



Day Care

Sample Menu

Mealtimes are a very important time for our children, we will be encouraging your child to access lots of physical activities during the day and they will burn off lots of energy. It is therefore, essential they access a healthy balanced diet whilst with us. We will offer a range of homemade meals for your child. Whilst we will encourage them to eat the same as their friends, we will always offer an alternative and work with you supporting dietary requirements and child preferences.

SAMPLE MENU – weaned children

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Fresh Fruit Toast cereal	Fresh Fruit Toast cereal	Fresh Fruit Toast cereal	Fresh Fruit Toast cereal	Fresh Fruit Toast cereal
Morning Snack	Banana Fruit bread Milk/water	Pear Brioche Milk/water	apple Breadsticks Milk/water	oranges Crumpets Milk/water	banana toasted Bagels Milk/water
Lunch	Homemade cottage pie, Fresh cooked vegetables yoghurt	Sausage and vegetable casserole Fruit kebabs	Vegetable pasta bake Banana and custard	Spaghetti Bolognese Garlic bread Cup cake	Fish pie, Seasonal vegetable Fruit and Ice cream
Afternoon snack	Pear Breadsticks Milk/water	Raisins Brioche Milk/water	Orange Fruit bread Milk/water	apple Breadsticks Milk/Water	Carrot sticks and humous Milk/water
Tea	Home made vegetable soup and fresh rolls	Beans on toast	Toasted ham sandwiches	Jacket potatoes and cheese	Crackers and cheese



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Sample Menu

Weaning Menu – this is a sample, weaning is very individual to the child, we will work with you to ensure your child is accessing the correct texture of food to suit their own stage of development.

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Fresh Fruit Baby porridge	Fresh Fruit Baby muesli	Fresh Fruit yoghurt	Fresh Fruit Oat cereal	Fresh Fruit Baby rice
Morning Snack	milk	milk	milk	milk	milk
Lunch	Vegetable shepherds pie yoghurt	Creamy pasta with vegetables Fruit puree	Vegetable pasta bake Banana	Chicken risotto custard	Fish pie, Seasonal vegetable yoghurt
Afternoon snack	milk	milk	milk	milk	milk
Tea	Home made vegetable soup	Scrambled eggs	Mini ham snadwiches	Cheesy mash	Roasted root vegetables

Children will be encouraged to drink plenty of water through out the day and will be offered water at every meal time.

All our meals are prepared on site from fresh healthy ingredients. Menus will vary weekly on a four-week rota. They will include food from other different cultures with different flavours and textures for your children to experience. Menus will be available on our website.