

Little Troopers Day Nursery Refreshment Menu

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.				
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.				