

Welcome to the Winter Menu!

As always, we base all our meals around seasonal ingredients, plus a few well-known items for our mini foodies to provide continuity.

Winter seasonal fruit and vegetables served with all dinner and tea meals within this menu.

Apples, Pears, Rhubarb, Clementine, Date, Pears, Plums.

*Blackberries and Banana are included for variety

Beetroot, Brussels Sprouts, Carrots, Celeriac, Celery, Chicory, Cucumber, Jerusalem Artichokes, Kale, Leeks, Mushrooms, Onions, Parsnips, Purple Sprouting Broccoli, Radishes, Red Cabbage, , Savoy Cabbage, Spring Greens, Spring Onions, Squash, Swedes, Turnips, White Cabbage.

Meat and Fish:

Beef, Lamb, Chicken, Cod, Sardine, Prawn, Salmon, Tuna

We include in season herbs into our meals for lots of flavour, this season's herbs are:

Chives, Chillies,, Garlic, Parsley, Rosemary & Thyme.

Menu Key

Dairy – Full fat milk, full fat cheese and natural yogurt (no low-fat milk or reduced fat or processed cheese is used)

Dairy Alternative - we use fortified unsweetened Oat Milk, Oat Yogurt and Violife (soya Free) cheese alternative.

Egg – Organic and free range from Mendip Eggs

Fish – MSC certified in season – Charles Saunders

Meat – Organic and free range – Easter Compton Farm Shop

Organic Oats & Pulses - Essential Trading

Fruit and Vegetables - Total Produce, where possible are organic.

TVP- Textured Vegetable Protein

Allergenic ingredients are listed by number under each meal.

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|---------------|--------------------------------|
| 1: Celery | 8: Mollusc |
| 2: Gluten | 9: Mustard |
| 3: Crustacean | 10: Tree Nut |
| 4: Egg | 11: Peanut* |
| 5: Fish | 12: Sesame* |
| 6: Lupin | 13 Soyabean |
| 7: Milk | 14: Sulphur Dioxide / Sulphate |

*Our kitchen is a peanut and sesame free environment.



Each week the old children can take part in preparing their own meals, including chopping fruit for the fruit salad, or spreading and making sandwiches or wraps.

Fruit Salad consists of: Pear, Apple and Orange plus specified menu fruit.



This indicates meals that will be served warmed at Tea Time.

Snacks:

Every snack has a carbohydrate, Dairy or Egg element accompanied with a mixture of in season fruit and vegetables. Snacks are available for children to access as they want in the rolling time slots 9:30-10:30 and 2:00-2:30 allowing children to choose when they wish to eat. Milk/milk substitutes are also served with snacks.

Lunch:

Dinner is served 11:45 (for younger children) and 12:00 with no time limit to allow children to eat at their own pace. Children are involved in setting tables and serving their own food, to allow choice and independence.

Water is served with dinner (as well as being available to access throughout the day).

Tea:

Tea is served at 4:00. Older children are sometimes involved in making their own sandwiches or wraps and chopping up fruit. Water is served at the table with tea.

Each meal also includes a range of organic beans and lentils. Where listed on the menu as mixed beans, the following beans are used:

Kidney Beans, Navy Beans, Black Turtle Beans, Dutch Brown Beans, Borlotti Beans

We use organic TVP (Textured Vegetable Protein) tempeh and tofu as our soya 'meat' alternative, which are all organic and have no additives.

No salt or refined sugars are used in any cooking.

All meals are prepared from scratch in our own kitchen by our trained team, who have completed Level 3 Food Hygiene and Allergen Awareness training.

We make all our own snacks including, crackers, oat sticks, fruit bread, rice cakes so that we can be assured there are no added salts, sugars or additives and recipes can be adapted to suit individual dietary needs.

Cultural and Dietary Needs:

We will adapt the menu to reflect your child's cultural dietary needs; please inform the nursery of your child's individual requirements.

We have the following alternative menus:

Vegan: containing no food or other products derived from animals

Vegetarian: Containing egg and dairy but no other products derived from animals

Pescatarian: Menu contains egg, dairy, fish and shellfish but no other products derived from animals.

If your child has further dietary needs, we will endeavour to support these needs and ask for as much information as possible to provide for your child's requirements

We will initially arrange a (Zoom) meeting so we can identify your child's needs with yourself. In some circumstances we may need to work further with yourself and/or your health professionals to ensure an appropriate menu can be provided that reflects your child's the medical needs.

Where a dietary need is highlighted, the menu item in question is substituted with an alternative food item which provides similar nutritional value to ensure a balanced meal is provide to all children. At times your

child may be served a different dish, so that it reflects an appropriate alternative menu to ensure nutritional intake is sufficiently met.

We are happy to discuss your child's dietary needs, any aspect of the menu or if you would like any recipes to make at home.

Do not forget to follow Mini Foodies on Instagram and Facebook so that you can images of what your child is eating and keep up to date with our cooking and preparation.

We are happy to share recipes and provide further information on any meals, so please get in touch!

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