



Daily Menu

Please ask any staff member for Allergy Information



Example	Breakfast/ Mid-morning Snack (9am)	Lunch	Mid-afternoon snack (2-2.30pm)	Tea
Monday	Varies daily and includes buttered wholemeal toast, croissants, toasted crumpets or similar served with a variety of fresh fruit and vegetable sticks and fresh milk or water to drink.	Mexican beef and vegetable chilli topped with grated cheese & served with boiled rice & sour cream & tomato salsa. Ice cream served with a fruit coulis	A choice from low salt bread sticks, rice cakes, ham, cheese, vegetable sticks and homemade hummus or fresh fruit, served with milk, or water to drink.	Low-salt/sugar baked beans on hot buttered wholemeal toast Fresh fruit/or yogurt
Tuesday		Mariner's Pie: creamy salmon, leeks, spinach and sweetcorn topped with puff pastry served with new potatoes & garden peas Fruit Jelly		Cous Cous and chickpea salad served with carrot sticks Greek yogurt and fruit coulis
Wednesday		Roast chicken with all the trimmings, roast potatoes, a selection of vegetables & gravy Fruit yogurt		Tuna and sweetcorn pizza with homemade coleslaw Bananas served with custard
Thursday		Roast Mediterranean vegetable & red lentil pasta served with garlic bread Eton Mess		Cheese and Quorn oatcakes served with cherry tomatoes Frozen yogurt
Friday		Sausages served with seasonal vegetables and root vegetable mash & gravy Rice pudding with peach purée		Leek, potato and butterbean soup served with homemade wholemeal croutons Fresh Fruit and yogurt

Complementary Feeding

Children under 12 months will be provided with porridge or mashed fruit.

Nutritional Information(please see full Food Policy)

We provide a mixture of wholegrain/non-wholegrain carbohydrates. This is because at such a young age, a very high fibre diet (i.e. all wholegrain products) would fill the children too much so that they do not then receive sufficient nutrition from the other foods they eat. The use of saturated fats is kept to a minimum. We make sure that we offer a variety of complex carbohydrate, at least 5 portions of

fruit & vegetables per day & 2 portions of fish per week (one of which is oily fish). All meals, including vegetarian, include protein with each meal. We do not add salt and monitor salt content of purchased foods to keep it to a minimum. We aim for children to have at least 80% of their RDA of iron offered in their nursery diet. All yogurts <15g sugar/100g. Water is available throughout the day (children aged over 1yr can help themselves in the playrooms) and is also offered at mealtimes, and full-fat milk twice a day.

Special Dietary Requirements

We cater for many special dietary requirements. Where possible we aim to produce vegetarian/alternative versions of all main dishes so that children are all eating a similar-looking dish. If your child is likely to have had a different option to those listed above, please check with the team members in your child's room.