

## Spring Week 6

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

Week 6/6

	Monday	Tuesday	Wednesday	Thursday	Friday	
Each meal is planned to provide a percentage of a child's daily nutritional requirements which is shown in <b>red</b> under the meal type. For children attending Full Time this equates to <b>90%</b> of their recommended daily nutritional requirements	<b>Breakfast</b> <span style="color: red; font-weight: bold;">20%</span>	<b>Breakfast Buffet</b> A selection of unsweetened, fortified breakfast cereals are offered. Egg (boiled or scrambled) Fruit Selection Toast Variety Water and Milk				
	<b>Mid-morning snack</b> <span style="color: red; font-weight: bold;">10%</span>	<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.				
	<b>Lunch</b> <span style="color: red; font-weight: bold;">30%</span>	<u><i>Wizards, Elves and Pixies</i></u> <b>Scampi</b> (Pixies: Poached Basa) Mint Buttered New Potatoes Peas Side Salad  <b>Grapes and Watermelon</b>  Water	<u><i>Wizards, Elves and Pixies</i></u> <b>Chickpea and Squash</b> <b>Coconut Curry</b> Rice Naan Bread Poppadums Side Salad  <b>Fruit Bowl</b>  Water	<u><i>Wizards, Elves and Pixies</i></u> <b>Penne Ragu Alforno</b> <b>Garlic Bread</b> Peas Side Salad  <b>Watermelon</b>  Water	<u><i>Wizards, Elves and Pixies</i></u> <b>Caribbean Fruity Curry</b> Corn on the Cob Rice Side Salad  <b>Fruit Cups</b> (Pixies – No Cups)  Water	<u><i>Wizards, Elves and Pixies</i></u> <b>Veggie Meatballs Sliders</b> Rosemary Buttered Potatoes Peas Side Salad <b>Funky Fruit Friday</b>  Water
	<b>Mid-afternoon snack</b> <span style="color: red; font-weight: bold;">10%</span>	<b>Wizards:</b> 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. <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.				
	<b>Tea</b> <span style="color: red; font-weight: bold;">20%</span>	<u><i>Wizards, Elves and Pixies</i></u> <b>Spaghetti Hoops</b> Bread Rolls with Vegan Spread Side of Cheese (Violife) Side Salad  <b>Bananas and Sultanas</b>  Water	<u><i>Wizards, Elves and Pixies</i></u> <b>Fish Cakes</b> Broccoli Carrot Batons Side Salad  <b>Satsumas</b>  Water	<u><i>Wizards, Elves and Pixies</i></u> <b>Salmon Fried Rice</b> Prawn Crackers Side Salad  <b>Fruit Platter</b>  Water	<u><i>Wizards, Elves and Pixies</i></u> <b>Veggie Sausages</b> Mashed Potato Peas Tomato Sauce Side Salad  <b>Bananas</b>  Water	<u><i>Wizards, Elves and Pixies</i></u> <b>Pasta Piscelli</b> Crusty Bread Sweetcorn 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.