

Little Troopers Day Nursery Weekly Refreshment

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				
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.				