

Little Troopers Day Nursery Weekly Refreshment

WEEK 3		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		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 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 pear slices with cream crackers*. Main ingredients: Banana, pear, wheat flour , sunflower oil, barley , salt (0.1g per cracker). (G, WH)
	Drink	Milk or water	Milk or water	Milk or water	Milk or water	Milk or water
LUNCH	Food	Bananas and lentils curry with lemon mint rice. Ingredients: onions, peppers, banana, yellow lentils , garlic coconut milk, curry powder, lemon, mint, basmati rice. (LU)	Beef or vegetarian spaghetti Bolognese with broccoli and grated parmesan. Ingredients: beef, onions, celery , carrots, mushrooms, spinach, tomatoes, garlic, broccoli, whole wheat pasta, cheese . (WH, G, DA, CE)	Mexican inspired vegetarian lasagna with sweetcorn. Ingredients: corn tortillas*, black beans, peppers, onions, garlic, smoked paprika, wheat , sweetcorn, cheese . (WH, DA, G)	Salmon or vegetarian pie with peas. Ingredients: salmon , leeks, carrots, butternut squash, tomatoes, courgettes, cream , potatoes, milk, flour, peas . (F, DA, WH, G, SY, LU)	Cauliflower and red Gloucester cheese pasta baked with roasted carrots. Ingredients: leeks, cauliflower, cheese, whole wheat flour, milk , carrots. (WH, G, DA)
	Drink	Water	Water	Water	Water	Water
SNACK	Food	Lemon shortbread. Ingredients: wheat flour , dairy free margarine, lemon, corn flour, sugar, vanilla extract. (WH, G)	Dark chocolate and dates whole wheat muffins. Ingredients: whole wheat flour, eggs , dairy free margarine, dark chocolate, dates, apple juice. (WH, G, E)	Coconut and apricot whole wheat cookies. Ingredients: whole wheat flour , coconut, apricot, dairy free margarine, apple juice. (WH, G)	Cranberry and orange zest whole wheat muffins. Ingredients: whole wheat flour, eggs , vegetable oil, apple juice, cranberry, oranges. (WH, E, G)	Dark chocolate and cinnamon shortbread. Ingredients: wheat flour , dairy free margarine, dark chocolate, cinnamon, corn flour. (WH, G)
	Drink	Milk or water	Milk or water	Milk or water	Milk or water	Milk or water
HIGH TEA	Food	Napolitano pizza. Ingredients: whole wheat flour, cheese , tomatoes, onions, garlic, basil. (WH, DA, G)	Tortillas* wraps filled with cheese, ham, tuna or houmous*. Ingredients: whole wheat flour, cheese, tuna fish, ham, chickpeas , olive oil, lemon. (WH, DA, F, LU, SY, SE)	Filled warm croissants* with cheese or ham. Ingredients: wheat flour, cheese, eggs , ham. (WH, DA, G, E)	Crumpets* with cheese, ham, houmous* topping. Ingredients: wheat flour, cheese , ham, chickpeas , olive oil, lemon. (WH, DA, SE)	Crostini bread with ham, cheddar, tuna, houmous*, tzatziki*. Ingredients: wheat flour, cheese, milk, tuna fish, chickpeas , olive oil, lemon, ham. (WH, DA, F, G, SY, LU, SE)
	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.				