

Little Troopers Day Nursery Refreshment Menu

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)				
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.				