

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, oat or soya)				
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	Organic Milk or water	Organic Milk or water	Organic Milk or water	Organic Milk or water
LUNCH	Food	Beef or vegetarian ragu with whole wheat fusilli pasta and broccoli. Ingredients: beef, onions, carrots, celery , tomatoes, courgettes, garlic, basil, whole wheat pasta , broccoli. (WH, CE)	Vegetarian tagine with savoury couscous. Ingredients: red onions, courgettes, squash, carrots, peppers, sweet corn, leeks, saffron, ginger, cumin, black pepper, wheat. (WH)	Fish or vegetarian Korma with basmati rice. Ingredients: cod , onions, carrots, courgettes, sweet potato, curry powder, coconut milk, basmati rice. (F)	Vegetarian lasagna with broccoli. Ingredients: tomatoes, onions, red lentils , aubergines, peppers, garlic, cheese, wheat, milk , broccoli. (LU, DA, WH, SY)	Roast chicken or Quorn* with mashed potato, red onion gravy and savoy cabbage. Ingredients: chicken, Quorn* (contains egg) , onions, potatoes, savoy cabbage, corn flour. (E)
	Drink	Water	Water	Water	Water	Water
SNACK	Food	Banana and dark chocolate whole wheat cookies. Ingredients: whole wheat flour , dairy free margarine, bananas, dark chocolate, apple juice. (WH,G)	Cranberry and orange whole wheat muffins. Ingredients: whole wheat flour , eggs , vegetable oil, cranberry, orange zests, apple juice (WH, DA, G, E)	Dark chocolate and cinnamon shortbread. Ingredients: whole wheat flour , dairy free margarine, dark chocolate, apple juice, cinnamon. (WH)	Coconut and apricot cookies. Ingredients: wheat flour , dairy free margarine, coconut, apricot, apple juice. (WH)	Plum and date whole wheat cupcakes. Ingredients: whole wheat flour , eggs , dairy free margarine, apple juice, plums, dates. (WH, G, 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	Brioche* with gouda cheese or soft cheese. Ingredients: wheat flour , eggs , milk , gouda cheese , soft cheese , dairy free margarine (WH, G, DA, E)	Warm filled tortillas* with cheese, tuna, ham and mixed vegetables. Ingredients: wheat flour , cheese , tuna fish , ham, peppers, sweetcorn, lettuce (WH, DA, F)	Naan bread* with dhal, tomato curry, tzatziki*, houmous* dip. Ingredients: wheat flour , yogurt , milk , lentils , tomatoes, cucumber, curry powder, chickpeas , olive oil, garlic, onions. (WH, DA, LU, G, SY, SE)	Vegetarian pizza wheels. Ingredients: whole wheat flour , cheese , tomatoes, onions, garlic, basil, sweetcorn, peppers. (WH, DA)	Brown rice cakes* with ham, cheddar cheese, garlic & herbs soft cheese and houmous* toppings. Ingredients: brown rice cakes* , ham, cheddar cheese , soft cheese , garlic, chives, chickpeas , olive oil. (DA, SY, LU, WH, SE)
	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.				