

## Winter Week 4

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

Ref: W04

	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	<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					
	<b>Breakfast</b> <span style="color: red; font-weight: bold;">20%</span>	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</b> <span style="color: red; font-weight: bold;">30%</span>	<u><i>Wizards, Elves and Pixies</i></u> Butternut and chickpea Stew Rice Green Beans Roti Side Salad (Side of Plain Pasta and Plain Rice)  Pear and Sultanas	<u><i>Wizards, Elves and Pixies</i></u> Roasted Meatballs or Vegan Meatballs Mashed Potatoes Julienne Carrot Tomato and Herb Sauce Side Salad (Side of Plain Pasta and Plain Rice)  Sultanas and Grapes	<u><i>Wizards, Elves and Pixies</i></u> Vegetarian Supper Special (Mixed vegetables in pastry) Baby Potatoes Peas Salad (Side of Plain Pasta and Plain Rice)  Yoghurt	<u><i>Wizards, Elves and Pixies</i></u> Chicken and Vegetable Stew or Butter Bean Stew Broccoli Crusty Bread Butter (Side of Plain Pasta and Plain Rice)  Fruit Bowl (Citrus, Apples and Plums)	<u><i>Wizards, Elves and Pixies</i></u> Roast Chicken Dinner Roast Potatoes Yorkshire Pudding Peas Gravy (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</b> <span style="color: red; font-weight: bold;">20%</span>	<u><i>Wizards, Elves and Pixies</i></u> Fish Cakes or Veggie Fingers Sweet Potato Wedges Broccoli Side Salad (Side of Plain Pasta and Plain Rice)  Yoghurt	<u><i>Wizards, Elves and Pixies</i></u> Pasta Aglio Olio Broccoli Garlic Bread Side Salad (Side of Plain Pasta and Plain Rice)  Apple Slice	<u><i>Wizards, Elves and Pixies</i></u> Tomato Pasta Bake Green Beans Garlic Bread Side of Cheese (Side of Plain Pasta and Plain Rice)  Bananas	<u><i>Wizards, Elves and Pixies</i></u> Jacket Potatoes With cheese, baked beans, and egg mayo Corn on the Cob Side Salad (Side of Plain Pasta and Plain Rice)  Watermelon	<u><i>Wizards, Elves and Pixies</i></u> Salmon & Vegetable Fried Rice Vegetable and Tomato Sauce Wholemeal Pitta 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.