

Winter Week 2

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

Ref: W02

	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 Buffet A selection of unsweetened, fortified breakfast cereals are offered Egg (boiled or scrambled), Fruit Selection, Toast Variety (including wholemeal), Cheese, Water and Milk					
	Breakfast 20%	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
	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> Chana Masala Rice Corn on Cob Roti Salad (Side of Plain Pasta and Plain Rice) Sultanas and Grapes	<u><i>Wizards, Elves and Pixies</i></u> Chicken Drumsticks Jollof Rice Broccoli Pitta Bread Side Salad (Side of Plain Pasta and Plain Rice) Bananas	<u><i>Wizards, Elves and Pixies</i></u> Meatball Pie Baby Potatoes Green Beans Side Salad (Side of Plain Pasta and Plain Rice) Fruit Bowl (Citrus, Apples and Plums)	<u><i>Wizards, Elves and Pixies</i></u> Jamaican Brown Stew Chicken or Stew Tofu Rice Carrots Salad (Side of Plain Pasta and Plain Rice) Pear Fingers	<u><i>Wizards, Elves and Pixies</i></u> Spatchcock Chicken Roast Potatoes Yorkshire Pudding Peas Gravy (Side of Plain Pasta and Plain Rice) Funky Fruit Friday
	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 (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. 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> Chicken Kiev and Vegan Kiev Baby Potatoes Peas Side Salad (Side of Plain Pasta and Plain Rice) Yoghurt or Dairy Free Yoghurt	<u><i>Wizards, Elves and Pixies</i></u> Perfect Penne Piselli Corn on the Cob Garlic Bread Salad (Side of Plain Pasta and Plain Rice) Watermelon	<u><i>Wizards, Elves and Pixies</i></u> Hidden Bean Pasta Bread Rolls Side of Dairy Cheese or Violife Side Salad (Side of Plain Pasta and Plain Rice) Bananas	<u><i>Wizards, Elves and Pixies</i></u> Jacket Potatoes Baked Beans Side of Dairy Cheese or Violife Side Salad (Side of Plain Pasta and Plain Rice) Yoghurt	<u><i>Wizards, Elves and Pixies</i></u> Margarita Pizza Broccoli Garlic Bread Side Salad (Side of Plain Pasta and Plain Rice) 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.