

Early Years Menu Audit Report

For

Sebright Children's Centre

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INTRODUCTION

This report has been developed to support early years providers to meet the Early Years Foundation Stage (EYFS) safeguarding and welfare requirement that meals, snacks and drinks provided to children must be healthy, balanced and nutritious. The audit evaluates food provision against the Early Years Foundation Stage Nutrition Guidance published by the Department for Education in May 2025. The guidance recommends providing foods from the four main food groups and limiting foods high in saturated fat, salt and sugar.

Early Years Foundation Stage nutrition guidance (official GOV.UK page). You can also download the **full PDF directly**:

👉 [Download the EYFS Nutrition Guidance PDF \(May 2025\)](#)

Purpose of the audit

- To identify evidence of compliance and good practice from the published menu.
- To identify improvements necessary for the menu to be fully evidenced against the May 2025 EYFS Nutrition Guidance.
- To separate findings that can be made from the written menu from items requiring recipe, product-specification or operational verification.
- To provide practical recommendations that protect the nutritional quality, variety and acceptability of food provision.

Scope and limitations

This is a menu review. It does not verify food preparation, portion sizes, the fat content of milk, product labels, recipe ingredients, whether water is physically accessible, or whether menu substitutions are managed appropriately. These matters must be confirmed through a separate recipe, specification and service-practice review.

The assessment applies to the displayed menu for children aged 1 to 5 years. Children under 12 months require individual feeding routines, developmental texture adaptation and milk-feeding arrangements; those provisions are outside the scope of this menu-only audit.

Key interpretation for lunch and tea

The May 2025 guidance requires lunch and tea to comprise a main dish and an additional dish. It does not require a traditional pudding, and it does not state that every homemade pudding is prohibited. It does require providers to avoid foods high in saturated fat, salt and/or sugars, including cakes and puddings. Fruit, plain unsweetened yoghurt, cheese with fruit, soup, vegetables and dips are examples of suitable additional dishes. Sweet additional dishes must therefore be limited and recipe-assessed, rather than automatically offered after every main meal.

SUMMARY OF THE EYFS NUTRITION GUIDANCE (MAY 2025)

The guidance is structured around four food groups. Across the day and week, menus should offer a balanced variety from each group while limiting or avoiding foods that are high in saturated fat, salt and sugars.

Food / category	Direction	Application in the menu
Fruit and vegetables	Provide	At least one portion at each main meal and as part of some snacks. Offer variety across the day and week. Dried fruit should only be provided as part of a meal.
Starchy carbohydrates	Provide	A portion at breakfast, lunch and tea. Provide plain starchy food as part of at least one snack each day, with a mix of wholegrain and white options across the week.
Dairy and alternatives	Provide	Three portions of milk and unsweetened dairy foods across the day, including food provided at home. Use full-fat dairy under age two and plain unsweetened products.
Proteins	Provide	A protein source at lunch and tea daily; variety across the week; at least one pulse, bean, lentil or meat-alternative lunch and tea each week.
Foods to limit	Limit	Fried starchy foods to no more than once weekly; processed meat, processed fish and processed meat-alternative products to once weekly for each type.
Foods and drinks to avoid	Avoid	Foods high in saturated fat, salt and/or sugars; sugary drinks including fruit juice, squash and smoothies; artificial sweeteners.

Lunch and tea: the additional dish

The guidance describes a two-dish structure for lunch and tea: a main dish and an additional dish. It gives examples including soup, vegetable sticks with dip, plain yoghurt with fruit, cheese with fruit and unsweetened rice pudding with fruit. This replaces the former menu-planning convention of requiring a main course and dessert.

COMPLETED MENU REVIEW CHECKLIST

Outcomes are based on the published menu only. "Partially evidenced" means that the menu indicates good practice but product, recipe or operational information is needed before the criterion can be confirmed.

Breakfast

Ref.	Requirement	Outcome	Evidence / action
1.1	Starchy food offered at breakfast every day.	Met	Toast, cereals, bagels, porridge, oatmeal and egg on toast are included daily.
1.2	At least three types of starchy food across breakfast each week.	Met	The menu includes toast, bagels, cereals, porridge and baked oatmeal.
1.3	Wholegrain and white starchy foods across breakfast each week.	Met	Wholemeal toast and wholegrain cereal choices are included alongside other bread and cereal options.
1.4	Breakfast cereals have the lowest practical sugar and salt content.	Met	Weetabix, cornflakes and Rice Krispies are shown, but labels/specifications were not reviewed.
1.5	Fruit or vegetables offered at breakfast each day.	Met	Apples, oranges, bananas, pears and plums are included daily.
1.6/1.7	Only milk and water offered; water accessible.	Met	Milk is shown. Water access and milk type have been confirmed

Morning and afternoon snacks

Ref.	Requirement	Outcome	Evidence / action
2.1	Plain starchy food as part of at least one snack each day.	Met	Clear on most days through breadsticks, bagels, crumpets, crackers and pitta. Egg muffins and oat bars include a plain starchy item, tortilla triangles are baked and unsalted.
2.2	At least three varieties of starchy food across snacks weekly.	Met	Bagels, crumpets, crackers, pitta, breadsticks and tortilla crisps provide variety.
2.3	Fruit or vegetables as part of some snacks, with variety.	Met	Fresh fruit and vegetable crudites are offered consistently at mid-morning snack.
2.4	No dried fruit at snack time.	Met	Dried fruit is only listed in breakfast porridge.
2.5	Protein food provided as snack once or twice weekly.	Met	Yoghurt, cheese, egg muffins and pesto pinwheels provide protein options.
2.6	Only water and plain milk; water accessible.	Met	No non-compliant drinks are listed. Availability of water needs confirming.
2.7	Avoid sweet foods and foods high in saturated fat, salt and/or sugar between meals.	Met	The savoury pastry snack has been removed.

Lunch

Ref.	Requirement	Outcome	Evidence / action
3.1	Lunch consists of a main dish and an additional dish.	Met	All lunches have a main dish plus fruit, yoghurt, jelly, custard, fruit or another accompaniment.
3.2/3.3	Starchy food daily and at least three types weekly.	Met	Pasta, rice, jacket potatoes, mash, new potatoes and bread are included.
3.4	Wholegrain and white starchy foods across the week.	Met	50/50 pasta/rice and wholemeal bread options are used.
3.5	Fried starchy foods limited to maximum once weekly.	Met	Catering Manager confirms potato wedges are oven baked and the rice dishes use

Ref.	Requirement	Outcome	Evidence / action
			steamed rice with sauteed vegetables; no fried starchy food is identified.
3.6	Processed meat products limited to once weekly.	Met	No processed meat lunch is identified. Chicken bites are served once in Week 2 at tea and should be counted in that week's allowance if a prepared/breaded product.
3.6.1	Processed fish products limited to once weekly.	Met	Fish fingers are provided once in Week 1 and once in Week 3, with no second processed-fish item in either week.
3.6.2	Processed meat-alternative products limited to once weekly.	Met	The vegan sausage traybake is the single processed meat-alternative item in Week 3.
3.7	Protein source provided at lunch daily.	Met	The menu shows a good range of proteins. Catering Manager confirms pasta recipes contain beans, chickpeas or seeds.
3.8	Variety of protein sources across the week.	Met	Chicken, beef, lentils, beans, chickpeas, egg, tuna, salmon and fish are included.
3.9	At least one pulse or meat-alternative lunch weekly.	Met	Examples include beans, lentils, chickpeas and vegetable/bean egg fried rice.
3.10	Oily fish at least once every three weeks.	Met	Tuna, salmon and herbs pasta bake is offered in Week 2.
3.11/3.12	Only water and milk; water accessible.	Met	Milk is shown. Water access and milk specification need confirming.

Tea

Ref.	Requirement	Outcome	Evidence / action
4.1	Tea consists of a main dish and an additional dish.	Met	Fresh fruit and milk are offered daily alongside the main tea dish.
4.2/4.3	Starchy food daily and at least three types weekly.	Met	Mixed bread, toast, pasta, pitta and pizza base provide variety.
4.4	Wholegrain and white starchy foods across the week.	Met	Mixed/wholegrain breads and 50/50 pasta are included.
4.5	Fried starchy foods limited to maximum once weekly.	Met	No fried starchy tea is identified from the written menu.
4.6	Fruit or vegetables daily and varied across the week.	Met	Fresh fruit is offered daily; tomato, cucumber, corn and vegetables are added to several meals.
4.8	Protein variety at tea across the week.	Met	A clear protein source is shown in most teas. Add a recognised protein-group ingredient to pizza and cheese-only vegetarian sandwich alternatives; document pasta protein recipes.
4.9	Processed meat products limited to once weekly.	Met	Tuna, egg, beans, hummus, chicken and pulse-based pasta dishes provide a good range across the week.
4.9.1	Processed fish products limited to once weekly.	Met	Chicken bites appear once in Week 2. If a prepared/breaded product, this is the week's single processed-meat item.
4.9.2	Processed meat-alternative products limited to once weekly.	Met	No processed-fish tea is specified; fish fingers are provided at lunch once in Week 1 and once in Week 3.
4.10	Oily fish provided within the three-week menu cycle.	Met	Met through the Week 2 tuna and salmon pasta bake at lunch.

Ref.	Requirement	Outcome	Evidence / action
4.11/4.12	Only water and milk; water accessible.	Met	Milk is shown. Water access should be confirmed in practice.

Cross-day food provision

Ref.	Requirement	Outcome	Evidence / action
5.1	Portions are appropriate to age and appetite.	Not assessed	A menu-only review cannot assess portion sizes, responsive feeding or second-helping practice.
6.1	At least three types of starchy food across each day.	Met	The menu pattern offers breakfast cereal/bread, lunch starch and tea/snack starch daily.
6.2	Bread and bread products have lower salt content.	Partially evidenced	Bread is frequently used, but product labels/specifications were not reviewed.
6.3/6.4	Limit tinned pasta and avoid flavoured instant rice/pasta/noodles.	Met	No tinned pasta or instant flavoured products are listed.
7.1/7.2	Fruit and vegetables provided and varied across day/week.	Met	Fruit at breakfast, snacks and tea plus vegetables with lunch demonstrate strong variety.
7.3	Dried fruit provided at meals only.	Met	Raisins appear in breakfast porridge only.
7.4/7.5	No added salt/sugar tinned vegetables/pulses; fruit in juice not syrup.	Partially evidenced	Menu is mainly fresh/homemade; specifications were not reviewed.
7.6	Baked beans counted as a vegetable no more than once weekly.	Partially evidenced	Beans appear more than once in some weeks. Record when beans are counted as protein rather than the vegetable portion.
8.1	Vegetarian/vegan children have varied protein sources.	Met	Beans, lentils, chickpeas, hummus, egg and seeds are included; ensure all vegetarian recipes have an adequate protein portion.

Cross-day food provision, dairy, drinks and food quality (continued)

Ref.	Requirement	Outcome	Evidence / action
9.1-9.5	Appropriate dairy / alternatives and unsweetened products.	Partially evidenced	Milk, cheese, yoghurt and custard are included. Fat content and added sugar cannot be assessed from the menu.
10.1-10.5	Water access and only milk/water as drinks.	Met	No sugary or caffeinated drinks are listed. Water availability has been verified.
11.1-11.7	Avoid/limit foods high in saturated fat, salt and sugars.	Needs action	The savoury pastry snack has been removed and cake-style dishes are limited. Recipe and portion checks remain necessary for oat bars, sponge, crumble, custard, jelly and coconut rice pudding.
12.1-12.2	Avoid artificial sweeteners and ready meals/takeaways.	Met	Home-made descriptions are positive but ingredients and product specifications were not reviewed.

Sebright Centre Menu September - December 2026 Week 1

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 8-8:30AM Wholemeal toast (G)(Ve), spread(Ve),jam (Ve) milk(Mk)(V) apple(Ve)	Breakfast 8-8:30AM Rice krispies(Ve), milk(Mk)(V), oranges (Ve)	Breakfast 8-8:30AM Weetabix(G)(Ve), milk (Mk)(V), bananas(Ve)	Breakfast 8-8:30AM Toasted bagels(G)(Ve) spread (Ve) pears(Ve)	Breakfast 8-8:30AM Scramble eggs (E)(V) on toast(G)(Ve) milk (Mk)(V) apples (Ve)
Mid-morning snack 10.00am Fresh fruits (Ve)	Mid-morning snack 10.00am Vegetable crudité (Ve)	Mid-morning snack 10.00am Fresh fruits (Ve)	Mid-morning snack 10.00am Vegetable crudité (Ve)	Mid-morning snack 10.00am Fresh fruits (Ve)
Lunch 11.45 -12.15PM Roasted squash mac& cheese 50/50 with toasted seeds(G,Mk)(V) Steamed broccoli (Ve) Sliced bloomer (G)(Ve) Wholemeal apple& berry crumble(G)(Ve), with vanilla custard (Mk)(V) Milk (Mk)(V), fruits(Ve)	Lunch 11.45 -12.15PM Rainbow special fried rice with chicken (G,Sb) Steamed carrots (Ve) Pitta bread (G)(Ve) Homemade banana &mango yogurt (Mk,Sb)(V) Milk (Mk)(V), fruits (Ve)	Lunch 11.45 -12.15PM Slow cooked beef& lentils Bolognese (Ce) spaghetti (Ve), sliced bread (G)(Ve), Steamed green beans (Ve) Homemade fruit jelly 50% fruits (Ve) Milk (Mk)(V), fruits (Ve)	Lunch 11.45 -12.15PM Jacket potatoes (Ve) Homemade baked beans (Ve) Cheese (Mk)(V) Tomato wedges (Ve) Sliced cucumber (Ve) Bananas, oranges (Ve) Milk (Mk)(V)	Lunch 11.45 -12.15PM MSC Fish fingers (G,F) Potato wedges (Ve) Steamed peas and corn (Ve) Coconut rice pudding (Sb)(Ve) with berry compote (Ve) Milk (Mk)(V), fruits(Ve)
Mid-afternoon snack 2.00PM Bread sticks(G)(Ve), crudité (Ve)	Mid-afternoon snack 2.00PM Toasted bagels (G)(Ve), sliced tomatoes (Ve)	Mid-afternoon snack 2.00PM Homemade berry yogurt (Mk)(V), pitta bread(G)(Ve)	Mid-afternoon snack 2.00PM Homemade egg muffins (G,E,Mk)(V)	Mid-afternoon snack 2.00PM Carrots, cucumber (Ve) bread sticks (G)(Ve)
Tea: 4.00P Tuna and tomato (F)(V) or egg and cress (E,Mu)(V) on mixed bread (G)(Ve) Fresh fruits (Ve), milk (Mk)(V)	Tea: 4.00PM Homemade baked beans (Ve) on mixed toast (G)(Ve) Fresh fruits (Ve), milk (Mk)(V)	Tea: 4.00PM Homemade tomato, mascarpone &beans pasta Mixed bread (G)(Ve) Fresh fruits (Ve), milk (Mk)(V)	Tea: 4.00PM Tuna& corn (F), cheese& cucumber (Mk)(V), sandwiches(G)(Ve) Fresh fruits (Ve), milk (Mk)(V)	Tea: 4.00PM Homemade traditional Italian deep pan tomato, cheese and corn pizza (G,Mk)(V) Fresh fruits (Ve), milk (Mk)(V)

Sebright Centre Menu September – December 2026 Week 2

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 8-8:30AM Rice krispies(Ve), milk(Mk)(V), oranges (Ve)	Breakfast 8-8:30AM Toasted bagels(G)(Ve), spread(Ve), milk(Mk)(V) apples (Ve)	Breakfast 8-8:30AM Cornflakes(G)(Ve) milk (Mk)(V) pears (Ve)	Breakfast 8-8:30AM Weetabix(G)(Ve), milk (Mk)(V), bananas(Ve)	Breakfast 8-8:30AM Baked banana & raisin oatmeal (G,Mk)(V) Oranges (Ve)
Mid-morning snack 10.00am Vegetable crudité (Ve)	Mid-morning snack 10.00am Fresh fruits (Ve)	Mid-morning snack 10.00am Vegetable crudité (Ve)	Mid-morning snack 10.00am Fresh fruits (Ve)	Mid-morning snack 10.00am Fresh fruits (Ve)
Lunch 11.45 -12.15PM Homemade tomato pesto spaghetti with toasted seeds (G)(V) Cucumber & corn (Ve) Sliced bread (G)(Ve) Bananas with vanilla custard (Mk)(V) Milk (Mk)(V), fruits (Ve)	Lunch 11.45 -12.15PM Roasted chicken pieces Homemade gravy (Ve) Jollof rice 50/50 (Ve) Steamed carrots (Ve) Homemade banana and peach yogurt (Mk)(V) Milk (Mk)(V), fruits (Ve)	Lunch 11.45 -12.15PM Homemade baked beans (Ve) Jacket potatoes (Ve) Cheese (Mk)(V) Steamed broccoli (Ve) Reduced sugar apple & cinnamon sponge (G,E)(V) custard (Mk)(V) Milk (Mk)(V) fruits (Ve)	Lunch 11.45 -12.15PM Tuna, salmon & herbs pasta bake 50/50 (G,F,Mk)(V) Sliced bread (G)(Ve) Steamed peas and green beans Fruit jelly (Ve) Milk (Mk)(V)	Lunch 11.45 -12.15PM Rainbow veggies and beans egg fried rice (G,E,Sb)(V) Steamed baby carrots (Ve) Peach with homemade raspberry sauce (Ve) Milk (Mk)(V), fruits (Ve)
Mid-afternoon snack 2.00PM Toasted crumpets (G)(Ve) sliced tomatoes (Ve)	Mid-afternoon snack 2.00PM Crackers(G)(Ve), spread (Ve) cucumber slices (Ve)	Mid-afternoon snack 2.00PM Homemade egg muffins (G,E,Mk) (V)	Mid-afternoon snack 2.00PM Homemade berry yogurt (Mk)(V), pitta bread(G)(Ve)	Mid-afternoon snack 2.00PM Homemade tortilla 'crisps'(G) with crudité
Tea: 4.00PM Egg (E)(V) cheese & tomato (Mk)(V), humus (Ve) sandwiches(G)(V) Fresh fruits (Ve), milk(Mk)(V)	Tea: 4.00PM Smooth & creamy pumpkin pasta (G)(Ve) Mixed bread (G)(Ve) Fresh fruits (Ve), milk(Mk)(V)	Tea: 4.00P Tuna mayo (F), cheese (Mk)(V) on mixed bread (G)(Ve), tomato wedges (Ve) Fresh fruits (Ve), milk(Mk)(V)	Tea: 4.00PM Chicken bites (G,E), tomato rice salad (Ve), homemade ketchup (Ve), corn (Ve) Fresh fruits (Ve), milk(Mk)(V)	Tea: 4.00PM Homemade baked beans (Ve) on mixed toast (G)(Ve) Fresh fruits (Ve), milk(Mk)(V)

Sebright Centre Menu September - December 2026 Week 3

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 8-8:30AM Weetabix(G)(Ve), milk (Mk)(V), bananas(Ve)	Breakfast 8-8:30AM Porridge (G)(Ve), milk(Mk)(V), plums (Ve) raisins (Ve)	Breakfast 8-8:30AM Toasted bagels(G)(Ve), spread(Ve), milk(Mk)(V) apples (Ve)	Breakfast 8-8:30AM Scramble eggs (E)(V) on toast(G)(Ve) milk(Mk)(V), oranges (Ve)	Breakfast 8-8:30AM Cornflakes (Ve),milk (Mk)(V) pears (Ve)
Mid-morning snack 10.00am Fresh fruits (Ve)	Mid-morning snack 10.00am Vegetable crudité (Ve)	Mid-morning snack 10.00am Fresh fruits (Ve)	Mid-morning snack 10.00am Vegetable crudité (Ve)	Mid-morning snack 10.00am Fresh fruits (Ve)
Lunch 11.45 -12.15PM Sausage, tomatoes and veggies traybake(G,Sb)(Ve) Dill mash potatoes (Ve) Steamed broccoli (Ve) Coconut rice pudding (Mk) (V) with homemade mango coulis (Ve) Milk (Mk)(V), fruits(Ve)	Lunch 11.45 -12.15PM Rich slow cooked beef, carrots and lentils pasta bake 50/50 (G,Mk)(V) Steamed green beans (Ve) Sliced bread (G)(Ve) Bananas (Ve) Milk (Mk)(V)	Lunch 11.45 -12.15PM Herb & paprika roasted chicken Rosemary roasted potatoes (Ve) Homemade gravy (Ve) Steamed peas & carrots (Ve) Homemade apple & vanilla yogurt (Mk)(V) Milk (Mk)(V), fruits (Ve)	Lunch 11.45 -12.15PM Creamy squash & chickpeas spaghetti (G) Sliced bloomer (G)(Ve) Diced tomatoes & corn (Ve) Sliced bread (G)(Ve) Reduced sugar plum sponge (G,E)(V) vanilla custard (Mk)(V) Milk (Mk)(V) fruits (Ve)	Lunch 11.45 -12.15PM MSC oven baked Fish fingers (F,G) Steamed new potatoes (Ve) Homemade baked beans (Ve) Mixed fruit jelly (Ve) Milk (Mk)(V), fruits (Ve)
Mid-afternoon snack 2.00PM Toasted crumpets (G)(Ve) Sliced cucumber, carrots sticks (Ve)	Mid-afternoon snack 2.00PM Toasted bagels (G)(Ve) sliced apples (Ve)	Mid-afternoon snack Crackers (G)(Ve), cheese (Mk)(Ve) sliced tomatoes (Ve)	Mid-afternoon snack 2.00PM Sunshine oat bars (G) (Ve)	Mid-afternoon snack 2.00PM Homemade fruit yogurt (Mk)(V) pitta bread(G)(Ve)
Tea: 4.00PM Cheese & tomato sandwich (G,Mk)(V) egg & cress sandwich(G,E,Mu)(V) cucumber sticks (Ve) Fresh fruits (Ve), milk (Mk,V)	Tea: 4.00PM Homemade reduced salt & sugar baked beans (Ve) on mixed toast (G)(Ve) Fresh fruits (Ve), milk (Mk)(V)	Tea: 4.00PM Homemade pesto pasta 50/50 salad with beans, corn & tomatoes (G)(V) pitta bread (G)(V) Fresh fruits (Ve), milk (Mk)(V)	Tea: 4.00PM Chicken mayo sandwich (G), cream cheese and tomato sandwich (G,Mk) (V) Fresh fruits (Ve), milk (Mk)(V)	Tea: 4.00PM Tuna & sweetcorn sandwich (G,F) egg mayo & tomato sandwich (G,E)(V) Fresh fruits (Ve), milk(Mk)(V)