

Winter week 1 – W/C 6th January 2025

HM Government Voluntary Food and Drink Guidelines for Early Years Setting have guided our menu planning since our opening in 2018

Ref: W01

	Monday	Tuesday	Wednesday	Thursday	Friday	
<p style="writing-mode: vertical-rl; transform: rotate(180deg);">Each meal is planned to provide a percentage of a child's daily nutritional requirements which is shown in red under the meal type. For children attending Full Time this equates to 90% of their recommended daily nutritional requirements</p>	Breakfast Buffet A selection of unsweetened, fortified breakfast cereals are offered Egg (boiled or scrambled), Fruit Selection, Toast Variety (including wholemeal), Cheese, Water and Milk					
	Breakfast 20%	Wizards: Fruit Bowl Elves & Pixies: Banana, Strawberry and Blueberries	All Rooms: Strawberry, Orange, Watermelon, and Grape Platter	All Rooms: Orange, Watermelon, Pineapple, Grape Platter	All Rooms: Orange, Honeydew, Cucumber, and Strawberry Platter	All Rooms: Funky Fruit Mixed Platter
	Mid-morning snack 10%	Wizards: Our preschool children help themselves to a piece of fruit from the shop. Water and milk is available on demand. Elves: Toddlers enjoy a longer breakfast and a snack is not always required as this could spoil their appetites for lunch, however, children who are hungry will always receive a snack to ensure that they remain content and to ensure that their nutritional needs are met. Pixies: Babies are provided with snacks according to their individual needs and requirements.				
	Lunch 30%	<u>Wizards, Elves and Pixies</u> Coconut Channa Rice Poppadums Side Salad Yoghurt Water	<u>Wizards, Elves and Pixies</u> Chinese Chicken Curry Or Chinese Tofu Curry Rice Broccoli Prawn Crackers Side Salad Fruit Bowl (Citrus, Apples and Plums) Water	<u>Wizards, Elves and Pixies</u> Butterbean, Potato and Cashew Curry Rice Broccoli Naan Side Salad Pear and Sultanas Water	<u>Wizards, Elves and Pixies</u> Salmon Pasta Bake Broccoli Corn on the Cob Salad Sultanas and Grapes Water	<u>Wizards, Elves and Pixies</u> 5 Spice Roasted Chicken Thigh Rice Green Beans Side Salad Funky Fruit Friday Water
	Mid-afternoon snack 10%	Wizards: Pre-schoolers enjoy a Crispy Concoctions in a Cup from the Cauldron Café. Concoctions vary but generally consist of a cereal (unsweetened) and fruit concoction which children serve for themselves from a cauldron into a glass. The Cauldron Café is open from 1:00pm to 1:30pm daily. Elves: Toddlers are offered a snack when they wake from their sleep. Crackers, Breadsticks, Fruit, Yoghurt etc may be offered. Pixies: Our babies receive snacks according to their individual needs and requirements. Snacks are served with milk or water.				
	Tea 20%	<u>Wizards, Elves and Pixies</u> Pasta Aglio Olio Broccoli Corn on the Cob Garlic Bread Side Salad Bananas Water	<u>Wizards, Elves and Pixies</u> Tomato Soup with Wholemeal Pasta Pitta Bread Strips Side Salad Watermelon Water	<u>Wizards, Elves and Pixies</u> Jerk Chicken Broccoli Side of Cheese Side Salad Yoghurt Water	<u>Wizards, Elves and Pixies</u> Chicken & Vegetable Rice Prawn Crackers Side Salad Water	<u>Wizards, Elves and Pixies</u> Macaroni Cheese Garlic Bread Side Salad Funky Fruit Friday Water

Dietary needs will be met.

Menus may be adapted or changed, e.g., where ingredients are unavailable. Minor variations may not be reflected in the published menu. Every effort will be made to change the hardcopy posted in the parent noticeboard.

Treats such as pancakes, fruit cake etc will occasionally be offered except in the baby room where such foods are restricted.