

Feeding the future



Menu 2022

Our Food Safety Procedures

Processes, such as coloured plates and place cards (with individual children's dietary needs recorded), help children and adults to identify those with special dietary needs at mealtimes.

Food for specific diets, including vegetarian, vegan and religious reasons, are clearly labelled by the nursery chef before coming into the room to be served. All children are well supported and closely supervised by a member of staff in their nursery room at mealtimes. They are encouraged to feed themselves where appropriate, to develop new skills, and engage in discussions about 'healthy food' so that they learn good habits for the future.

One of the key persons who works in the nursery room, closely supervises children with allergies and intolerances, to help them to learn about their 'individual diet' from an early age. Conversations at mealtimes contribute to children's

understanding of their dietary needs. Meaningful discussion and first-hand experience help them to learn about safe practices, such as why they shouldn't eat someone else's food or drink.

Weaning menus with appropriate textured foods are provided according to your child's age and phase of development. In particular, for babies and younger children, and for those children with special educational needs and/or disabilities who are unable to manage solid food, we work with parents to develop weaning programmes that suit their child's needs.

Allergens in Menus

Our 15-day menu cycle is meticulously planned to eliminate many common allergens, such as nuts, sesame, kiwi, shellfish, and egg. Where egg was traditionally used (for example in cakes) an egg-free alternative has been provided. Our vegan chocolate sponge has the consistency of a chocolate brownie which is very popular with the children. Suitable alternatives are provided at every mealtime for children who are allergic or intolerant of the meal on offer.

Our menus are planned to offer children low salt (sodium) and low sugar, fully nutritious meals and snacks throughout the day, according to their individual dietary needs and national guidelines. We encourage children to try new foods and to eat a balanced diet. However, where children refuse to eat the meal provided or are still in the process of learning to try new things, we do offer an alternative, such as a sandwich. This will be provided if the child has not eaten a sizable portion of the meal, despite encouragement, to ensure that they are not hungry and are adequately fed.

Alternatives

We offer milk alternatives and lactose free milk to children with allergies, and we use dairy free spreads in sandwiches and in cooking processes. Food for most religious dietary needs is available and is sourced from certified suppliers (please check with individual nursery for specific details).

Your feedback

Surveys of staff, parents' and children's views on our menus, and requests for new dishes, are used to inform our regular menu reviews.



Nursery Vegetarian Menu



Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of Cereals , Weetabix, Cornflakes, Rice Krispies, Porridge, Ready Brek Toast Yoghurt with Fruit Puree Milk to Drink				
Snack	Alternating each snack time between a selection of fresh fruits or crackers with spread, crumpets, or pitta bread fingers				
Lunch	Leek and potato pie with green beans	Noodle soup with pitta bread fingers	Vegetarian mince pasta bolognaise with galic bread	Roast Mediterranean vegetable tart with potatoes, vegetables and gravy	Vegetable nuggets with fresh tomato sauce, mashed potato and baked beans
Dessert	Apple crumble and custard	Diced orange segments	Chocolate sponge	Rice pudding with raspberry compote	Apple sticks
Snack	Alternating each snack time between a selection of fresh fruits or crackers with spread, crumpets, or pitta bread fingers				
Tea	A selection of cheese, tuna & chicken with pitta bread fingers and vegetable sticks	Lightly spiced mixed bean chilli and tortilla wraps	Chapati pizza with carrot and pepper sticks	Tomato, lentil and basil soup with bread fingers	Marinated chickpea with pitta bread & yoghurt dressing, tomato wedges and cucumber
Pudding	Yoghurt with blueberry puree	Banana and custard	Raspberry puree and yoghurt	Melon sticks	Zesty Lemon biscuit
Weeks Commencing: 4 th April, 25 th April, 16 th May, 6 th June, 27 th June, 18 th July, 8 th August, 29 th August, 19 th September, 10 th October, 31 st October, 21 st November, 12 th December					

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of Cereals , Weetabix, Cornflakes, Rice Krispies, Porridge, Ready Brek Toast Yoghurt with Fruit Puree Milk to Drink				
Snack	Alternating each snack time between a selection of fresh fruits or crackers with spread, crumpets, or pitta bread fingers				
Lunch	Creamy vegetable pasta bake with sweetcorn	Vegetable mince in rich tomato sauce with cous cous	Country vegetable cottage pie with savoy cabbage	Falafel with tomato salsa and bombay potatoes	Vegetarian mince in gravy with mashed potatoes and green beans
Dessert	Raspberry puree with yoghurt	Pear crumble and custard	Diced peaches	Banana and custard	Apple and blackberry cobbler
Snack	Alternating each snack time between a selection of fresh fruits or crackers with spread, crumpets, or pitta bread fingers				
Tea	Baked Enchiladas with carrot and cucumber sticks	Vegetable and bean kedgeree with mixed leaf salad	Beans on toast with grated cheese	Spinach and broccoli mac and cheese with garlic bread	Selection of dips with pitta fingers and vegetable sticks
Pudding	Homemade shortbread	Banana sticks	Rice pudding with raspberry compote	Homemade oatmeal cookie	Peach puree with yoghurt
Weeks Commencing: 11 th April, 2 nd May, 23 rd May, 13 th June, 4 th July, 25 th July, 15 th August, 29 th August, 5 th September, 26 th September, 17 th October, 7 th November, 28 th November, 19 th December					

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of Cereals , Weetabix, Cornflakes, Rice Krispies, Porridge, Ready Brek Toast Yoghurt with Fruit Puree Milk to Drink				
Snack	Alternating each snack time between a selection of fresh fruits or crackers with spread, crumpets, or pitta bread fingers				
Lunch	Chickpea curry with rice	Creamy leek and potato pie with carrots	Tomato and vegetable pasta with garlic bread	Vegetarian mince and vegetable pie with cabbage	BBQ beans with savoury rice
Dessert	Homemade flapjacks	Stewed spiced apple and yoghurt	Pear batons	Banana and custard	Orange sponge
Snack	Alternating each snack time between a selection of fresh fruits or crackers with spread, crumpets, or pitta bread fingers				
Tea	Jacket potato with baked beans and grated cheese	Parsnip soup with pitta bread soldiers	Cheese and sweetcorn wraps with cucumber sticks	Mixed bean cous cous with cucumber and tomato salad	Crumpets with spread and vegetable sticks
Pudding	Pear puree and yoghurt	Pinapple sticks	Homemade orange cookie	Diced peach	Yoghurt
Weeks Commencing: 18 th April, 9 th May, 30 th May, 20 th June, 11 th July, 1 st August, 22 nd August, 12 th September, 3 rd October, 31 st October, 21 st November, 5 th December, 26 th December					

Please note: All meals will be prepared to ensure they are age and stage appropriate and in line with each child's dietary requirements. Menu options or ingredients may change due to unforeseen circumstances. Your Nursery team will let you know if an alternative meal has been provided to your child.