

Spring Week 4

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

Week 4/6

	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	Breakfast 20%	Breakfast Buffet A selection of unsweetened, fortified breakfast cereals are offered. Egg (boiled or scrambled) Fruit Selection Toast Variety Water and Milk				
	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><i>Wizards, Elves and Pixies</i></u> BBQ Chicken Drumsticks Baby New Potatoes Broccoli Corn on the Cob Side Salad Yoghurt and Fruit Water	<u><i>Wizards, Elves and Pixies</i></u> Butternut and Chickpea Stew Rice Green Beans Roti Side Salad Watermelon and Orange Wedges Water	<u><i>Wizards, Elves and Pixies</i></u> Guyanese Chicken Curry Rice Bakes Side Salad Bananas and Sultanas Water	<u><i>Wizards, Elves and Pixies</i></u> Vegan Meatballs Pasta Broccoli Garlic Bread Side Salad Fruit Bowl Water	<u><i>Wizards, Elves and Pixies</i></u> Chicken Casserole Broccoli Crusty Bread 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 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><i>Wizards, Elves and Pixies</i></u> Tomato Pasta Bake Garlic Bread Side Salad Melon and Sultanas Water	<u><i>Wizards, Elves and Pixies</i></u> Battered Fish Wedges Peas Side Salad Pancakes and Grapes (Pixies – No Pancakes) Water	<u><i>Wizards, Elves and Pixies</i></u> Chicken and Vegetable Rice Corn on the Cob Side Salad Yoghurt Water	<u><i>Wizards, Elves and Pixies</i></u> Fish Cake Mashed Potato Peas Herb Tomato Sauce Side Salad Grapes and Sultanas Water	<u><i>Wizards, Elves and Pixies</i></u> Sausages (Veggie) Herby Baby Potatoes Baked Beans Side Salad Cheese & Pineapple 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.