

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.				