

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, oat or soya)						
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	Tuna or roasted vegetable orzo pasta and peas. Main ingredients: tuna , tomatoes, onions, garlic, courgettes, peppers, cheese, flour, peas , herbs, mushrooms. (F, G, DA, WH, LU)	Vegetable curry, basmati rice and naan bread. Ingredients: butternut squash, carrots, onions, courgettes, peppers, rice, wheat flour . (WH, G)	Beef or vegetable whole meal spaghetti bolognese with broccoli and grated cheese. Ingredients: beef, onions, celery , carrots, onions, garlic, herbs, tomatoes, aubergines, mushrooms, broccoli, wheat flour, cheese . (CE, WH, DA)	Vegetarian Mexican chili with brown rice and sweetcorn. Ingredients: black beans, red kidney beans, tomatoes, onions, garlic, peppers, celery , smoked paprika, oregano, brown rice, sweetcorn. (CE)	Beef or vegetarian cottage pie with peas and carrots. Ingredients: beef, onions, garlic, tomatoes, herbs, carrots, peppers, butternut squash, potatoes. (LU)
	Drink	Water	Water	Water	Water	Water
SNACK	Food	Dark chocolate and sweet cinnamon digestive biscuit. Main ingredients: Dark chocolate*, whole wheat flour , cinnamon, dairy free margarine*, light brown sugar. (G, WH)	Coconut and apricot cookies Ingredients: wheat flour , dairy free margarine, coconut, apricot, apple juice. (WH)	Plum and date cupcakes. Ingredients: whole wheat flour, eggs , dairy free margarine, plum, dates, apple juice. (WH, E)	Lemon shortbread. Ingredients: wheat flour , dairy free margarine, lemon, caster sugar, apple juice. (WH)	Dark chocolate and date muffins. Ingredients: whole wheat , vegetable oil, eggs , dates, apple juice, dark chocolate (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	Crostini bread with topping of ham, cheddar cheese, cottage cheese, houmous* or tuna. Main Ingredients: wheat flour, tuna fish, cottage cheese, cheddar cheese ham, chickpeas , olive oil, garlic, paprika, lemon. (G, F, DA, WH, SY, LU, SE)	Pizza Napolitano Ingredients: whole wheat flour, cheese , tomatoes, onion, garlic, oregano, basil. (WH, DA)	Tortilla wraps* filled with cheese, tuna, ham or houmous*. Ingredients: whole wheat tortillas, cheese, tuna fish , dairy free margarine, ham, chickpeas . (WH, DA, F, SY, LU, SE)	Cheese and tomato or ham and cheese toasties. Ingredients: whole wheat flour, cheese , ham, tomato, dairy free margarine. (WH, DA)	Filled warm croissants with cheese or ham. Ingredients: wheat flour, cheese , vegetable oil, ham. (DA, WH)
	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.				