

Spring Week 1

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

Week 1/6

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

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 20%	<p align="center">Breakfast Buffet</p> <p align="center">A selection of unsweetened, fortified breakfast cereals are offered. Egg (boiled or scrambled) Fruit Selection Toast Variety Water and Milk</p>				
Mid-morning snack 10%	<p align="center">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.</p>				
Lunch 30%	<p><u><i>Wizards, Elves and Pixies</i></u> Thai Inspired Chicken Curry Rice Broccoli Spears Prawn Crackers Side Salad Strawberries & Bananas Water</p>	<p><u><i>Wizards, Elves and Pixies</i></u> Vegetable Fingers Garlic and Rosemary Buttered New Potatoes Peas Salad Garnish Watermelon Water</p>	<p><u><i>Wizards, Elves and Pixies</i></u> Veggie Meatballs in Tomato Sauce Pasta, Garlic Bread Cheese, Salad Fruit Bowl Citrus, Apples, Plums Water</p>	<p><u><i>Wizards, Elves and Pixies</i></u> Butternut and Chickpea Stew Rice, Broccoli Roti Fruit Cups (no cups in Pixies) Filled with Strawberries, grapes and blueberries Water</p>	<p><u><i>Wizards, Elves and Pixies</i></u> Garlic Spaghetti with Salmon Green Beans Garlic Bread Side Salad Funky Fruit Friday Water</p>
Mid-afternoon snack 10%	<p>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.</p>				
Tea 20%	<p><u><i>Wizards and Elves</i></u> Self-Made Fish Finger Sandwiches or Rolls Side Salad Tomato Ketchup <u><i>Pixies</i></u> Fish Fingers, New Potatoes, and Broccoli with a Tomato and Herb Sauce Melon Medley Water</p>	<p><u><i>Wizards, Elves and Pixies</i></u> Masala Pasta Corn on the Cob Salad Pineapple and Sultanas Water</p>	<p><u><i>Wizards, Elves and Pixies</i></u> Pitta Bread Pizzas Salad Carrot Batons <u><i>Pixies</i></u> Salmon and Vegetable Rice Plum and Grape Salad Water</p>	<p><u><i>Wizards, Elves and Pixies</i></u> Vegetarian Sausages Mashed Potato Corn on the Cob Yoghurts Water</p>	<p><u><i>Wizards, Elves and Pixies</i></u> Fish Cakes Herby Wedges Buttered Peas Tomato Sauce Funky Fruit Friday Water</p>

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.