

## Winter Week 3

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

Ref: W03

|   | 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</b><br><b style="color: red;">20%</b>  |  |  |   |   |  |
|   | <b>Breakfast Buffet</b><br>A selection of unsweetened, fortified breakfast cereals are offered<br>Egg (boiled or scrambled), Fruit Selection, Toast Variety (including wholemeal), Cheese, Water and Milk   |  |  |   |   |  |
|   | Wizards: Fruit Bowl<br>Elves & Pixies:<br>Banana, Strawberry and Blueberries  | All Rooms:<br>Strawberry, Orange, Watermelon, and Grape Platter  | All Rooms:<br>Orange, Watermelon, Pineapple, Grape Platter   | All Rooms:<br>Orange, Honeydew, Cucumber, and Strawberry Platter  | All Rooms:<br>Funky Fruit Mixed Platter |  |
|   | <b>Mid-morning snack</b><br><b style="color: red;">10%</b>  |  |  |   |   |  |
|   | <b>Wizards:</b> Our preschool children help themselves to a piece of fruit from the shop. Water and milk is available on demand.<br><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.<br><b>Pixies:</b> Babies are provided with snacks according to their individual needs and requirements. |  |  |   |   |  |
| <b>Lunch Served with water</b><br><b style="color: red;">30%</b>  |   |  |  |   |   |  |
| <u>Wizards, Elves and Pixies</u><br>Spaghetti Bolognese (Penne in Baby & Toddler Rooms)<br>Corn on the Cob<br>Garlic Bread<br>Side Salad<br>(Side of Plain Pasta and Plain Rice)<br>Fruit Bowl (Citrus, Apples and Plums)   | <u>Wizards, Elves and Pixies</u><br>Malaysian Inspired Chicken or Malaysian Inspired Tofu<br>Rice<br>Carrots<br>Flatbread<br>(Side of Plain Pasta and Plain Rice)<br>Oranges and Grapes   | <u>Wizards, Elves and Pixies</u><br>Cottage Pie<br>Peas<br>Side of cheese<br>Salad<br>(Side of Plain Pasta and Plain Rice)<br>Yoghurt                  | <u>Wizards, Elves and Pixies</u><br>Creamy Cumin Chicken Or Creamy Cumin Tofu<br>Peas and Rice<br>Chapatti<br>Side Salad<br>(Side of Plain Pasta and Plain Rice)<br>Pear and Sultanas                          | <u>Wizards, Elves and Pixies</u><br>Roast Beef<br>Roast Potatoes<br>Yorkshire Pudding<br>Peas<br>Side Salad<br>(Side of Plain Pasta and Plain Rice)<br>Funky Fruit Friday |   |  |
| <b>Mid-afternoon snack</b><br><b style="color: red;">10%</b>  |   |  |  |   |   |  |
| <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.<br><b>Elves:</b> Toddlers are offered a snack when they wake from their sleep. Crackers, Breadsticks, Fruit, Yoghurt etc may be offered.<br><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><br><b style="color: red;">20%</b>  |   |  |  |   |   |  |
| <u>Wizards, Elves and Pixies</u><br>Vegetable Fried Rice<br>Tomato and Herb Sauce<br>Pitta Bread<br>Side Salad<br>(Side of Plain Pasta and Plain Rice)<br>Apple Slices  | <u>Wizards, Elves and Pixies</u><br>Pasta Aglio Olio<br>Broccoli<br>Corn on the Cob<br>Garlic Bread<br>Side Salad<br>(Side of Plain Pasta and Plain Rice)<br>Bananas  | <u>Wizards, Elves and Pixies</u><br>Jerk Chicken<br>Italian Butterbean (V)<br>Rice<br>Side Salad<br>(Side of Plain Pasta and Plain Rice)<br>Watermelon | <u>Wizards, Elves and Pixies</u><br>Warm Traffic Light Pasta (Peas, Sweetcorn, Carrot and Red Pepper)<br>Tortilla Triangles<br>Side of Cheese<br>Side Salad<br>(Side of Plain Pasta and Plain Rice)<br>Yoghurt | <u>Wizards, Elves</u><br>Peas Pisceli<br>Garlic Bread<br>Side Salad<br>(Side of Plain Pasta and Plain Rice)<br><u>Pixies</u><br>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.