

## Winter Week 6

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

Ref: W06

	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 (including wholemeal), Cheese, Water and Milk				
		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>	<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 Served with water</b>  <span style="color: red; font-weight: bold;">30%</span>	<u>Wizards, Elves and Pixies</u> <b>Chicken Cacciatore or Tofu Cacciatore</b> Garlic Butter Baby Potatoes Corn on the Cob Side Salad (Side of Plain Pasta and Plain Rice)  Fruit Bowl (Citrus, Apples and Plums)	<u>Wizards, Elves and Pixies</u> <b>Moroccan Chicken Thighs</b> Herb Cous-cous Carrots Gravy Roti (Side of Plain Pasta and Plain Rice)  Oranges and Grapes	<u>Wizards, Elves and Pixies</u> <b>Pasta Marinara</b> Corn on the Cob Side of cheese Salad (Side of Plain Pasta and Plain Rice)  Pear and Sultanas	<u>Wizards, Elves and Pixies</u> <b>Guyanese Chicken and Potato Curry or Chickpea and Potato Curry</b> Peas and Rice Chapatti Side Salad (Side of Plain Pasta and Plain Rice)  Yoghurt	<u>Wizards, Elves and Pixies</u> <b>Meatballs in Tomato Sauce Including Vegan Meatballs</b> Roast Potatoes Broccoli Side Salad (Side of Plain Pasta and Plain Rice)  Funky Fruit Friday
	<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 (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.				
<b>Tea Served with water</b>  <span style="color: red; font-weight: bold;">20%</span>	<u>Wizards, Elves and Pixies</u> <b>Vegetable Fried Rice</b> Tomato and Herb Sauce Pitta Bread Side Salad (Side of Plain Pasta and Plain Rice)  Apple Slices	<u>Wizards, Elves and Pixies</u> <b>Pasta Aglio Olio</b> Broccoli Corn on the Cob Garlic Bread Side Salad (Side of Plain Pasta and Plain Rice)  Bananas	<u>Wizards, Elves and Pixies</u> <b>Jerk Chicken</b> <b>Italian Butterbean (V)</b> Rice Side Salad (Side of Plain Pasta and Plain Rice)  Watermelon	<u>Wizards, Elves and Pixies</u> <b>Warm Traffic Light Pasta (Peas, Sweetcorn, Carrot and Red Pepper)</b> Tortilla Triangles Side of Cheese Side Salad (Side of Plain Pasta and Plain Rice)  Yoghurt	<u>Wizards, Elves</u> <b>Chicken &amp; Tomato Pasta</b> Side salad (Side of Plain Pasta and Plain Rice) <u>Pixies</u>  Funky Fruit Friday	

**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.