

Little Troopers Day Nursery Weekly Refreshment

| WEEK 4 | | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
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| 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 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. (G, WH) | Banana and mango slices with apple rice cakes*. Main ingredients: Banana, mango, and white rice. | Banana and pear slices with cream crackers*. Main ingredients: Banana, apple, wheat flour , sunflower oil, barley , salt 0.1g per cracker. (G, WH) | Banana and apple slices with bread sticks*. Main ingredients: Banana, apple, wheat flour , sunflower oil, barley. (G, WH) |
| | Drink | Milk or water | Milk or water | Milk or water | Milk or water | Milk or water |
| LUNCH | Food | Beef meatballs or falafels with tomato Frito sauce, brown rice and peas. Ingredients: beef, chickpeas , onions, garlic, parsley, coriander, tomatoes, rice, peas. (SY, LU) | Creamy vegetables gratin with slow cooked red cabbage. Ingredients: leeks, brussel sprouts, red onions, cream, cheese , potatoes, red cabbage. (DA, G, WH) | Chicken or vegetarian plum tagine with savoury couscous. Ingredients: chicken, mushrooms, peppers, courgettes, plum, onions, couscous, carrots, sweetcorn, leeks. (WH, G) | Vegetarian cassoulet with brown rice and green beans. Ingredients: cannellini beans, carrots, onions, garlic, tomatoes, celery , butternut squash, brown rice, green beans. (CE) | Tuna or vegetarian pasta bake with broccoli. Ingredients: tuna , onions, tomatoes, aubergines, courgettes, peppers, whole wheat pasta. (WH, F, G) |
| | Drink | Water | Water | Water | Water | Water |
| SNACK | Food | 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, plum, date, apple juice. (WH, E, G) | Date and ginger shortbread. Ingredients: wheat flour , dairy free margarine, date, ginger, light brown sugar, corn flour. (WH, G) | Plum and dark chocolate whole wheat muffins. Ingredients: whole wheat flour, eggs , vegetable oil, plum, dark chocolate, apple juice. (WH, E, G) | Cranberry and orange whole wheat cookies. Ingredients: whole wheat flour , dairy free margarine, corn flour, cranberry, orange. (WH,G) |
| | Drink | Milk or water | Milk or water | Milk or water | Milk or water | Milk or water |
| HIGH TEA | Food | Warm filled tortilla* wraps with cheese, ham, tuna and vegetables. Ingredients: wheat flour, cheese, tuna fish , ham, peppers, sweetcorn. (WH, DA, F) | Naan bread with dhal, tomato curry, tzatziki*. Ingredients: wheat flour, yogurt, milk, lentils , tomato, onion, garlic, cucumber. (WH, G, DA, LU) | Brioche rolls with cheddar, soft cheese or ham. Ingredients: wheat flour, eggs, milk, cheese , dairy free margarine, ham. (WH, DA, G) | Brown rice cakes* with ham, cheddar and soft cheese topping. Ingredients: cheese , ham, dairy free margarine. (DA) | Filled focaccia* bread with cheese and ham, tuna or vegetables. Ingredients: wheat flour, cheese, tuna fish , ham, pepper, tomato. (WH, G, DA, F) |
| | 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. | | | | |