

## FOOD AND DRINKS



Carol, Olivia and Richard, our Nursery Cooks, highly recommend their freshly made, nutritionally balanced and culturally varied meals and snacks. See below their current menu.

All meals are served with fresh water and children serve themselves at mealtimes, with our assistance.

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week 1</b>	Spaghetti Bolognaise  Carrot Cake	Lamb Stew with Herb Dumplings  Fresh Fruit Puree Natural Yoghurt	Kedgerree  Apple & Pear Crumble with Custard	Roast Chicken Roast Potatoes Vegetables Stuffing & Gravy  Peaches & Cream	Jacket potatoes with Cheese and Baked Beans  Ice cream Cones
<b>Week 2</b>	Cauliflower & Broccoli Cheesy Bake  Fruit Flan	Shepherd's Pie Vegetables & Gravy  Apple Cake	BBQ Chicken Potatoes & Vegetables  Fresh Fruit Puree Natural Yoghurt	Chilli Con Carne with Rice  Raspberry & lemon sauce pudding	Fish Pie Peas & Sweetcorn  Rice Pudding
<b>Week 3</b>	Homemade Pizza & Potato Wedges with Eastern Promise Salad  Fresh Fruit Salad	Chicken Korma & Rice  Trifle	Tuna Pasta Bake Salad & Cheese  Chocolate Pudding with Chocolate Sauce	Beef Casserole Potatoes & Vegetables  Ice cream	Lasagne Garlic Bread Salad  Fresh Fruit Puree with Yoghurt

### Refreshments & Snacks

All children will be offered a selection of 5 or more pieces of fresh fruits every day. These will vary according to fruits in season:- Apples, Pears, Peaches, Bananas, Strawberries, Kiwi, Clementines, Grapes, Melon, Pineapple, Berry Fruits

Twice a week the children will have one of the following, homemade snacks:- Cheese Straws, Biscuits, Flapjacks, Fruit buns.

Some mornings the children will have dried fruits to try, such as:- Apricots, Raisins, Sultanas, Apple Rings, Prunes.

Children will also be given the opportunity to make and drink their own fruit smoothies.

Children are encouraged to help themselves to water.



## If you prefer to send in a lunch box.....



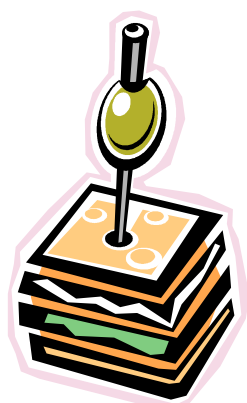
We have been looking into the difficult and sensitive area of packed lunches for children attending the nursery. It has become rather worrying to see the low nutritional content of some of the lunch boxes brought in everyday. After gathering information from many areas, including Nursery groups across the country, we have put together the following information.

## The Lunch Box Check List

The ideal, nutritionally balanced, lunch box will include the following food from each of these main food groups:

- Bread/cereal (starches/carbohydrates)
- Fruit
- Vegetable
- Meat or meat alternative (proteins)
- Calcium rich foods

Don't worry about sending in a drink..... to avoid nasty leakages we will provide fresh water.



Here are a few ideas which would cover all these elements:

- Sandwiches, rolls, pitta, rolled up tortillas, bagels, filled with:
  - ✓ Grated Cheese
  - ✓ Tuna & Sweetcorn
  - ✓ Sardines
  - ✓ Cooked Chicken
  - ✓ Egg Mayonnaise
  - ✓ Hummus and Grated Carrot

All fillings to include salad, if possible.

In line with the snacks we offer to children during the day it would be especially good if the bread could be wholemeal.

Lunchboxes are stored in a cool area of the nursery but if the contents require lower temperatures we recommend lunchbox ice packs which are generally available in supermarkets.