

Spring Week 5

BHF and HM Government Voluntary Food and Drink Guidelines for Early Years Setting have guided our practice since 2018.

Week 5/6

	Monday	Tuesday	Wednesday	Thursday	Friday	
<p>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</p>	<p>Breakfast Buffet</p> <p>A selection of unsweetened, fortified breakfast cereals are offered.</p> <p>Egg (boiled or scrambled)</p> <p>Fruit Selection</p> <p>Toast Variety</p> <p>Water and Milk</p>					
	<p>Breakfast</p> <p>20%</p> <p>Service times: Wizards 8:00 – 8:45am Elves: 8:00 – 9:15am Pixies: 8:00am – 9:15am</p>	<p>Wizards: Our preschool children help themselves to a piece of fruit from the shop. Water and milk is available on demand.</p> <p>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.</p> <p>Pixies: Babies are provided with snacks according to their individual needs and requirements.</p>				
	<p>Mid-morning snack</p> <p>10%</p>					
	<p>Lunch</p> <p>30%</p> <p>Service times: Wizards: 8:00 – 8:45am Elves: 8:00 – 9:15am Pixies: 8:00am – 9:15am</p>	<p><u>Wizards, Elves and Pixies</u></p> <p>Butternut and Chickpea Stew</p> <p>Broccoli</p> <p>Rice</p> <p>Roti</p> <p>Side Salad</p> <p>Melon Medley</p> <p>Water</p>	<p><u>Wizards, Elves and Pixies</u></p> <p>Bajan Chicken Curry</p> <p>Green Beans</p> <p>Rice</p> <p>Roti</p> <p>Side Salad</p> <p>Yoghurt</p> <p>Water</p>	<p><u>Wizards, Elves and Pixies</u></p> <p>Meatballs in Tomato Sauce</p> <p>Pasta</p> <p>Broccoli</p> <p>Side Salad</p> <p>Apple and Yoghurt (Pixies – Yoghurt)</p> <p>Water</p>	<p><u>Wizards, Elves and Pixies</u></p> <p>Honey and Ginger Chicken</p> <p>Corn on the Cob</p> <p>Rice</p> <p>Salad Garnish</p> <p>Side Salad</p> <p>Melon Medley</p> <p>Water</p>	<p><u>Wizards, Elves and Pixies</u></p> <p>Salmon Wellington</p> <p>Buttered New Potatoes</p> <p>Broccoli</p> <p>Side Salad</p> <p>Funky Fruit Friday</p> <p>Water</p>
	<p>Mid-afternoon snack</p> <p>10%</p>	<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.</p> <p>Elves: Toddlers are offered a snack when they wake from their sleep. Crackers, Breadsticks, Fruit, Yoghurt etc may be offered.</p> <p>Pixies: Our babies receive snacks according to their individual needs and requirements.</p> <p>Snacks are served with milk or water.</p>				
<p>Tea</p> <p>20%</p> <p>Service times: All rooms: 4:00pm</p>	<p><u>Wizards, Elves and Pixies</u></p> <p>Scampi</p> <p>Wedges</p> <p>Peas</p> <p>Side Salad</p> <p><u>Pixies</u></p> <p>Coconut Cod with Rice</p> <p>Pancake and Banana (Pixies – No pancake)</p> <p>Water</p>	<p><u>Wizards, Elves and Pixies</u></p> <p>Spaghetti Hoops</p> <p>Crusty Bread</p> <p>Cheese</p> <p>Side Salad</p> <p>Grapes and Sultanas</p> <p>Water</p>	<p><u>Wizards, Elves and Pixies</u></p> <p>Salmon & Broccoli Rice</p> <p>Herb Tomato Sauce</p> <p>Side Salad</p> <p>Bananas</p> <p>Water</p>	<p><u>Wizards, Elves and Pixies</u></p> <p>Fish Cakes</p> <p>Wedges</p> <p>Peas</p> <p>Herb and Tomato Sauce</p> <p>Side Salad</p> <p>Pineapple and Red Grapes</p> <p>Water</p>	<p><u>Wizards, Elves and Pixies</u></p> <p>Chicken Nuggets</p> <p>Garlic Wedges</p> <p>Peas</p> <p>Side Salad</p> <p>Funky Fruit Friday</p> <p>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.