

Menu policy 2023 - 2024

All dietary requirements will be strictly adhered to. Any changes to the menu will be given out in advance and please always let me know if your child doesn't eat something on the menu so I can plan something else.

All food is included in the hourly rate - if you are claiming funding then the rates apply.

Breakfast (£1.50) 8.30-9.00

Fresh fruit – seasonal fruit when available (plain yoghurt and honey can be added if required)

Cereal – Weetabix, Ready brek, porridge

Smoothie – Banana/Apple/blueberry - homemade

Yoghurt – variety of flavours

Toast – honey, jam, marmite, peanut butter.

Snacks £1.00 (mid-morning)

Little ones use a lot of energy so they need something to keep them going between breakfast and lunch! These snacks are also good if we are out and about! Please note I always have vegetarian options too.

- Fruit
- Bread sticks
- Milk shake
- Home made cakes
- Rice cakes
- Frozen yoghurt
- Cucumber sticks + dip
- Cheese straws
- Cherry tomatoes and cubes of cheese
- Home made banana bread

Lunch £2.50 (times vary)

I like to offer varied lunch options and always aim to give the children a different option each day.

Week 1

MONDAY	Cottage pie, mashed carrots and sweet potato
TUESDAY	Jacket potato, scrambled eggs and beans
WEDNESDAY	Chicken stew
THURSDAY	Macaroni cheese, sliced chicken, broccoli
FRIDAY	Homemade root veg soup and toast fingers

Week 2

MONDAY	Jacket potato, cheese and beans
TUESDAY	Mild Chilli and rice
WEDNESDAY	Macaroni cheese, ham, sweetcorn
THURSDAY	Homemade spicy parsnip soup and toast fingers
FRIDAY	Chicken curry, rice, broccoli

Mid afternoon snacks £1.00 (times vary)

- fruit
- bread sticks
- milk shake
- home made cakes
- cubes of cheese + cherry tomatoes + cucumber slices
- hummus
- cream crackers

Tea £2.00 (4.15-5.00pm)

- salad bowl + ham/cheese/tuna/egg
- sandwiches (as above)
- scrambled eggs on wholemeal toast
- baked beans on wholemeal toast
- spaghetti hoops on wholemeal toast

Your child will have access to their own cup with water in at all times, whether we are at home, in the garden or out and about. This menu is likely to change but it serves to give you an idea of the type of food I provide.

All recipes are either family recipes or tried and tested Annabel Karmel recipes.

I encourage the children to eat a healthy, balanced diet in a variety of ways. We make a point of visiting our local fruit and veg shop. I point out different fruits and vegetables and the children are allowed to make their own choices. On the way home we discuss their choices and decide if they are healthy. We consider the lack of packaging and how they were grown/made and where they come from.

We may watch a programme about farming to further support our learning about where our food comes from. We may also make a trip to the local supermarket and track down

some unhealthy food! During mealtimes we discuss whether the food they are eating is healthy or not, and why we need to eat healthily.

At home we look at books about food and see which ones they can identify. I let the children help me prepare a healthy salad, a vegetable soup or a fruit salad. We name the fruit and vegetables and discuss their likes and dislikes.