

THE LAWNS CHILDREN'S NURSERY

WINTER MENU



EDUCATED BEGINNINGS = OUTSTANDING FUTURES

FOOD FOR THOUGHT

WE KNOW HOW IMPORTANT IT IS TO PROVIDE GROWING CHILDREN WITH HEALTHY MEALS USING A SELECTION OF FRESH INGREDIENTS. OUR NURSERY MENUS ARE CAREFULLY PLANNED AND FOLLOW THE CHILDREN'S FOOD TRUST GUIDELINES. WE PROVIDE OPPORTUNITIES FOR CHILDREN TO EXPERIENCE DIFFERENT FOODS AND DEVELOP HEALTHY EATING PATTERNS.

CHILDREN ARE INVOLVED IN FAMILY STYLE MEALS; THE CHILDREN LEARN TO SET TABLES, SERVE THEMSELVES, LEARN TABLE ETIQUETTE AND SHARE SOCIAL CONVERSATIONS. MOST IMPORTANT OF ALL, MEAL TIMES FOR ALL AGES ARE SEEN AS AN ENJOYABLE, RELAXED TIME AND ENCOURAGE CHILDREN TO COME TOGETHER AND LEARN HOW TO BE PART OF A GROUP AND THIS TEACHES THEM VALUABLE SOCIAL SKILLS.

WE ARE AWARE THAT SOME CHILDREN MAY HAVE SPECIFIC DIETARY REQUIREMENTS AND THESE, FOLLOWING CONSULTATION WITH THE NURSERY, CAN BE CATERED FOR.



NUTRITION

THE LAWNS CHILDREN'S NURSERY LOVE HAVING OUR NURSERIES FULL OF HAPPY, HEALTHY, CHILDREN BURSTING WITH ENERGY AND VITALITY...AND WE BELIEVE THAT THE QUALITY OF THE FOOD WE SERVE HAS AN ESSENTIAL PART TO PLAY.

WE ARE COMMITTED TO SERVING HEALTHY, BALANCED AND NUTRITIOUS FOODS THAT GIVE YOUR CHILD ALL OF THE ENERGY THEY NEED FOR A BUSY DAY OF PLAY, LEARNING AND DEVELOPMENT.

MENUS ARE CAREFULLY PLANNED AND FRESHLY PREPARED BY OUR CHEFS, FOLLOWING NUTRITIONAL GUIDELINES. IN ADDITION TO A TWO COURSE BALANCED LUNCH, OUR CHILDREN ALSO EAT BREAKFAST, A MORNING AND AFTERNOON FRUIT / VEGETABLE SNACK AND AFTERNOON 'HIGH TEA'.

WE MAKE EVERY EFFORT TO MAKE MEALTIMES FUN AND AN OPPORTUNITY TO LEARN - MEALS ARE SERVED WITH A FAMILY STYLE SO THAT CHILDREN QUICKLY GRASP KEY SKILLS AND FOOD ETIQUETTE - SETTING THE TABLE, SERVING THEMSELVES, SHARING CONVERSATION AND CLEARING AWAY AFTERWARDS.

WE BELIEVE IN EDUCATING CHILDREN ABOUT FOOD TO ENCOURAGE THEM TO MAKE HEALTHY FOOD CHOICES FOR THEMSELVES. THROUGH INITIATIVES LIKE OUR GARDENING PROGRAMME AND COOKERY PROGRAMME, WE INTRODUCE CHILDREN TO GROWING AND EATING A WIDE VARIETY OF FOODS, AND WE ENCOURAGE PARENTS TO GET INVOLVED IN COOKING ACTIVITIES.





DAY 1

Breakfast

Cereal or toast with spread and conserve or natural yogurt.

Milk or water.

Morning snack

Fresh fruit and raw vegetable selection with bread sticks.

Milk or water.

Lunch

Creamy chicken and leek hotpot (or Quorn and leek hotpot) with broccoli.

Natural Yogurt and chopped dates.

Water.

Afternoon snack

Fresh fruit and raw vegetable selection.

Milk or water.

High tea

Selection of wraps and salad sticks.

Water



DAY 2

Breakfast

Cereal or toast with spread and conserve or natural yogurt.

Milk or water.

Morning snack

Fresh fruit and raw vegetable selection with wholemeal rice cakes.

Milk or water.

Lunch

Beef lasagne (or tomato and lentil lasagne) with garlic bread and peas.

Pineapple upside down pudding with custard.

Water.

Afternoon snack

Fresh fruit and raw vegetable selection.

Milk or water.

High tea

Pitta pockets with egg mayonnaise, carrot and cucumber sticks.

Water.

DAY 3

Breakfast

Cereal or toast with spread and conserve or natural yogurt.

Milk or water.

Morning snack

Fresh fruit and raw vegetable selection with cream crackers.

Milk or water.

Lunch

Jacket potato with baked beans and cheddar cheese.

Greek yogurt and raspberry puree.

Water.

Afternoon snack

Fresh fruit and raw vegetable selection.

Milk or water.

High tea

Bagels with cream cheese and mixed salad.

Water.

DAY 4

Breakfast

Cereal or toast with spread and conserve or natural yogurt.

Milk or water.

Morning snack

Fresh fruit and raw vegetable selection with bread sticks.

Milk or water.

Lunch

Pork sausage (or vegetarian sausage), mashed potato, peas and gravy.

Rice pudding and raisins.

Water.

Afternoon snack

Fresh fruit and raw vegetable selection.

Milk or water.

High tea

Sandwiches, cheese curls and salad.

Water.

DAY 5

Breakfast

Cereal or toast with spread and conserve or natural yogurt.

Milk or water.

Morning snack

Fresh fruit and raw vegetable selection with rice cakes.

Milk or water.

Lunch

Wholemeal macaroni cheese and peas.

Shortbread and satsuma segments.

Water.

Afternoon snack

Fresh fruit and raw vegetable selection.

Milk or water.

High tea

Breaded chicken (or Breaded Quorn) with wraps and salad.

Water.



DAY 6

Breakfast

Cereal or toast with spread and conserve or natural yogurt.

Milk or water.

Morning snack

Fresh fruit and raw vegetable selection with cream crackers.

Milk or water.

Lunch

Roast chicken (or Quorn fillet), root vegetables, roast potatoes and gravy.

Apple and rhubarb crumble and custard.

Afternoon snack

Fresh fruit and raw vegetable selection.

Milk or water.

High tea

Wholemeal toast with cheese and salad sticks.

Water.



DAY 7

Breakfast

Cereal or toast with spread and conserve or natural yogurt.

Milk or water.

Morning snack

Fresh fruit and raw vegetable selection with bread sticks.

Milk or water.

Lunch

Cod, potato and spinach curry with rice.

Dairy ice cream.

Water.

Afternoon snack

Fresh fruit and raw vegetable selection.

Milk or water.

High tea

English muffin pizza with salad sticks.

Water.

DAY 8

Breakfast

Cereal or toast with spread and conserve or natural yogurt.

Milk or water.

Morning snack

Fresh fruit and raw vegetable selection with rice cakes.

Milk or water.

Lunch

Vegetarian meatballs, pasta and salad.

Bananas and custard.

Water.

Afternoon snack

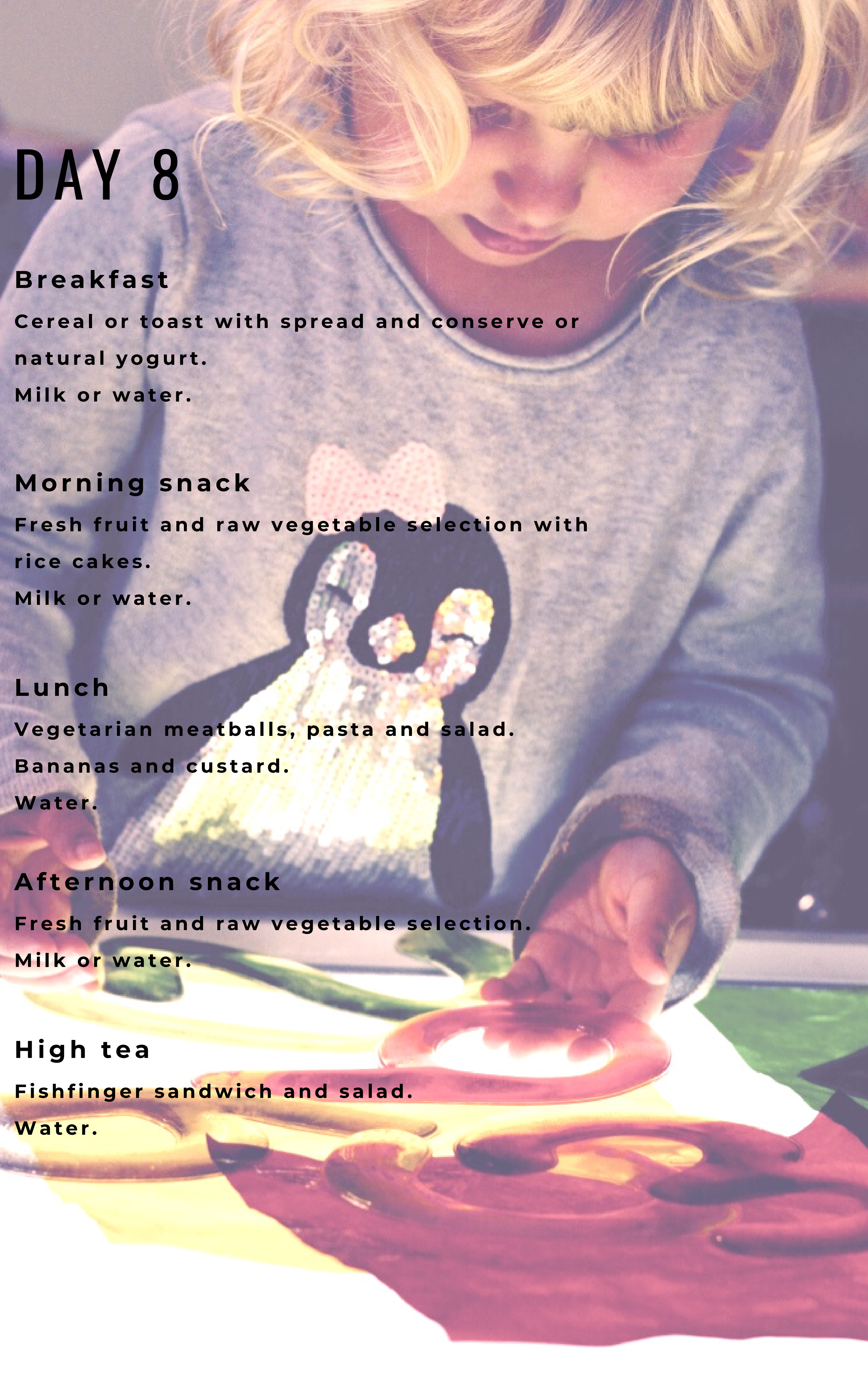
Fresh fruit and raw vegetable selection.

Milk or water.

High tea

Fishfinger sandwich and salad.

Water.



DAY 9

Breakfast

Cereal or toast with spread and conserve or natural yogurt.

Milk or water.

Morning snack

Fresh fruit and raw vegetable selection with cream crackers.

Milk or water.

Lunch

Fish and pea fishcakes, potato and mixed vegetables.

Fruit jelly.

Water.

Afternoon snack

Fresh fruit and raw vegetable selection.

Milk or water.

High tea

Pasta salad and sweetcorn.

Water.





We hope your children enjoy the Winter Menu.
With thanks to our Nursery Chef's (Tamsie, Lisa and Toni) for creating the menu

