

Little Troopers Day Nursery Weekly Refreshment

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 Swedish 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.				
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.				