



# Loughborough Campus Nursery

## 2019 Menu

### Winter

We are fully committed to the health and wellbeing of children, the nature of meal times, the food that is provided, the pace and responsiveness on how food is offered; all these affect children's emotional and physical wellbeing. Snacks and meal times are an important part of the nursery day, which enhances attachment, increases feelings of security and provides warmth, acceptance and an overall sense of wellbeing.

We recognise the importance encouraging young children to eat well and learn about food. This not only helps protect their health while young but also sets the foundations for their future health and wellbeing.

This whole food policy adopts a 'whole nursery' approach to healthy eating including, policies, procedures and practices.

- Use as much seasonal produce as we can.
- Are working with the Eat Better Start Better Guidelines.
- Any tinned items we opt for low sugar and reduced salt where possible (as recommended by the Eat Better Start Better Guidelines)
- Salt is not be added to any food in the cooking process
- Our food is homemade, high quality and nutritionally balanced.
- Menus and recipes can be amended for dietary requirements.

Healthy eating is not just about what we put on the plate, it is about educating the children and giving them the knowledge and independence to make healthy choices that will leave them in good stead for the future.

Here's are 2019 menus



**WEEK 1**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
Breakfast 8-8.45am	25g Weetabix (W,B), Shreddies (W,B), Rice Krispies (B) & whole or semi-skimmed milk  Milk to drink (M)	25g Weetabix (W,B), Shreddies (W,B), Rice Krispies (B) & whole or semi-skimmed milk  Milk to drink (M)	25g Weetabix (W,B), Shreddies (W,B), Rice Krispies (B) & whole or semi-skimmed milk  Milk to drink (M)	25g Weetabix (W,B), Shreddies (W,B), Rice Krispies (B) & whole or semi-skimmed milk  Milk to drink (M)	25g Weetabix (W,B), Shreddies (W,B), Rice Krispies (B) & whole or semi-skimmed milk  Milk to drink (M)
Snack 9.30-10.30	Fresh Apple 40g (V)  60g Plain Yoghurt (M,V)	35g Naan Bread Strips (W,G,M,V)  with 40g Homemade Tzatziki (M)	40g Fresh Pears (V)  40g Freshly prepared Carrots sticks (V)	8-10 g Bread Sticks (W,G,V)  with 40g Tuna Dip (V,M,F,MD)	40g Banana (V)  60g Plain Yoghurt (M,V)
Lunch 12.00	90-120g Mushroom Stroganoff (S, W, M, V)  with 90g Brown Rice (V)  60g Lemon and Sultana Cake (E,M,S,W,G,V)	110g Beef Bolognese with hidden Vegetables  or  110g Vegetable Bolognese (V)  with 90g cooked Spaghetti (W,G,V)  Rice Pudding (M,V) with Mango Puree(V)	40g Roast Chicken Dinner  Or  40g Quorn Roast Joint  40g Carrots, Broccoli, 90g Roast potatoes and Gravy (G,W,V)  60g Plain Yoghurt with Pineapple (M,V)	Lamb Shepherd's Pie (B,SL,G)  or  Vegetarian Shepherd's Pie made with Quorn Mince (E,G,V)  served with Steamed Broccoli(V)  60g Apple Crumble (W,G) with 60g Vanilla Flavoured Ice Cream (M,V)	50g Breaded Fish Finger with Smartcrumb® (F,W,G)  or  50g Breaded Vegetable Pieces (W,G)*  with 90g Chips (V) and 40g Peas (V)  60g Fresh Fruit Salad (V)
Snack 3.30-4.00pm	40g Fresh Melon (V)  40g Freshly prepared Carrot Sticks (V)	40g Fresh Apple (V)  40g Freshly prepared Cucumber (V)	25-50g Mini Bagel (W,B,R) with 40g Houmous	40g Fresh Melon (V)  40g Freshly prepared Carrot Sticks (V)	25-50g Crackers (G,W,V) with 40g Mature Cheddar Cheese (V,M)
Tea 4.30pm	15g Cheese & 15g Tomato & Basil Sauce 55g Ciabatta Bites (W,G,B,R,V)  50g Homemade Gingerbread Biscuit (G,W,E,M,V)	35g Pitta Bread Pockets (W,G,V)  with 40g Egg Mayonnaise (MD, E)  50g Half Chocolate dipped biscuit (G,W,M,E)	40g Tuna with mayonnaise (Sandwich) (G,W,S) or 15g Cheese 50/50 Sandwich (M,G,W,S,V)  50g Happy Face Ice cream log (M)	90-120g Roasted Vegetable Pasta Bake (G,W,V) topped with 15g Cheddar Cheese (M,V)  50g Homemade Chocolate Rice Krispy (B,G,M,S,V)	150 g Tomato and Basil Soup (V) with 30g 50/50 bread roll (S,W,G,V)  50g Homemade Shortbread (G,W,M,V)

G = Gluten V = Vegetarian M = Milk F = Fish B = Barley MD = Mustard C = Celery E = Egg S = Soya W = Wheat O = Oats SM = Sesame SP = Sulphites

\* May contain traces of peanuts & nuts \*\* May contain traces of egg, milk & soya

**WEEK 2**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
Breakfast 8-8.45am	25g Weetabix (W,B), Shreddies (W,B), Rice Krispies (B) & whole or semi-skimmed milk  Milk to drink (M)	25g Weetabix (W,B), Shreddies (W,B), Rice Krispies (B) & whole or semi-skimmed milk  Milk to drink (M)	25g Weetabix (W,B), Shreddies (W,B), Rice Krispies (B) & whole or semi-skimmed milk  Milk to drink (M)	25g Weetabix (W,B), Shreddies (W,B), Rice Krispies (B) & whole or semi-skimmed milk  Milk to drink (M)	25g Weetabix (W,B), Shreddies (W,B), Rice Krispies (B) & whole or semi-skimmed milk  Milk to drink (M)
Snack 9.30-10.30	40g Fresh Apple (V)  40g Freshly prepared Carrots (V)	25-50g 50/50 Bread Roll (S,W,G,V)  Spread with dairy free margarine  40g Fresh Banana (V)	40g Fresh Oranges (V)  40g Freshly prepared Cucumber (V)	25-50g Mini Bagel (W,B,R)  with 40g Homemade Beanie dip (SP)	Fresh Prepared Apple Wedges (V)  40g Raisins(V)
Lunch 12.00	Freshly Baked Jacket Potato 90g (V)  with 15g Cheddar Cheese (M,V) and 55g Baked Beans (V)  60g Blueberry Sponge (E,M,S,W) and 60g Custard (M,V)	90-120g Green Thai Chicken Curry (M)  or  90-120g Green Thai Vegetable Curry (V)  served with 90g of Peas, Sweetcorn & Cooked Rice (V)  60g Vanilla Ice Cream (M) 40g fruit cocktail	57g Oven Baked Whitefish in batter (E,F,G,S)  or  50g Breaded Vegetable Pieces (W,G)*  with 90g New Potatoes, Green Beans and Sweetcorn (V)  40g Bananas (V) and 60g Cold Custard (M,V)	90-120g Chicken and vegetable hot pot  or  Vegetable hotpot  with steamed Cauliflower and extra gravy (M,W,G)  60g Rhubarb & Apple Crumble (W,G)  with vanilla sauce (M)	150g Cheddar Cheese Pasta Bake (G,W,M,V) with Tomato and Basil Sauce  with 40g Carrots and Peas (V)  60g Fresh Fruit Salad
Snack 3.30-4.00	35g Naan Bread Strips (W,G,M,V)  with 40g Homemade Tzatziki (M)	40g Fresh Pears (V)  40g Freshly prepared Carrots sticks (V)	25-50g Crackers (G,W,V) spread with 18g Cheese (M)  40g of Freshly prepared Cucumber (V)	40g Fresh Banana (V)  60g Plain Yoghurt (M,V)	8-10g Bread Sticks (W,G,V.) 40g Homemade Houmous (S,M,V)
Tea 4.30	150g of Parsnip Soup (V)  with a 25-50g 50/50 bread roll (S,W,G,V)  50g Homemade Banana Bun (G,W,E,M,V)	55g Baked Beans (V) on 50/50 Toast 37g (W,G,S)  50g Homemade Ginger Cake (G,W,V,SP)	90-120g Roasted Pepper and Mushroom Penne Pasta (G,W,V)  in a Tomato and Basil Sauce (V)  5 Warm plums and 60g Custard (M)	15g Cheddar Cheese (M,V) with 25-50g Dairy free spread Crackers (G,W,V)  20g Celery (V)  Vegetarian Jelly and 60g Vanilla Ice Cream (M,V)	40g Turkey in a Sandwich (G,W,S) or 15g Cheese 50/50 in a Sandwich (M,G,W,S,V) 60g  50g Homemade Courgette and Lime Cake (E,W,G,V)

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**WEEK 3**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
Breakfast 8-8.45am	25g Weetabix (W,B), Shreddies (W,B), Rice Krispies (B) & whole or semi-skimmed milk  Milk to drink (M)	25g Weetabix (W,B), Shreddies (W,B), Rice Krispies (B) & whole or semi-skimmed milk  Milk to drink (M)	25g Weetabix (W,B), Shreddies (W,B), Rice Krispies (B) & whole or semi-skimmed milk  Milk to drink (M)	25g Weetabix (W,B), Shreddies (W,B), Rice Krispies (B) & whole or semi-skimmed milk  Milk to drink (M)	25g Weetabix (W,B), Shreddies (W,B), Rice Krispies (B) & whole or semi-skimmed milk  Milk to drink (M)
Snack 9.30-10.30	40g Fresh Peppers (V)  40g Freshly prepared Carrot(V)	25-50g Crackers (G,W,V) with  18g Low Fat Cream Cheese (M)	40g Fresh Apple (V)  40g Piece of Fresh Pineapple (V))	25-50g Toasted English Muffin (S,W,G,V) with  40g Homemade Tzatziki (M)	40g Fresh Melon (V)  40g Freshly prepared Grape (V)
Lunch 12.00	90-120g Sweet and Sour Chicken with vegetables (C)  or  90-120g Sweet and Sour Vegetables (V,C)  served with 90g Cooked Rice  Warm winter fruit salad (V) with 30g Vanilla Sauce (M)	Cheese and Vegetable pie (E,G,W,M,V, C,SP)  with  90g Potatoes, Peas and Sweetcorn (V)  Baked Apple With 60g Vanilla Flavoured Ice Cream (M,V)	90-120g Handmade Beef Meatballs (SP)  or  Quorn Meatball (E,W,G,  served in a tomato and basil sauce with Spaghetti (G)  Melons and Grapes 40g	120-150g Beef Lasagne (B,SL,M,G,W) with hidden Vegetables  or  120-150g Vegetable Lasagne (G,W,V)  with 40g Peas and green beans (V)  60g Strawberry Frozen Yoghurt (M,V) with a Fan Wafer	90g-120g Fish Pie (F,M,S)  or  Mediterranean Vegetable Pie (M,S, V)  with 40g Peas & carrots (V)  60g Apple and Rhubarb Crumble (G,W)* And 60g Custard (M,V)
Snack 3.30-4.00	25-50g Mini Bagel (W,B,R) with 18g Cheese (M)	40g Fresh Orange(V)  40g Freshly prepared Peppers (V)	35g Pitta Bread Strips (W,G,V) with 40g Tuna Dip (V,M,F,MD)	40g Fresh Pear (V)  40g Freshly prepared Carrot (V)	8-10g Bread Sticks (W,G,V) with 40g Homemade Houmous (V, SM)
Tea 4.30	Cheese Quiche (G,W,M,E,V)  served with 40g Fresh Salad (V)  1 Homemade Cookie (G,W,E,O,V)	150g Potato and Leek Soup (V) with a 30g 50/50 bread roll (S,W,G,V)  50g Homemade Beetroot Cake (G,W,E,V)	Build your Own Wrap 40g Chicken Strips, Tomato Tortilla (W,G,V), 10g Peppers (V), 10g Tomato Wedges (V), 10g Cucumber (V), 10g Mixed Leaves (V)  50g Homemade Fruit Cake (M,S,B,G,V)	90-120g Potato and lentil cake (E,S,W,G)  served with 40g Fresh Mixed Salad (V)  50g Homemade Carrot Cake (G,W,E,V)	90g -120g of plain couscous served with roasted peppers, aubergines and courgettes (W)  50g Homemade Banana Cake (G,W,E,M,V)

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**WEEK 4**

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 8-8.45am	25g Weetabix (W,B), Shreddies (W,B), Rice Krispies (B) & whole or semi-skimmed milk  Milk to drink (M)	25g Weetabix (W,B), Shreddies (W,B), Rice Krispies (B) & whole or semi-skimmed milk  Milk to drink (M)	25g Weetabix (W,B), Shreddies (W,B), Rice Krispies (B) & whole or semi-skimmed milk  Milk to drink (M)	25g Weetabix (W,B), Shreddies (W,B), Rice Krispies (B) & whole or semi-skimmed milk  Milk to drink (M)	25g Weetabix (W,B), Shreddies (W,B), Rice Krispies (B) & whole or semi-skimmed milk  Milk to drink (M)
Snack 9.30-10.30	25-50g Toasted English Muffin (S,W,G,V) with Homemade Tzatziki (M)	40g Fresh Banana (V)  60g Natural Yoghurt (M,V)	1 Hard Boiled Egg (E)  1 50/50 Toast spread with dairy Free margarine (G, W, S)	40g Fresh Oranges (V)  40g Fresh pear (V)	25-50g Crackers (G,W,V)  25g Sliced Cheddar Cheese (M,V)
Lunch 12.00	57g Baked Smartcrumb® Salmon Fishcake (F,W,G)  or  50g Baked Vegetable & Cheese Country Bake (M,MD,W,G,V)  with 90g steamed new potatoes (V) and 40g Peas (V)  60g Blueberry Sponge (G,W) and 60g Custard (M,V)	Macaroni Cheese (G,W,M,S,V)  served with 20g Carrots (V), 20g Green Beans (V),  (60g Mixed berry fool ripple (M, V)	Beef stew and dumplings (W,G)  with 40g Peas and 40g Sweetcorn (V)  Vegetarian Jelly and 60g Vanilla Ice Cream (M,V)	Roasted Pork Sausages or 50g Vegetable Sausages (W,G,SP,V)  with 90g Mashed Potato (V), 40g Peas (V) and Gravy (G,W,V)  60g Rhubarb Crumble (G,W) and 60g Custard (M,V)	90-120g Lamb Moussaka (E,M)  or  90-120 Vegetable Moussaka E,M)  served with Garlic Bread (W,G,B,V)  60g Rice Pudding (W,G,M,V)
Snack 3.30-4.00	40g Fresh Banana (V)  60g Natural Yoghurt (M,V)	40g Freshly prepared Carrot and Cucumber sticks (V)  with 40g Homemade Houmous (V,SM)	40g Fresh Pear (V)  40g Freshly prepared Carrots (V)	35g Wholemeal Pitta Bread Strips (W,G)  with 40g Homemade mint raita (M)	40g Fresh Apple (V)  40g Freshly prepared Carrot (V)
Tea 4.30	55g Chopped Tomatoes on 37g 50/50 Toast (S,W,G,V)  50g Homemade Chocolate Rice Krispy (B,G,M,S,V)	150g Carrot and Coriander Soup (V) with 1 50/50 bread roll (S,W,G,V)  1 Homemade Shortbread Button (G,W,M,V)	1 Toasted Crumpets (G,W,V) with 1 Cheddar Cheese Slice (M,V) and 40g Cucumber (V)  50g Homemade Lemon and Sultana Cookie (G,W,E,O,V)	Billycan beans with wholemeal Pasta (G,W,E,S,V,SP)  50g Homemade Beetroot Cake (G,W,E,V)	1 Ham or 1 Cheddar Cheese 50/50 Bread roll (G,W,S,V)  Fruity Oat Crumble Sundaes (G,W,O,M,V)

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