

## Winter week 3 – W/C 20<sup>th</sup> January 2025

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

Ref: W03

	Monday	Tuesday	Wednesday	Thursday	Friday	
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	<b>Breakfast</b> <span style="color: red; font-weight: bold;">20%</span>	<p style="text-align: center;"><b>Breakfast Buffet</b></p> <p style="text-align: center;">A selection of unsweetened, fortified breakfast cereals are offered                      Egg (boiled or scrambled), Fruit Selection, Toast Variety (including wholemeal), Cheese, Water and Milk</p>				
		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
	<b>Mid-morning snack</b> <span style="color: red; font-weight: bold;">10%</span>	<p style="text-align: center;"><b>Wizards:</b> Our preschool children help themselves to a piece of fruit from the shop. Water and milk is available on demand.  <b>Elves:</b> 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.  <b>Pixies:</b> Babies are provided with snacks according to their individual needs and requirements.</p>				
	<b>Lunch</b> <span style="color: red; font-weight: bold;">30%</span>	<u><i>Wizards, Elves and Pixies</i></u> <b>Chicken, Garlic and Lime Balti</b> Rice Green Beans Roti Side Salad <b>Pear and Sultanas</b> Water	<u><i>Wizards, Elves and Pixies</i></u> <b>Roasted Meatballs</b> Mashed Potatoes Julienne Carrot Tomato and Herb Sauce Side Salad <b>Sultanas and Grapes</b> Water	<u><i>Wizards, Elves and Pixies</i></u> <b>Chicken and Vegetable Stew or Butter Bean Stew</b> Broccoli Crusty Bread Butter <b>Yoghurt</b> Water	<u><i>Wizards, Elves and Pixies</i></u> <b>Chicken Pasta Bake</b> Corn on the Cob Salad <b>Fruit Bowl (Citrus, Apples and Plums)</b> Water	<u><i>Wizards, Elves and Pixies</i></u> <b>Roast Chicken Dinner</b> Roast Potatoes Yorkshire Pudding Peas Gravy <b>Funky Fruit Friday</b> Water
	<b>Mid-afternoon snack</b> <span style="color: red; font-weight: bold;">10%</span>	<p style="text-align: center;"><b>Wizards:</b> 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.  <b>Elves:</b> Toddlers are offered a snack when they wake from their sleep. Crackers, Breadsticks, Fruit, Yoghurt etc may be offered.  <b>Pixies:</b> Our babies receive snacks according to their individual needs and requirements.                      Snacks are served with milk or water.</p>				
	<b>Tea</b> <span style="color: red; font-weight: bold;">20%</span>	<u><i>Wizards, Elves and Pixies</i></u> <b>Pasta Aglio Olio</b> Broccoli Corn on the Cob Garlic Bread Side Salad <b>Yoghurt</b> Water	<u><i>Wizards, Elves and Pixies</i></u> <b>Salmon Fried Rice</b> Vegetable and Tomato Sauce Wholemeal Pitta Bread Side Salad <b>Apple Slices</b> Water	<u><i>Wizards, Elves and Pixies</i></u> <b>Tomato Pasta Bake</b> Green Beans Garlic Bread Side of Cheese <b>Bananas</b> Water	<u><i>Wizards, Elves and Pixies</i></u> <b>Self-Filled Rolls</b> With cheese, chicken, and egg mayo Baby Roast Potatoes Side Salad <b>Watermelon</b> Water	<u><i>Wizards, Elves and Pixies</i></u> <b>Fish Cakes</b> Sweet Potato Wedges Broccoli Side Salad <b>Funky Fruit Friday</b> 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.