

# 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 Menu

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 Set Menu

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Selection of Cereals , Weetabix, Cornflakes, Rice Krispies, Porridge, Ready Brek   Toast   Yoghurt with Fruit Puree   Milk to Drink				
<b>Snack</b>	Alternating each snack time between a selection of fresh fruits or crackers with spread, crumpets, or pitta bread fingers				
<b>Lunch</b>	Leek and potato pie with green beans	Chicken noodle soup with pitta bread fingers	Pasta bolognese with garlic bread	Roast turkey breast with sage and onion stuffing with potatoes, vegetables and gravy	Fish fingers with mashed potato and baked beans
<b>Dessert</b>	Apple crumble and custard	Diced orange segments	Chocolate sponge	Rice pudding with raspberry compote	Apple sticks
<b>Snack</b>	Alternating each snack time between a selection of fresh fruits or crackers with spread, crumpets, or pitta bread fingers				
<b>Tea</b>	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 grilled chicken with pitta bread & yoghurt dressing, tomato wedges and cucumber
<b>Pudding</b>	Yoghurt with blueberry puree	Banana and custard	Raspberry puree and yoghurt	Melon sticks	Zesty Lemon biscuit
<b>Weeks Commencing:</b>	4 <sup>th</sup> April, 25 <sup>th</sup> April, 16 <sup>th</sup> May, 6 <sup>th</sup> June, 27 <sup>th</sup> June, 18 <sup>th</sup> July, 8 <sup>th</sup> August, 29 <sup>th</sup> August, 19 <sup>th</sup> September, 10 <sup>th</sup> October, 31 <sup>st</sup> October, 21 <sup>st</sup> November, 12 <sup>th</sup> December				

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Selection of Cereals , Weetabix, Cornflakes, Rice Krispies, Porridge, Ready Brek   Toast   Yoghurt with Fruit Puree   Milk to Drink				
<b>Snack</b>	Alternating each snack time between a selection of fresh fruits or crackers with spread, crumpets, or pitta bread fingers				
<b>Lunch</b>	Creamy chicken pasta bake with sweetcorn	Braised beef and mushroom ragu with cous cous	Country vegetable cottage pie with savoy cabbage	Fishcakes with tomato salsa and bombay potatoes	Savoury mince with gravy, mashed potatoes and green beans
<b>Dessert</b>	Raspberry puree with yoghurt	Pear crumble and custard	Diced peaches	Banana and custard	Apple and blackberry cobbler
<b>Snack</b>	Alternating each snack time between a selection of fresh fruits or crackers with spread, crumpets, or pitta bread fingers				
<b>Tea</b>	Baked Enchiladas with carrot and cucumber sticks	Mackrel kedgerree 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
<b>Pudding</b>	Homemade shortbread	Banana sticks	Rice pudding with raspberry compote	Homemade oatmeal cookie	Peach puree with yoghurt
<b>Weeks Commencing:</b>	11 <sup>th</sup> April, 2 <sup>nd</sup> May, 23 <sup>rd</sup> May, 13 <sup>th</sup> June, 4 <sup>th</sup> July, 25 <sup>th</sup> July, 15 <sup>th</sup> August, 29 <sup>th</sup> August, 5 <sup>th</sup> September, 26 <sup>th</sup> September, 17 <sup>th</sup> October, 7 <sup>th</sup> November, 28 <sup>th</sup> November, 19 <sup>th</sup> December				

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