

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 alternatives 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



Breakfast Selection of Cereals, Weetabix, Comflakes, Rice Krispis, Porridge, Ready Brek Toast Yoghurt with Fruit Pure Milk to Drink							
Alternating each snack time between a selection of fresh fruits or crackers with spread, crumpets, or pitta bread fingers Lunch	Week 1	Monday	Tuesday	Wednesday	Thursday	Friday	
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Week 2 Monday Tuesday Wednesday Thursday Friday	Pudding	Yoghurt with blueberry puree	Banana	Raspberry puree and yoghurt	Pear and blueberry	Banana puree and yoghurt	
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cucumber sticks pepper sticks with carrot sticks vegetable sticks cucumber sticks	Snack	Alternating each snack time between a selection of fresh fruits or crackers with spread, crumpets, or pitta bread fingers					
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	Pudding	Pear	Pinapple	Apricot and apple	Peaches	Yoghurt	

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.

Weeks Commencing: 18th April, 9th May, 30th May, 20th June, 11th July, 1st August, 22nd August, 12th September, 3rd October, 21st November, 5th December, 26th December