**Healthy Eating**

We provide balanced, healthy diet for your child which requires both expertise and imagination. Our menu reflects the guidelines from Eat Better Start Better. We freshly prepare all of our melas at MayGardens Little Learners, ensuring our food is perfect for your child’s growing body and mind. We have a special diet policy that ensures every specific dietary needs is met, to meet each child’s needs. All our food is prepared fresh daily by our qualified chef. We ensure that our food meets the highest standards. We serve breakfast, morning snack, lunch and tea.

As a nursery we cater for all parental preferences, child’s allergies and religious requirements which are recorded at the time of registration. Our menu is below:

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| Breakfast | Snack | Tea |
| * **Selection of cereals : Weetabix, shreddies, oatmeal squares, wheat bisks, Farley’s Rusk** * **Porridge with choice of fruits** * **Toast with butter, Jam or honey** * **Crumpets with cheese spread** * **Pancakes with honey and fresh fruits** * **Boiled eggs with tomatoes, wholemeal toast and spread** | * **Seasonal fruits** * **Raisins** * **Cheese strings** * **Milk** * **Corn on the cob/ baby corn** * **Vegetables: carrots, peppers , baby corn, corn on the cob, sugar snap beans cucumbers** * **Rice cakes with raisins** * **Avocado on toast** * **Plain yoghurt with fruit** | * **Veggie pitta pizzas made by children** * **Crackers with cream cheese and cucumbers** * **Breadsticks/carrot sticks with dip** * **Butter and cheese Sandwiches with pepper sticks** * **Potato Waffles and baked beans** * **Home made tomato soup with baguette** * **Beans on toast** * **Fruit loaf and raisins** * **Ciabatta bread and olives** * **Turkey Ham/ cheese oven baked butter croissants** * **Cous-cous salad** * **Quiche with potato salad and pepper sticks** * **Mashed avocado and pita bread** |

Lunch

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| **week** | **monday** | **tuesday** | **wednesday** | **thursday** | **friday** |
| **1** | **Home-made Cheesy pasta bake**  **with mixt vegetables**  **Fruit salad** | **Home-made Kichdi**  **Melon boats** | **Lentil moussaka with garlic bread and mixed salad**  **Fomaje frais** | **BBQ chicken or BBQ Quorn pieces with steamed baby potatoes and roast vegetables**  **Fresh berries** | **Jacket potatoes with tuna/salmon/Cheese/beans**  **Fresh oranges** |
| **2** | **Sweet and sour vegetables with noodles**  **Berry Medley** | **Home made stuffed peppers**  **Fruit yoghurts** | **Home made Cauliflower pasta carbonara**  **Fruit kebabs** | **Thai chicken curry / Thai Tofu Curry with white rice**  **Custard** | **Home made fish fingers/ home made Veggie fingers with steamed green beans and baby corn**  **Water melon** |
| **3** | **Spaghetti with tomato sauce and olives**  **Banana and custard** | **Home made salmon cakes/ home made veggie burgers with roast potatoes and peas**  **Plain Yoghurt with raspberry puree** | **Vegetable and red lentil dhansak with brown rice**  **Fresh Berries** | **Home-made Vegetarian lasagna**  **Greek yoghurt with honey** | **Chicken sausages /Vegetarian sausages with home-made mash and steamed broccoli**  **Fresh melon** |
| **4** | **Vegetarian Shepherd’s pie with green beans**  **Watermelon Whole Fruit Popsicles** | **Vegetables stir fry with noodles**  **Yoghurt tubes** | **Home made nuggets / Home made veggie fingers with sweet potato fries and cucumber sticks**  **Mix fruit salad** | **Rice with fresh cod/spinach and peas**  **Custard** | **Macaroni cheese with fresh tomatoes**  **Fresh pears** |

* **All meat provided is Halal**

**Snack-times and mealtimes**

Children are supervised during mealtimes and always remain within sight and hearing of staff.

**Snack times**

* A ‘snack’ is prepared mid-morning and mid-afternoon and can be organised according to the discretion of the setting manager e.g. picnic on a blanket.
* Children may also take turns to help set the table. Small, lidded plastic jugs are provided with choice of milk or water.
* Children wash their hands before and after snack-time.
* Children are only offered full-fat milk until they are at least two years old because they may not get the calories they need from semi-skimmed milk. After the age of two, children can gradually move to semi-skimmed milk as a main drink, as long as they are eating a varied and balanced diet.
* Fruit or raw vegetables, such as carrot or tomato, are offered in batons, which children should be encouraged to help in preparing. Bananas and other foods are not cut as rounds, but are sliced to minimise a choking hazard.
* Portion sizes are gauged as appropriate to the age of the child.
* Biscuits should not be offered, but toast, rice cakes or oatcakes are good alternatives.
* Children arrive as they want refreshment and leave when they have had enough. Children are not made to leave their play if they do not want to have a snack.
* Staff join in conversation and encourage children’s independence by allowing them to pour drinks, butter toast, cut fruit etc.

**Mealtimes**

* Tables are never overcrowded during mealtimes. Some social distancing is encouraged even though it is acknowledged that children will play in close proximity for the rest of the session.
* Children help staff set tables which are arranged for key person groups.
* Cloths are used where practical and children’s places are personalised with, for example, mats that they make for themselves and have laminated.
* Their food is brought to their room in serving dishes for each table on a trolley. Dishes are not kept in a food warmer or oven so will not be too hot to touch.
* Children wash their hands and sit down as food is ready to be served.
* Children are encouraged to choose what they want and to take their own helpings.
* Staff have their lunch with children and do not eat different food in front of children. Staff who are eating with the children role-model healthy eating and best practice at all times, for example not drinking cans of fizzy drinks in front of the children.
* Children are given time to eat at their own pace and are not hurried to fit in with adults’ tasks and breaks. They are not made to eat what they do not like and are only encouraged to try new foods slowly.
* In order to protect children with food allergies or specific dietary requirements, children are discouraged from sharing and swopping their food with one another.
* If children do not eat their main course, they are not denied pudding. Food is not used as a reward or punishment.
* Mealtimes are relaxed opportunities for social interaction between children and the adults who care for them.
* There are sometimes opportunities for children to eat with friends on other tables. Children may be invited to the babies’ room for lunch, to join a sibling or be with their previous carer if they have just moved up into the older group. There should also be opportunities for babies and toddlers to join the older children for lunch, providing they do not find this unsettling or distressing.
* After lunch children are encouraged to scrape their plates and help wipe the table and sweep the floor.
* Children go to the bathroom and wash their hands after lunch in their key groups. Cleaning teeth no sooner than 1 hour after lunch is recommended where hygiene procedures pose no risk (see procedure 04.6 Oral health)/ It is not always recommended for groups in shared premises.
* Information for parents is displayed on the parent’s notice board, including:
* Ten Steps for Healthy Toddlers <https://infantandtoddlerforum.org/media/upload/pdf-downloads/HR_toddler_booklet_green.pdf>
* Daily menus including identification of any foods containing allergens