

Meals

All our meals are prepared by our chefs from scratch. We only use fresh produce, most of it is local. We have regular deliveries of fruit and vegetables, milk, cheese, fish and British farmed meat. Menus are planned in advance and displayed daily in the entrance hall.

Each child's birthday is celebrated with a special homemade birthday cake.

Our menu follows an eleven day rotation to ensure that children attending nursery on the same day each week receive a variety of meals. Meals may be altered for individual children's dietary requirements or for young babies that are not fully weaned.

Menu	Breakfast 8.45am - 10.00am	Dinner 11.45am	Afternoon snack 1.45pm - 2.30pm	Tea 4pm
1	A selection of cereals	Pasta Bolognaise Fruit crumble with custard or ice cream	A selection of fruit	Cheese wheels with beans. Chewy oatmeal and raisin cookies.
2		Chicken Dinner Fruit Salad		Ravioli on toast. Mini carrot cakes.
3		Pork Casserole with vegetables Jelly and ice cream		Homemade pizza with various toppings. Homemade short bread biscuit
4		Chilli Con carne with rice Fruit trifle		A selection of sandwiches with salad sticks. Strawberry or lemon tarts.
5	Toast	Fish pie with seasonal vegetables Manchester tart	Vegetable sticks	Quiche with spaghetti. Raspberry buns.
6		Lasagne and agrlic bread Yoghurt		Cheese Omelette. Ice cream cone.
7	Fresh Fruit Vegetable sticks	Cowboy pie whip	Bread sticks	Tortilla rolls with vegetable sticks. Brownie bites.
8		Chicken Korma with Naan Bread Apple, oat and raisin muffin		Macaroni cheese. Natural yoghurt with fruit.
9		Shepherd's pie Bananas and custard		Crackers with cheese, pineapple chunks and tomatoes. Jelly and sprinkles
10	Milk or a drink of water	Meat and potato pie with pastry biscuit. Strawberries and ice cream	Milk water or to drink	Tuna pasta Bake. Apple tarts.
11		Cheese and Broccoli bake. Natural yoghurt with pureed fruit.		Homemade soup with warm crusty bread. Rice pudding.

This menu will be enhance on special festival days to incorporate the festival the children are celebrating

For ideas on healthy meals, portion sizes etc visit www.nhs.uk/change4life or www.schoolfoodtrust.org.uk