

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.				