

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 Pescaterian 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 bolognese with garlic 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 and tuna with pitta bread fingers | Mixed bean chilli | 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 | Fishcakes with tomato salsa and bombay potatoes | Savoury mince with gravy, 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 | Mackrel 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 fish 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 | Tuna 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.