## **Spring Week 6**

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

Breakfast 20%  Breakfast 20%  Breakfast 20%  Breakfast Buffet A selection of unsweetened, Egg (boiled or scrambler) Fruit Selection Toast Variety Water and Milk  Breakfast coreals are offered.  Breakfast coreals are offered as side so a piece of fruit from the shop. Water and milk is available on demand.  Breakfast Core presented with social sopid their appetites for lunch, however, children who are hungry will alw stands core of their individual needs and requirements.  Breakfast Core presented with snacks according to their individual needs and requirements.  Breakfast Core presented with snacks according to their individual needs and requirements.  Breakfast Core of their nutritional needs are dequirements.  Breakfast Core of their nutritiona	
A selection of unsweetened, fortified breakfast cereals are offered.  Egg (boiled or scrambled) Fruit Selection Toast Variety Water and Milk  Mid-morning snack 10%  Mid-after nooh Snack 10%  Mizards, Elves and Pixies Chickpea and Squash Rice Peas Side Salad Side	
Figs (boiled or scrambled) Fruit Selection  Toast Variety Water and Milk  Mid-morning snack  10%  Mid-morning snack  10%  Mizards: Our preschool children help themselves to a piece of fruit from the shop. Water and milk is available on demand.  Pixies: Babies are provided with snacks according to their individual needs and requirements.  Lunch 30%  Mixards, Elves and Pixies Scampi (Pixies: Poached Basa) Mint Buttered New Potatoes Peas Nana Bread Side Salad  Mater  Mid-afternoon snack 10%  Mid-afterno	
Mid-morning snack  10%  Mid-morning snack  10%  Mizards: 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 alw 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.    Mid-morning snack   10%	
Mid-morning snack 10%  Lunch 30%  Mid-morning snack 10%  Mizards, Elves and Pixies Scampi (Pixies: Babies are provided with snacks according to their individual needs and requirements.  Mizards, Elves and Pixies Chickpea and Squash Coconut Curry Garlic Bread Side Salad Side S	
Mid-morning snack 10%    Substitute   Substi	
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 alwasnack 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.  Wizards, Elves and Pixies  Scampi (Pixies: Poached Basa) Mint Buttered New Potatoes Peas Side Salad Watermelon Fruit Bowl Water  Water  Wizards, Elves and Pixies Peas Side Salad Side Sa	
snack to ensure that they remain content and to ensure that their nutritional needs are met.  10%  10%  10%  10%  10%  10%  10%  10	vays receive a
Pixies: Babies are provided with snacks according to their individual needs and requirements.  Lunch 30%  Lunch 30%  Wizards, Elves and Pixies Scampi (Pixies: Poached Basa) Mint Buttered New Potatoes Peas Side Salad Poppadums Side Salad Poppadums Side Salad Watermelon Fruit Cups (Pixies - No Cups) Wizards, Elves and Pixies Peas Side Salad Poppadums Side Salad Watermelon Water  Witards, Elves and Pixies Peas Naan Bread Side Salad Watermelon Fruit Cups (Pixies - No Cups) 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 who 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. Sancks are served with milk or water.  Wizards, Elves and Pixies Veggie Meatba Rosemary Butter Water Water Water Water Water Water Water 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 who 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. Sancks are served with milk or water.  Tea Wizards, Elves and Pixies Veggie Sausages Pasta Pis	
Lunch 30%  Rice 30c  Peas 3cide Salad	
Scampi (Pixies: Poached Basa) Mint Buttered New Potatoes Peas Naan Bread Side Salad Salad Side Salad Side Salad Side Salad Sa	
Coconut Curry   Garlic Bread   Corn on the Cob   Rosemary Butter	
Mint Buttered New Potatoes Peas Peas Naan Bread Side Salad Watermelon Fruit Cups (Pixies – No Cups) Water Water  Water  Mid-afternoon snack 10% Side Salad Watermelon Fruit Bowl Water  Water  Water  Water  Water  Water  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 when 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 Wizards, Elves and Pixies Spaghetti Hoops Fish Cakes Salmon Fried Rice Veggie Sausages Pasta Pis	ed Potatoes
Peas Side Salad Poppadums Side Salad Watermelon Fruit Cups (Pixies – No Cups) Water  Water  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 who 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  Wizards, Elves and Pixies Spaghetti Hoops Fish Cakes Salmon Fried Rice Veggie Sausages Pasta Pis	
Side Salad  Side Salad  Poppadums Side Salad  Watermelon  Fruit Cups (Pixies – No Cups)  Water  Water  Water  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 who 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  Wizards, Elves and Pixies Spaghetti Hoops  Funky Fruit  Water  Water  Water  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 who 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  Wizards, Elves and Pixies Spaghetti Hoops  Fish Cakes Salmon Fried Rice Veggie Sausages Pasta Pis	
Grapes and Watermelon  Water  Water  Water  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 who serve for themselves from a cauldron into a glass. The Cauldron Café is open from 1:00pm to 1:30pm daily.  Blves: 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  Wizards, Elves and Pixies  Spaghetti Hoops  Fish Cakes  Salmon Fried Rice  Water	Friday
Water  Water  Water  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 who 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  Wizards, Elves and Pixies  Spaghetti Hoops  Fish Cakes  Salmon Fried Rice  Water  Wizards, Elves and Fruit concoction who 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.  Snacks are served with milk or water.  Veggie Sausages  Pasta Pis	
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Bread Rolls with Vegan Broccoli Prawn Crackers Mashed Potato Crusty Br	read
চু পু ত Spread Carrot Batons Side Salad Peas Sweetco	orn
Side of Cheese (Violife) Side Salad Tomato Sauce Side Sal	lad
Side Salad Fruit Platter Side Salad	
Bread Rolls with Vegan Spread Side of Cheese (Violife) Side Salad Side Salad Side Salad Satsumas  Broccoli Prawn Crackers Side Salad Peas Tomato Sauce Side Salad Fruit Platter Side Salad Funky Fruit	Friday
Bananas and Sultanas Water Bananas	
Water Wate	
Water	r

**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.