

# WISE OWLS FARM VIEW DAY NURSERY

## summer breakfast, snack and tea menu

At Wise Owls, we know that good nutrition is essential to the healthy growth and development of children. Every day we see the positive impact a healthy and nutritious meal has on a child's ability to engage in learning and play. We encourage and inspire children to try a variety of food they may not have tried before, ensuring that children receive a healthy, balanced diet while being given the opportunity to explore new foods and flavours.

We are committed to meeting the needs of all children in our care. Alternative options will be provided where necessary to accommodate allergies and dietary requirements, ensuring every child can safely enjoy meals and snacks provided.

### week 1

#### breakfast

a choice of wholemeal toast with unsalted butter or cereal including weetabix or malted wheaties, both served with fresh whole milk or non-dairy alternative (*contains barley, wheat, oats, soya, milk*)



#### monday

**snack** rice cake served with chopped cherry tomatoes

**tea** mediterranean vegetable couscous with shredded chicken

*contains wheat, celery*

**vegetarian** with smashed chickpeas

*contains wheat, celery, sulphur*

*dioxide/sulphites*

**pudding** natural yoghurt served with seasonal fruit

*contains milk*

#### tuesday

**snack** banana loaf

*contains wheat*

**tea** baked potato with reduced salt baked beans, cheddar cheese, served with cucumber batons

*contains milk*

**pudding** sliced peaches

#### wednesday

**snack** breadsticks with cucumber batons

*contains wheat*

**tea** wholemeal pitta bread and houmous served with chopped peppers

*contains wheat, sesame*

**pudding** no bake apple and banana flapjack

*contains oats*

#### thursday

**snack** crackers with cream cheese spread

*contains wheat, milk*

**tea** wholemeal pasta salad with tuna and sweetcorn

*contains wheat, fish*

**vegetarian** with chickpeas

*contains wheat, sulphur dioxide/sulphites*

**pudding** chopped banana served with natural yoghurt

*contains milk*

#### friday

**snack** orange segments

**tea** wholemeal sandwich fingers filled with cream cheese and cucumber, served with chopped tomatoes

*contains barley, wheat, soya, milk*

**pudding** fruit ice lolly



All of our meals are served with a choice of cold milk or water

All allergen information listed on this menu reflects the ingredients of products supplied by our local supermarket. Our safer feeding practices and risk assessments ensure that ingredient and allergen information is checked carefully with every order. We take care to ensure the nutritional quality of the foods we provide.

Following the Traffic Light System, we avoid foods high in salt, sugar, or saturated fat, aiming to provide meals and snacks that are healthy, balanced, and suitable for growing children. Should an item be unavailable or substituted, we carefully review all ingredients and allergen information to ensure any alternatives continue to be safe, nutritious, and suitable for children's dietary needs.

Please note that occasional changes may occur due to supply variations or to ensure foods are used at their best. These adjustments allow us to make responsible use of ingredients and minimise food waste while continuing to provide high-quality meals.

Food orders are placed one week in advance. While we will always endeavour to accommodate any changes in dietary needs, we cannot guarantee exact amendments at short notice.

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## week 2

### breakfast

a choice of wholemeal toast with unsalted butter or cereal including weetabix or malted wheaties, both served with fresh whole milk or non-dairy alternative (*contains barley, wheat, oats, soya, milk*)



### monday

**snack** crackers with cream cheese spread

*contains wheat, milk*

**tea** wholemeal pitta bread and houmous served with chopped peppers

*contains wheat, sesame*

**pudding** no bake apple and banana flapjack

*contains oats*

### tuesday

**snack** breadsticks with cucumber batons

*contains wheat*

**tea** wholemeal pasta salad with tuna and sweetcorn

*contains wheat, fish*

**vegetarian** with chickpeas and sweetcorn

*contains wheat, sulphur dioxide/sulphites*

**pudding** sliced peaches

### wednesday

**snack** orange segments

**tea** baked potato with reduced salt baked beans, cheddar cheese. served with cucumber batons

*contains milk*

**pudding** fruit ice lolly

### thursday

**snack** banana loaf

*contains wheat*

**tea** wholemeal sandwich fingers filled with cream cheese and cucumber, served with chopped cherry tomatoes

*contains barley, wheat, soya, milk*

**pudding** natural yoghurt served with seasonal fruit

*contains milk*

### friday

**snack** rice cake and chopped cherry tomatoes

**tea** mediterranean vegetable couscous with shredded chicken

*contains wheat, celery*

**vegetarian** with smashed chickpeas

*contains wheat, celery, sulphur dioxide/sulphites*

**pudding** chopped banana served with natural yoghurt

*contains milk*



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### week 3

#### breakfast

a choice of wholemeal toast with unsalted butter or cereal including weetabix or malted wheaties, both served with fresh whole milk or non-dairy alternative (*contains barley, wheat, oats, soya, milk*)



#### monday

**snack** banana loaf

*contains wheat*

**tea** wholemeal sandwich fingers filled with cream cheese and cucumber, served with chopped cherry tomatoes

*contains barley, wheat, soya, milk*

**pudding** sliced peaches

#### tuesday

**snack** orange segments

**tea** mediterranean vegetable couscous with shredded chicken

*contains wheat, celery*

**vegetarian** with smashed chickpeas

*contains wheat, celery, sulphur*

*dioxide/sulphites*

**pudding** fruit ice lolly

#### wednesday

**snack** crackers with cream cheese spread

*contains wheat, milk*

**tea** wholemeal pasta salad with tuna and sweetcorn

*contains wheat, fish*

**vegetarian** with chickpeas and sweetcorn

*contains wheat, sulphur dioxide/sulphites*

**pudding** natural yoghurt served with seasonal fruit

*contains milk*

#### thursday

**snack** rice cake and chopped cherry tomatoes

**tea** baked potato with reduced salt baked beans, cheddar cheese, served with cucumber batons

*contains milk*

**pudding** chopped banana served with natural yoghurt

*contains milk*

#### friday

**snack** breadsticks with cucumber batons

*contains wheat*

**tea** wholemeal pitta bread and houmous served with chopped peppers

*contains wheat, sesame*

**pudding** no bake apple and banana flapjack

*contains oats*



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