

Little Troopers Day Nursery Refreshment Menu

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.				
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.				