

# 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 Weaning 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	Tomato and lentil puree with carrot sticks	Pepper, tomato and carrot medley with chicken and vegetable sticks	Beef bolognaise with pepper sticks	Farmhouse vegetables with roast turkey and cauliflower florets	Broccoli with poached fish and potato with carrot sticks
Dessert	Baked apple puree	Yoghurt with blueberries	Pear	Peach and raspberry	Banana and pear
Snack	Alternating each snack time between a selection of fresh fruits or crackers with spread, crumpets, or pitta bread fingers				
Tea	Creamed mixed vegetables with cucumber sticks	Sweet potato, spinach and sweetcorn with sweet potato sticks	Creamed carrot and potato with carrot sticks	Mediterranean roasted vegetables with pepper sticks	Roasted chicken and vegetables with parsnip sticks
Pudding	Yoghurt with blueberry puree	Banana	Raspberry puree and yoghurt	Pear and blueberry	Banana puree and yoghurt
Weeks Commencing: 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
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	Roasted chicken, rice and vegetables with cucumber sticks	Braised beef with potato and mushroom with sweet potato sticks	Country vegetables with parsnip sticks	Poached chicken, potato and green beans with pepper sticks	Cottage pie and green beans with broccoli florets
Dessert	Raspberries with yoghurt	Pear	Peach	Apple and raspberry	Banana
Snack	Alternating each snack time between a selection of fresh fruits or crackers with spread, crumpets, or pitta bread fingers				
Tea	Creamed potato and parsnip with parsnip sticks	Broccoli and potato with broccoli florets	Roasted root vegetables with sweet potato sticks	Spinach and broccoli with vegetable sticks	Farmhouse vegetables with cauliflower florets
Pudding	Stewed apple	Yoghurt	Pear	Yoghurt with blueberries	Peach puree
Weeks Commencing: 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
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	Minced beef with chickpeas and tomato with carrot sticks	Poached fish with leek and potato with courgette sticks	Pasta with vegetable bolognaise sauce with cucumber sticks	Red lentil, onion and mixed peppers with pepper sticks	Poached chicken, rice & tomato with tomato wedges
Dessert	Apricot	Baked apple puree	Banana	Blueberries and yoghurt	Raspberry and banana
Snack	Alternating each snack time between a selection of fresh fruits or crackers with spread, crumpets, or pitta bread fingers				
Tea	Potato with green beans and cucumber sticks	Cauliflower and broccoli with pepper sticks	Tomato, carrot and sweetcorn with carrot sticks	Chicken, potato and peas with vegetable sticks	Sweet potato and lentil with cucumber sticks
Pudding	Pear	Pinapple	Apricot and apple	Peaches	Yoghurt
Weeks Commencing: 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.