

Spring Week 2

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

Week 2/6

	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 20%	<u>Breakfast Buffet</u> A selection of unsweetened, fortified breakfast cereals are offered. Egg (boiled or scrambled) Fruit Selection Toast Variety Water and Milk				
	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> Sri Lankan Inspired Chicken and Coconut Curry Rice Naan Bread Broccoli Spears Side Salad Strawberries & Yoghurt Cups (No cups in Pixies) Water	<u><i>Wizards, Elves and Pixies</i></u> Masala Pasta Garlic Bread Green Beans Side Salad Fruit Bowl Plums, Apples and Citrus Water	<u><i>Wizards, Elves and Pixies</i></u> Roasted Vegetarian Meatballs in Tomato Sauce Croquette Potatoes Corn on the Cob Side Salad Light Madeira Cake (Pixies – Watermelon) Water	<u><i>Wizards and Elves</i></u> Scampi Lemon Buttered Potatoes Peas Side Salad <u><i>Pixies</i></u> Poached Salmon Pancake and Plums No pancakes in Pixies Water	<u><i>Wizards, Elves and Pixies</i></u> West Indian Chicken Curry Rice Corn on the Cob Roti Side Salad Funky Fruit Friday Water
	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 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> Pasta Piselli Garlic Flatbread Side of Cheese Side Salad Melon Medley Water	<u><i>Wizards, Elves and Pixies</i></u> Fish Fingers Herby Wedges Buttered Peas Side Salad Tomato Sauce Pear and Grapes Water	<u><i>Wizards, Elves and Pixies</i></u> Roast Turkey Roasted Rosemary Potatoes Carrot and Broccoli Side Salad Banana and Sultanas Water	<u><i>Wizards, Elves and Pixies</i></u> Tomato and Basil pasta Corn on cob Side Salad Fruit Cake (Pixies – Strawberries) Water	<u><i>Wizards, Elves and Pixies</i></u> Salmon and Broccoli Rice Prawn Crackers Side Salad Funky Fruit Friday Water

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.