with all of the supporting documents have been lovingly prepared to support the health, wellbeing and development of each and every child in our settings.