

Little Troopers Day Nursery Refreshment Menu

Week 1		Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast		A selection of wholegrain and low sugar cereals including wheat biscuits and porridge, wholemeal toast & jams and fruit. Milk provision: 9-11 months – Formula (or Mother’s own expressed milk), 12 months –2 years – Whole cow’s milk, 2 years plus – Semi-skimmed cow’s milk (alternative milks offered goat, oat or soya)				
Allergens		DA, G, SY, WH				
Lunch		Cauliflower & leek macaroni cheese with green beans	Tuna & sardine or buttery courgette linguine with parmesan cheese & broccoli	Vegetarian chilli stew with sweetcorn & brown rice	Chicken & spinach or vegetarian lasagne with a blend of basil & mascarpone	Beef or vegetarian cottage pie with carrots & peas
Ingredients		Cauliflower, leeks, Cow’s milk, cheddar cheese*, macaroni pasta* [Durum wheat semolina], nutmeg, black pepper, green beans, garlic and onion	Tuna fish*, sardines*, onion, garlic, chives, parsley, courgette, oil, dairy free spread*, parmesan cheese*, tomato, broccoli and linguine pasta* [Durum wheat semolina]	Onions, carrots, tomatoes, courgettes, mixed peppers, garlic, pinto beans, sweetcorn and brown rice*	Chicken, spinach, onion, carrot, garlic, courgette, butternut squash, basil, tomato, mascarpone*, ricotta*, broccoli, lasagne sheets* and cheddar cheese*	Beef, onion, garlic, tomato, herbs, carrot, mixed peppers, butternut squash and potato
Allergens		WH, DA, G	F, DA, WH		WH, DA	
Afternoon Snack		Dark chocolate & date cookies	Coconut & apricot cookies	Oat cakes topped with mascarpone & raspberries	Lemon shortbread biscuits	Dark chocolate & date whole wheat muffins
Ingredients		100% cocoa powder*, whole wheat flour*, dairy free margarine* and dried dates*	Whole wheat flour, dairy free margarine*, desiccated coconut*, dried apricots* and apple juice*	Oat cakes* [whole wheat] flour, dairy free margarine*, mascarpone cheese* and raspberries	Whole wheat flour, apple juice*, dairy free margarine*, lemon zest, and caster sugar	100% cocoa powder, whole wheat flour, vegetable oil, egg, dried dates* and apple juice*
Allergens		G, WH	WH, SU	WH, D, G	WH	WH, E
High Tea		Crostini bread with ham, cheddar cheese, cottage cheese, hummus or tuna	Pizza Napolitano with a cheese and herb topping	Tortilla wraps filled with cheddar cheese, ham, tuna fish or hummus	A selection of sandwiches with cheese, ham, cream cheese or hummus	Warmed croissants filled with cheese or ham
Ingredients		Crostini* [Whole wheat flour, cow’s milk], tuna fish*, cottage cheese*, cheddar cheese*, ham*, hummus* [chickpeas, olive oil, garlic, sesame paste and lemon and paprika]	Whole wheat flour, cheddar cheese*, tomato, onion, garlic, oregano, and basil.	Tortillas* [Whole wheat flour], cheddar cheese*, tuna fish*, dairy free margarine*, ham*, hummus* [chickpeas, olive oil, garlic, sesame paste and lemon and paprika]	Wholemeal bread* [wheat flour] cheddar cheese*, ham*, cream cheese*, hummus* [chickpeas, olive oil, garlic, sesame paste and lemon and paprika]	Croissants* [Whole wheat flour, vegetable oil], cheddar cheese*, and ham*
Allergens		G, F, DA, WH, SY, LU, SE	WH, DA	WH, DA, F, SY, LU, SE	WH, DA, G, SE, LU	WH, DA
Water		Water is freely available within the group rooms 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.				
Allergens		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 within the menu: KEY: CELERY (CE), DAIRY (DA), EGG (E), FISH (F), GLUTEN (G), LUPIN (LU), MUSTARD (MU), PEANUTS (PN), SESAME (SE), SHELLFISH (SF), SOYA (SY), SULPHITES (SU), TREE NUTS (N), WHEAT (WH)				
Dietary Requests		Where a child has a dietary request such as ‘no pork’ or other meat, they will be offered vegetarian options at every meal. Please note personal preferences are not highlighted on the menu.				
Supplier Made Products		Our chef prepares the majority of snacks & meals from fresh on site at our nursery. However, where an asterisk (*) 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 and packaging is kept for three days. As these products are made off site, we cannot guarantee that they have not come into contact with known allergens where they have been produced.				

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Week 2		Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast		A selection of wholegrain and low sugar cereals, including wheat biscuits and porridge, wholemeal toast & jams, and fruit. Milk provision: 9-11 months – Formula (or Mother’s own expressed milk), 12 months –2 years – Whole cow’s milk, 2 years plus – Semi-skimmed cow’s milk (alternative milks offered: goat, oat, or soya)				
Allergens		DA, G, SY, WH				
Lunch		Chicken or vegetarian meatloaf with roasted courgette & cherry tomatoes & diced potatoes	Beef meatloaf or stuffed tomatoes with roasted cherry tomatoes, courgettes & orzo pasta	Fish or vegetarian korma curry with peas & basmati rice	Beef or vegetarian bolognese with wholemeal spaghetti, cheese & broccoli	Hunter Chicken or stuffed courgette with roasted root vegetables & potatoes
Ingredients		Chicken, red lentils, carrots, onions, sweet potato, breadcrumbs* [wheat flour], courgettes, cherry tomatoes, garlic, parsley, paprika	Beef, peppers, onion, garlic, breadcrumbs*, tomato, spinach, mushrooms, butternut squash, courgette, and orzo pasta*	White fish [cod & haddock], onion, carrot, courgette, peas, sweet potato, curry powder*, coconut milk* and basmati rice*.	Beef, onion, carrot, celery, spinach, mushrooms, herbs, tomato, garlic, whole wheat spaghetti* and cheddar cheese*.	Chicken, courgette, onion, mushrooms, garlic, spinach, tomato, carrot, potato and swede
Allergens		G, WH	WH, G	F	DA, WH, CE	
Afternoon Snack		Cranberry & Orange whole wheat muffins	Banana & Dark chocolate whole wheat cookies	Coconut & Apricot cookies	Plum & Date whole wheat cupcakes	Wholemeal digestives with mascarpone & strawberries
Ingredients		Egg, whole wheat flour*, vegetable oil, dried cranberries*, orange zest and apple juice*	Banana, 100% cocoa powder, whole wheat flour*, dairy free margarine* and apple juice*	Coconut, dried apricots*, whole wheat flour*, dairy free margarine* and apple juice*	Egg, whole wheat flour*, dairy free margarine*, dried dates, prunes and apple juice*	Digestives* [wholemeal flour, cow’s milk], sugar, dairy free margarine*, cheese* and strawberries
Allergens		WH, DA, G, E	WH, G	WH, SU	WH, G, E	WH, G, DA
High Tea		Naan bread with a mix of cheeses or tuna or spinach & feta	A selection of tuna, cheese & vegetarian savoury pastries	Naan bread with dhal, tomato curry, tzatziki & hummus	Vegetarian pizza wheels	Baked flatbread filled with tomato & mozzarella or ham & cheddar cheese
Ingredients		Naan bread* [wheat flour] yogurt*, cheddar cheese*, red Leicester*, mozzarella, * mascarpone*, feta*, spinach and tuna fish*	Tuna fish*, cheddar cheese*, short crust pastry* [whole wheat flour vegetable oil], courgette, peppers, tomato, garlic.	Naan bread* [wheat flour] yogurt*, cow’s milk, lentils, tomato, curry powder, hummus* [chickpeas, olive oil, garlic, sesame paste and lemon], Tzatziki* cucumber, yogurt* onion	Whole wheat flour, cheddar cheese*, tomato, onion, garlic, basil, sweetcorn and peppers.	Flat bread* [wheat flour] mozzarella*, cheddar cheese*, ham*, tomato, oregano, basil.
Allergens		G, F, DA, WH, SU	F, DA, G, WH	WH, DA, G, SE, LU	WH, DA, G	WH, DA, G
Water		Water is freely available within the group rooms 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.				
Allergens		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 within the menu: KEY: CELERY (CE), DAIRY (DA), EGG (E), FISH (F), GLUTEN (G), LUPIN (LU), MUSTARD (MU), PEANUTS (PN), SESAME (SE), SHELLFISH (SF), SOYA (SY), SULPHITES (SU), TREE NUTS (N), WHEAT (WH)				
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Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	A selection of wholegrain and low-sugar cereals, including wheat biscuits and porridge, wholemeal toast & jams, and fruit. Milk provision: 9-11 months – Formula (or Mother's own expressed milk), 12 months – 2 years – Whole cow's milk, 2 years plus – Semi-skimmed cow's milk (alternative milks offered goat, oat or soya)				
Allergens	DA, G, SY, WH				
Lunch	Creamy courgette & pea rice gratin with a vegetable medley	Roots vegetable & red lentil dhal with basmati rice	Roasted vegetable & cheese pasta bake with broccoli	Chicken or vegetarian meatloaf, with roasted courgette & cherry tomatoes & diced potatoes	Cheese, tuna & roasted vegetable or vegetarian orzo pasta with peas
Ingredients	Courgette, petit pois, onion, garlic, single cream*, cheddar cheddar*, Basmati rice*, cauliflower and broccoli	Butternut squash, carrot, swede, turnip, tomato, red onion, basmati rice and red lentils	Tomato, onion, courgette, aubergine, broccoli, pepper, garlic, cheddar cheese*, wholemeal pasta* [Durum wheat Semolina] and herbs	Chicken, red lentils, carrot, onion, sweet potato, breadcrumbs* [wheat flour], courgette, cherry tomatoes, garlic, parsley and paprika	Tuna fish*, onion, courgette, tomato, carrot, squash, mixed peppers, orzo pasta* [Durum wheat Semolina], garlic, peas and cheddar cheese*
Allergens	DA		WH, DA, G	G, WH	WH, G, DA, F
Afternoon Snack	Lemon shortbread biscuits	Dark chocolate & Date whole wheat muffins	Dark chocolate & Cinnamon muffins	Oat cakes topped with mascarpone & strawberries	Cranberry & Orange whole wheat muffins
Ingredients	Whole wheat flour*, apple juice*, dairy free margarine*, lemon zest and caster sugar	100% cocoa powder*, whole wheat flour*, vegetable oil, egg, dried dates, and apple juice*	100% cocoa powder*, whole wheat flour*, vegetable oil*, egg, cinnamon, and apple juice.	Oat cakes* [Whole wheat flour], dairy free margarine*, cheese*, and strawberries.	Egg, whole wheat flour*, vegetable oil, dried cranberries [pineapple juice], orange zest, and apple juice*
Allergens	WH, G	WH, E, G	WH, E, G	WH, DA, G	WH, G, E
High Tea	Pizza Napolitano with a cheese & herb topping	Tortilla wraps filled with cheddar cheese, ham, tuna or hummus	Warmed croissants filled with cheese or ham	Crumpets with cheddar cheese, ham or hummus	Crostini bread with ham, cheese, cottage cheese, hummus, or tuna
Ingredients	Whole wheat flour, cheddar cheese*, tomato, onion, garlic, oregano, and basil.	Tortilla* [Whole wheat flour], cheddar cheese*, tuna fish*, dairy free margarine*, ham*, hummus* [chickpeas, olive oil, garlic, sesame paste and lemon and paprika]	Croissant* [Whole wheat flour], vegetable oil cheddar cheese*, and ham*	Crumpet* [wheat flour], cheddar cheese*, dairy free margarine*, ham*, hummus* [chickpeas, olive oil, garlic, sesame paste and lemon and paprika]	Crostini bread* [Whole Wheat flour, cow's milk], tuna fish*, cottage cheese*, cheddar cheese*, ham*, hummus* [chickpeas, olive oil, garlic, sesame paste and lemon and paprika]
Allergens	WH, DA, G	WH, DA, F, SY, LU, SE, G	WH, DA, G	WH, DA, SE, LU, SY	G, F, DA, WH, SY, LU, SE
Water	Water is freely available within the group rooms 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.				
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Week 4		Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast		A selection of wholegrain and low-sugar cereals, including wheat biscuits and porridge, wholemeal toast & jams, and fruit. Milk provision: 9-11 months – Formula (or Mother's own expressed milk), 12 months – 2 years – Whole cow's milk, 2 years plus – Semi-skimmed cow's milk (alternative milks offered goat, oat or soya)				
Allergens		DA, G, SY, WH				
Lunch		Beef & root vegetable or vegetable curry with savoury couscous	Chicken or vegetable Biryani with peas & sweetcorn	Chicken and vegetable or vegetable fried rice with zesty cucumber & cabbage salad	Linguine with cherry tomatoes & mozzarella Alfredo sauce with peas & cheese	Beef or vegetarian bolognese with wholemeal spaghetti, cheese & broccoli
Ingredients		Beef, onion, carrot, swede, potato, butternut squash, courgette, curry powder, cumin, sweet corn, peppers and couscous* [Durum wheat semolina]	Chicken, onion, chickpeas, peppers, garlic, garam masala, turmeric, cinnamon, basmati rice, peas, and sweetcorn.	Chicken, peas, onion, broccoli, carrots, peppers, green beans, garlic, chives, Basmati rice, Chinese 5 spice, cucumber, white cabbage, and lime	linguine pasta* [Durum wheat semolina] , onion, garlic, cherry tomatoes, mozzarella*, peas and cheddar cheese*	beef, onion, carrot, celery, garlic, herbs, tomato, spinach, broccoli, cheese*, and spaghetti* [Whole wheat flour]
Allergens		WH, DA, G			WH, DA	WH, CE
Afternoon Snack		Wholemeal digestives with mascarpone & strawberries	Cranberry & Orange whole wheat cookies	Plum & Date whole wheat cupcakes	Dark chocolate & Cinnamon muffins	Coconut & Apricot cookies
Ingredients		Digestives* [whole wheat flour, cow's milk], dairy free margarine*, cheese*, sugar and strawberries	whole wheat flour*, corn flour, dairy free margarine*, dried cranberries*, and apple juice*	Egg, whole wheat flour*, dairy free margarine*, dates*, prunes*, and apple juice*	100% cocoa powder*, whole wheat flour*, vegetable oil, egg, cinnamon, and apple juice*	Whole wheat flour*, dairy free margarine*, coconut, dried apricots* and apple juice*
Allergens		G, WH, DA	WH, G	WH, E, G	WH, E	WH, SU
High Tea		Tortilla wraps filled with cheddar cheese, ham, tuna or hummus	Naan bread with dhal, tomato curry, tzatziki and hummus	A selection of sandwiches with cheese, ham, cream cheese or hummus	Quesadillas filled with tuna or vegetables & cheese	Beef & potato or cheese & potato pasties
Ingredients		Tortillas* [whole wheat flour], cheddar cheese*, tuna fish*, dairy free margarine*, ham*, hummus* [chickpeas, olive oil, garlic, sesame paste and lemon and paprika]	Naan bread* [Whole wheat flour], cow's milk, lentils, tomato, curry powder, onion, hummus* [chickpeas, olive oil, garlic, sesame paste and lemon], tzatziki* [yogurt, cucumber, . cornflour, mint, garlic, salt, lemon juice and paprika]	Wholemeal bread* [Whole wheat flour] cheddar cheese*, ham*, cream cheese*, hummus* [chickpeas, olive oil, garlic, sesame paste and lemon and paprika]	Tortillas* [Whole wheat flour], tuna fish*, cheddar cheese*, peppers, sweetcorn, mozzarella*, onion and garlic	beef, shortcrust pastry* [Whole wheat flour], Sunflower oil, cheddar cheese*, potato, garlic, onion, herbs, paprika.
Allergens		G, F, DA, WH, SY, LU, SE	WH, DA, LU, G, SE, SY	WH, DA, G, SE, LU	F, DA, WH	WH, DA, G
Water		Water is freely available within the group rooms throughout the day.				
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