

Little Troopers Day Nursery Weekly Refreshment

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				
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				
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				
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				
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.				