

Little Troopers Day Nursery Weekly Refreshment

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
BREAKFAST A selection of wholegrain and low sugar cereals (wheat biscuits, dried fruit and flake mix, porridge) wholemeal toast with sugar free jams, margarine or marmite						
Organic Milk Provision offered by age: 10-11 months – Formula milk (or mother's own expressed milk), 12mth-2 years whole cow's milk, 2yrs +plus semi skimmed milk (alternative milks offered goat's milk or soya milk)						
MORNING SNACK	Food	Banana and mango slices with apple rice cakes*. Main ingredients: Banana, mango, apple rice cakes [pear & apple juice concentrate, whole grain brown and white rice]. (G)	Banana and apple slices with cream crackers*. Main ingredients: banana, apple, cream crackers: [wheat flour and sunflower oil]. (G, WH)	Banana and kiwi slices with raspberry and blueberry rice cakes*. Main ingredients: banana, kiwi, rice cakes: [white and wholegrain brown rice , raspberry, blueberry]. (G)	Banana and pear slices with cream crackers*. Main ingredients: pear, banana, cream crackers: [wheat flour and sunflower oil]. (G, WH)	Banana and orange slices with apple rice cakes*. Main ingredients: Banana, orange, rice cakes: [pear & apple juice concentrate, whole grain brown and white rice]. (G)
	Drink	Organic Milk or water	Organic Milk or water	Organic Milk or water	Organic Milk or water	Organic Milk or water
LUNCH	Food	Oven baked tuna & leek fritters or Quorn nuggets* with mixed vegetable creamy hash. Main ingredients: Tuna, Quorn Nuggets [Mycoprotein™ (95%), Rehydrated free range egg white, wheat], potatoes, leeks, flour, cream , carrots, peas and broccoli. (F, G, DA, SY, LU, E, WH)	Four bean Mexican stew with brown rice*. Main ingredients: Red kidney beans, black turtle beans, haricot white beans, pinto beans, celery , carrots, onion, tomato, oregano, sweet paprika, garlic, maize oil and brown rice . (CE,G)	Beef or vegetable spaghetti bolognese with broccoli and garlic bread*. Main ingredients: lean minced beef (5%), onion, tomato, celery , carrots, garlic, dried herbs, Quorn mince* (vegetarian option), vegetable stock*, whole wheat pasta, whole meal flour , parsley, water, yeast. (CE, G, WH, E* in Quorn)	Chicken or cauliflower tikka masala with coconut rice and Coriander & garlic naan bread*. Main ingredients: chicken breast, cauliflower, coconut milk*, rice , carrots, butternut squash, milk, flour , garam masala powder*. (DA, G, WH)	Beef or Quorn* cottage pie with carrots and peas Main ingredients: lean minced beef (5%), potatoes , onion, garlic, dried herbs, carrots, tomatoes, peas, milk, Quorn mince vegetarian option) [Mycoprotein™ (95%), rehydrated free range egg white]. (G, DA, LU, SY,E* in Quorn)
	Drink	Water	Water	Water	Water	Water
SNACK	Food	Cream crackers* with cheese, tomato and apple slices. Main ingredients: tomatoes, apple, Cream Crackers [wheat flour, cow's milk], cheddar cheese . (DA, G, WH)	Carrot cake and oatmeal cookies with apple slices. Main ingredients: carrot, oats and apple, whole meal flour, egg . (G, DA, WH, E)	Crispbread* or rice cakes* with ricotta, strawberries & apple slices. Main ingredients: Ricotta cheese, milk , crispbread [rice flour , low salt], strawberries and apple. (G, DA)	Banana and blueberry whole meal muffins with apple. Main ingredients: banana, blueberries, apple, wholemeal flour, egg . (G, WH, E)	Rye crispbread* with cottage cheese, kiwi and apple. Main ingredients: cottage cheese , kiwi, apple and rye crisp bread [whole grain rye flour (98%), low salt], (G, DA, WH)
	Drink	Organic Milk or water	Organic Milk or water	Organic Milk or water	Organic Milk or water	Organic Milk or water
HIGH TEA	Food	Minestrone soup with cheesy wholemeal garlic bread. Main ingredients: Onion, carrots, peas, broccoli, cauliflower, vegetable stock* [celery , low salt], wholemeal flour , yeast, garlic, vegetable oil, parsley, water, parmigiana . (G, DA, WH, CE)	Wholemeal vegetable pizza with a fruit and vegetable platter. Main ingredients: Wholemeal flour , yeast, water, tomato, onion, garlic, oregano, cheddar cheese , melon, pineapple, strawberries, cucumber, carrot. (G, DA)	Tuna, houmous* or cheese filled wholemeal wraps* with a fruit and vegetable platter. Main ingredients: Tuna, cheddar cheese, houmous , wholemeal wraps* [wholemeal flour], melon, pineapple, strawberries, cucumber, carrot. (F, DA, G, WH)	Sweet potato and carrot soup with bread sticks*. Main ingredients: Sweet potato, carrots, onions, celery , vegetable stock* [celery , low salt], bread sticks* [wheat flour, olive oil, yeast, barley ,malt extract]. (G, WH, CE)	Wholemeal spinach and cheese potato cakes with cream cheese* and a fruit and vegetable platter. Main ingredients: Wholemeal flour, potato , spinach, cheese, cream cheese, egg , melon, pineapple, strawberries, cucumber, carrots. (G, E, SY, DA)
	Drink	Organic Milk or water	Organic Milk or water	Organic Milk or water	Organic Milk or water	Organic Milk or water
WATER	Water is freely available throughout the day.					
ORANGE GROUP	The weekly menu is adapted to meet the needs of our youngest children. Food will be mashed, chopped, cut into bite size pieces or sliced and consumption carefully supervised.					
ALLERGIES	Children with allergies and/or food intolerances are provided with a tailored version of the regular menu to suit their individual needs. Follow our allergen key which identifies known allergens: KEY: GLUTEN - G ALL SHELLFISH - SF EGG - E FISH - F TREE NUTS - N PEANUTS - PN SOYA - SY DAIRY - DA CELERY - CE MUSTARD - MU SESAME - SE SULPHITES - SU LUPIN - LU WHEAT-WH					
DIETARY REQUEST	Where a child has a dietary request such as 'no pork' or other meat, they will be offered vegetarian options at every meal.					
*SUPPLIER MADE PRODUCTS	Our chef prepares the majority of snacks and meals from fresh on site at our nursery. However, where an * appears, these are items that are supplier bought products and are not made on site at our nursery. Supplier bought product ingredients are always checked before use to ensure that there are no changes to the ingredients. A list of our supplier bought products, where they are sourced and their ingredients are held on file on site at our nursery. As these products are made off site we therefore cannot guarantee that they have not come into contact with known allergens where they have been produced. For reference, all supplier bought product packaging is kept for three days after use.					

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WEEK 2		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		BREAKFAST A selection of wholegrain and low sugar cereals (wheat biscuits, dried fruit and flake mix, porridge) wholemeal toast with sugar free jams, margarine or marmite Organic Milk Provision offered by age: 10-11 months – Formula milk (or mother’s own expressed milk), 12mth-2 years whole cow’s milk, 2yrs +plus semi skimmed milk (alternative milks offered goat’s milk or soya milk)				
MORNING SNACK	Food	Sliced banana and apple slices with cream crackers*. Main ingredients: Banana, apple, wheat flour , sunflower oil, barley , salt 0.1g per cracker. (G, WH)	Banana and kiwi slices with raspberry and blueberry rice cakes*. Main ingredients: banana, kiwi, wholegrain brown and white rice, raspberry, blueberry, vanilla extract. (G, WH)	Banana and orange slices with breadsticks*. Main ingredients: Banana, orange, wheat flour , olive oil, yeast, barley , salt. (G, WH)	Banana and mango slices with apple rice cakes*. Main ingredients: Banana, mango, and white rice . (G)	Banana and pear slices with cream crackers*. Main ingredients: Banana, pear, wheat flour , sunflower oil, barley , salt (0.1g per cracker). (G, WH)
	Drink	Organic Milk or water	Organic Milk or water	Organic Milk or water	Organic Milk or water	Organic Milk or water
LUNCH	Food	Linguine pasta* with buttery garlic courgettes, baby spinach, Red Leicester* cheese and steamed broccoli. Main ingredients: whole wheat pasta , spinach, courgettes, garlic, butter, cheese , broccoli. (DA, G, WH)	Beef or Quorn* stew, herb dumplings with mash potato and green beans. Main ingredients: Lean minced beef (5%), Quorn pieces [Mycoprotein™ (95%), Rehydrated Free Range Egg White,], onions, celery , carrots, onions, garlic, swede, turnip, flour , veg suet, potatoes, milk, green beans , vegetable stock. (G, DA, CE, LU, WH, E* in Quorn, CE* in vegetable stock)	Baked orzo pasta* with plum tomatoes and baby spinach and roasted carrots. Main ingredients: Orzo pasta , plum tomatoes, tomatoes, spinach, carrots, onions, garlic, feta cheese , oregano. (G, DA, WH)	Salmon or butternut squash carbonara. Main ingredients: Salmon , butternut squash, cream, pasta , garlic, leeks, carrots, spinach, courgettes, parmesan . (F, G, DA, WH)	Caramelized red onion and mushroom risotto* with peas and broccoli hash. Main ingredients: Rice, red onions, mushrooms, cream, cheese , garlic, shallots, peas , broccoli, vegetable stock (celery). (G, DA, LU, WH, C* in vegetable stock)
	Drink	Water	Water	Water	Water	Water
SNACK	Food	Banana & cinnamon whole meal muffins with apple slices. Main ingredients: Banana, cinnamon, whole meal flour, eggs , plum, water, vegetable oil. (G, DA, WH, E)	Crispbread* or rice cake*s with ricotta*, kiwi and apple slices. Main ingredients: Rice flour, maize flour , salt, sugar, white rice, ricotta* , apple, kiwi. (G, DA, WH)	Banana & Wheat biscuit* cookies with apple slices. Main ingredients: banana, apple, Wheat biscuits* , eggs , cinnamon. (WH, G, DA, E)	Rye crispbread* or rice cakes* with cottage cheese*, peach and apple slices. Main ingredients: Peach, apple, white rice, whole grain rye flour, maize flour , salt, sugar, cottage cheese . (G, DA, WH)	Date & oatmeal cookies with apple slices. Main ingredients: Dates, oats, whole meal flour, eggs , raisins, apple. (G, DA, WH, E)
	Drink	Organic Milk or water	Organic Milk or water	Organic Milk or water	Organic Milk or water	Organic Milk or water
HIGH TEA	Food	Wholewheat pitta bread* with tzatziki, houmous*, ham* and cheese* with a fruit & vegetable platter. Main ingredients: Whole wheat pitta bread, Greek yoghurt , cucumber, black pepper, houmous*, ham*, cheese* , cucumber, carrots, melon, pineapple, and strawberries. (DA, WH, G, LU)	Root Vegetable broth with whole meal bread*. Main ingredients: carrots, swede, celery , onion, parsnip, Whole meal bread*, vitalite spread* . (CE, G, WH)	Whole meal bread roll* with ham*, gouda*, guacamole and a fruit and vegetable platter. Main ingredients: whole meal bread roll* , ham*, gouda*, avocado, lime, olive oil, melon, pineapple, strawberries, cucumber, carrot, vitalite spread. (G, WH, DA)	Mixed vegetable soup with a homemade whole meal garlic and cheese flat bread. Main ingredients: onion, carrots, peas , broccoli, cauliflower, vegetable stock*, whole meal flour , yeast, garlic, vegetable oil, parsley, cheese . (G, WH, DA, LU, CE* in vegetable stock).	Wholemeal bread* sandwich selection with a fruit and vegetable platter. Main ingredients: bread*, tuna*, cheddar cheese*, cream cheese* , ham*, houmous*, melon, pineapple , strawberries, carrot and cucumber. (F, G, WH, DA,, LU)
	Drink	Organic Milk or water	Organic Milk or water	Organic Milk or water	Organic Milk or water	Organic Milk or water
WATER		Water is freely available throughout the day.				
ORANGE GROUP		The weekly menu is adapted to meet the needs of our youngest children. Food will be mashed, chopped, cut into bite size pieces or sliced and consumption carefully supervised.				
ALLERGIES		Children with allergies and/or food intolerances are provided with a tailored version of the regular menu to suit their individual needs. Follow our allergen key which identifies known allergens: KEY: GLUTEN - G ALL SHELLFISH - SF EGG –E FISH - F TREE NUTS – N PEANUTS – PN SOYA – SY DAIRY – DA CELERY – CE MUSTARD – MU SESAME – SE SULPHITES – SU LUPIN – LU WHEAT- WH				
DIETARY REQUEST		Where a child has a dietary request such as ‘no pork’ or other meat, they will be offered vegetarian options at every meal.				
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WEEK 3		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST A selection of wholegrain and low sugar cereals (wheat biscuits, dried fruit and flake mix, porridge) wholemeal toast with sugar free jams, margarine or marmite						
Milk Provision offered by age: 10-11 months – Formula milk (or mother's own expressed milk), 12mth-2 years whole cow's milk, 2yrs +plus semi skimmed milk (alternative milks offered goat's milk or soya milk)						
MORNING SNACK		Banana and orange slices with Breadsticks*. Main ingredients: Banana, orange, wheat flour , olive oil, yeast, barley , salt. (G, WH)	Banana and mango slices with apple rice cakes*. Main ingredients: Banana, mango, and white rice . (G)	Banana and apple slices with cream crackers*. Main ingredients: Banana, apple, wheat flour , sunflower oil, barley , salt 0.1g per cracker. (G, WH)	Banana and kiwi slices with raspberry and blueberry rice cakes*. Main ingredients: banana, kiwi, wholegrain brown and white rice , raspberry, blueberry, vanilla extract. (G, WH)	Banana and pear slices with cream crackers*. Main ingredients: Banana, pear, wheat flour , sunflower oil, barley , salt (0.1g per cracker). (G, WH)
	Drink	Milk or water	Milk or water	Milk or water	Milk or water	Milk or water
LUNCH	Food	One pot vegetarian stew with dumplings and green beans. Main ingredients: carrots, swede, onions, garlic, butternut squash, parsley, flour , vegetable suet*, green beans. (G, WH, LU)	Chicken or vegetable tagine with savory cous cous*. Main ingredients: chicken, onions, garlic, prunes, aubergines, pepper, carrots, sweetcorn, cous cous , ground mix spice*. (G, WH)	Tuna or mushroom in a ratatouille sauce with whole wheat spirelli pasta and peas. Main ingredients: Tuna , mushrooms, garlic, onions, tomatoes, peppers, courgetti, pasta, cheese, peas . (F, G, WH, DA, LU)	Beef or vegetable spaghetti* bolognese with broccoli and garlic bread. Main ingredients: Lean mince beef, (5%), onions, celery , carrots, garlic, dried herbs, tomatoes, (vegetarian option) Quorn mince* [Mycoprotein™ (92%), Rehydrated Free Range Egg White] , whole wheat pasta. Whole meal flour , yeast, parmigiana . (CE, G, WH, DA, E)	Vegetarian chili with roasted sweet potatoes and Caribbean rice. Main ingredients: mushrooms, courgettes, carrots, onion, garlic, tomatoes, aubergines, smoked paprika, peppers, sweet potatoes, rice.
	Drink	Water	Water	Water	Water	Water
SNACK	Food	Carrot and oatmeal biscuits with apple. Main ingredients: carrot, oat, whole meal flour, eggs . (G, WH, E,)	Cream crackers* with cheese, tomato and apple slices. Main ingredients: tomatoes, apple, cow's milk, cheddar cheese . (DA, G)	Banana and raspberry whole meal muffins with apple slices. Main ingredients: banana, raspberry, apple, whole meal flour . (G)	Rye crispbread* with cottage cheese, blueberries and apple. Main ingredients: cottage cheese , blueberry's, apple and rye flour . (G, DA)	Rye crisp bread* with ricotta, strawberries and apple slices. Main ingredients: Ricotta cheese, milk , strawberries and apple. (G, DA)
	Drink	Milk or water	Milk or water	Milk or water	Milk or water	Milk or water
HIGH TEA	Food	Whole meal sundried tomato potato cakes with cream cheese and a fruit and vegetable platter. Main ingredients: Sundried tomatoes, whole meal flour, potato , spinach, cheese, cream cheese, egg , melon, pineapple, strawberries, cucumber, carrot. (G, E, SY, DA)	Sweet potato and carrot soup with bread sticks*. Main ingredients: Sweet potato, carrots, onions, celery , vegetable stock*. (G, WH, CE)	Tuna, houmous* or cheese filled whole meal wraps* with a fruit and vegetable platter. Main ingredients: Tuna, cheese, houmous* , melon, pineapple, strawberries, cucumber, carrot. (F, DA, G, WH, LU)	Whole meal vegetable pizza with a fruit & vegetable platter. Main ingredients: Whole meal flour , yeast, water, tomato, onion, garlic, oregano, cheese , melon, pineapple, strawberries, cucumber, carrot. (G, DA, WH)	Minestrone soup with cheesy whole meal garlic bread. Main ingredients: Onion, carrots, peas, broccoli, cauliflower, vegetable stock*, whole meal flour , yeast, garlic, vegetable oil, parsley, parmigiana . (G, WH, DA, CE)
	Drink	Milk or water	Milk or water	Milk or water	Milk or water	Milk or water
WATER		Water is freely available throughout the day				
ORANGE GROUP		The weekly menu is adapted to meet the needs of our youngest children. Food will be mashed, chopped, cut into bite size pieces or sliced and consumption carefully supervised.				
ALLERGIES		Children with allergies and/or food intolerances are provided with a tailored version of the regular menu to suit their individual needs. Follow our allergen key which identifies known allergens: KEY: GLUTEN - G ALL SHELLFISH - SF EGG - E FISH - F TREE NUTS - N PEANUTS - PN SOYA - SY DAIRY - DA CELERY - CE MUSTARD - MU SESAME - SE SULPHITES - SU LUPIN - LU WHEAT-WH				
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WEEK 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
BREAKFAST A selection of wholegrain and low sugar cereals (wheat biscuits, dried fruit and flake mix, porridge) wholemeal toast with sugar free jams, margarine or marmite						
Milk Provision offered by age: 10-11 months – Formula milk (or mother's own expressed milk), 12mth-2 years whole cow's milk, 2yrs +plus semi skimmed milk (alternative milks offered goat's milk or soya milk)						
MORNING SNACK	Food	Banana and kiwi slices with raspberry and blueberry rice cakes*. Main ingredients: banana, kiwi, wholegrain brown and white rice, raspberry, blueberry, vanilla extract. (G, WH)	Banana and orange slices with breadsticks*. Main ingredients: Banana, orange, wheat flour , olive oil, yeast, barley. (G, WH)	Banana and mango slices with apple rice cakes*. Main ingredients: Banana, mango, and white rice.	Banana and pear slices with cream crackers*. Main ingredients: Banana, apple, wheat flour , sunflower oil, barley , salt 0.1g per cracker. (G, WH)	Banana and apple slices with bread sticks*. Main ingredients: Banana, apple, wheat flour , sunflower oil, barley. (G, WH)
	Drink	Milk or water	Milk or water	Milk or water	Milk or water	Milk or water
LUNCH	Food	Herby meatballs or meat free style balls* with a tomato sauce, peas & saffron rice. Main ingredients: minced beef (5%), onions, chickpeas , parsley, coriander, potatoes , garlic, tomatoes, peas , saffron rice. Meat Free Swedish Style balls* [Rehydrated Pea Protein (63%),herbs,Pea flour, Barley Malt Extract, Pea Fibre, Wholegrain Oat Flour, Potato Starch] (LU, G)	Chicken and or mixed vegetable stir fry with noodles*. Main ingredients: chicken breast, egg noodles , leeks, carrots, sweet cabbage, Pak choi, peppers, bean sprout , broccoli, Chinese five spice. (LU, E, G)	Sundried tomato pesto and courgette linguine* with broccoli and parmesan. Main ingredients: sundried tomatoes, garlic, onions, sunflower seeds, courgettes, linguine* , olive oil, broccoli, parmesan. (G, WH, DA)	Chicken or vegetable biryani with minted peas and roti. Main ingredients: chicken breast, onions, garlic, peppers, courgette, curry powder*, rice, peas , mint, ciabatta flour , water. (G, WH, LU)	Fish cakes or vegetable patties, with a mixed vegetable hash. Main ingredients: Cod, potatoes , leeks, carrots, onions, garlic, spinach, cabbage, broccoli. (F, G)
	Drink	Water	Water	Water	Water	Water
SNACK	Food	Date and oatmeal cookies with apple slices. Main ingredients: Dates, oats , whole meal flour , eggs , raisins, apple. (G, DA, WH)	Rye crisp bread* or rice cakes* with cottage cheese, peach and apple slices. Main ingredients: Peach, apple, white rice , whole grain rye flour , maize flour , cottage cheese* . (G, DA,WH)	Crispbread* with ricotta, strawberries and apple slices. Main ingredients: Ricotta cheese , milk , strawberries and apple. (G, DA,WH)	Banana and wheat biscuit cookies with apple slices. Main ingredients: banana, apple, Wheat biscuits* , eggs , cinnamon. (WH, G, DA)	Banana and cinnamon whole meal muffins with apple slices. Main ingredients: Banana, cinnamon, whole meal flour , eggs , plums, water, vegetable oil. (G, DA, WH)
	Drink	Milk or water	Milk or water	Milk or water	Milk or water	Milk or water
HIGH TEA	Food	Whole meal bread* sandwich selection with a fruit and vegetable platter. Main ingredients: Whole meal bread* , tuna* , cheddar cheese* , cream cheese* , ham*, houmous* , melon, pineapple, strawberries, cucumber, carrot. (G,WH,F,DA, LU)	Broccoli and cauliflower soup with whole meal bread*. Main ingredients: Whole meal bread* , broccoli, cauliflower, vegetable stock*, black pepper. (WH, G, CE in vegetable stock)	Wholewheat pitta bread* with tzatziki, houmous*, ham* and cheese* and a fruit & vegetable platter. Main ingredients: Whole wheat pitta bread* , Greek yoghurt , cucumber, black pepper, houmous* ham*, cheese , melon, pineapple, strawberries, cucumber, carrot. (DA, WH, G)	Root Vegetable soup with breadsticks*. Main ingredients: carrots, swede, celery , onion, parsnip, Whole meal bread , vegetable stock*. (CE, G, WH)	Whole meal bread roll* with ham*, gouda*, guacamole and a fruit & vegetable platter. Main ingredients: whole meal bread roll* , ham*, vitalite*, gouda , avocado, lime, olive oil, melon, pineapple, strawberries, cucumber, carrot. (G, WH, DA)
	Drink	Milk or water	Milk or water	Milk or water	Milk or water	Milk or water
WATER	Water is freely available throughout the day.					
ORANGE GROUP	The weekly menu is adapted to meet the needs of our youngest children. Food will be mashed, chopped, cut into bite size pieces or sliced and consumption carefully supervised.					
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