

WISE OWLS MAIDENHEAD 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 wholemeal pitta bread and houmous served with chopped pepper sticks

contains wheat, sesame

pudding no bake apple banana flapjack
contains oats

wednesday

snack breadsticks with cucumber batons
contains wheat

tea mediterranean vegetable couscous with shredded chicken

contains wheat, celery

vegetarian with smashed chickpeas

contains wheat, celery, sulphur dioxide/sulphites

pudding natural yogurt served with seasonal fruit
contains milk

friday

snack orange segments

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



tuesday

snack banana loaf

contains wheat

tea crackers and cheddar cheese strips served with cucumber batons

contains oat, milk

pudding sliced peaches

thursday

snack crackers with cream cheese spread
contains wheat, milk

tea wholemeal wraps filled with tuna and sweetcorn, served with cucumber batons

contains wheat, fish

vegetarian with grated cheddar cheese and sweetcorn, served with cucumber batons

contains wheat, sesame

pudding chopped banana served with natural yogurt

contains milk



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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 orange segments

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

contains barley, wheat, soya, milk

pudding chopped banana served with natural yogurt
contains milk

tuesday

snack breadsticks served with cucumber batons

contains wheat

tea wholemeal pitta bread and houmous served with chopped pepper sticks

contains wheat, sesame

pudding fruit ice lolly

wednesday

snack rice cake with chopped cherry tomatoes

tea wholemeal wraps filled with tuna and sweetcorn, served with cucumber batons

contains wheat, fish

vegetarian with grated cheddar cheese and sweetcorn, served with cucumber batons

contains wheat, sesame

pudding no bake apple and banana flapjack
contains oats

thursday

snack banana loaf

contains wheat

tea crackers and cheddar cheese strips served with cucumber batons

contains oats, milk

pudding natural yoghurt with seasonal fruit
contains milk



friday

snack crackers with cream cheese spread

contains wheat, milk

tea mediterranean vegetable couscous with shredded chicken

contains wheat, celery

vegetarian with smashed chickpeas

contains wheat, celery, sulphur dioxide/sulphites

pudding sliced peaches

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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 crackers with cream cheese spread

contains wheat, milk

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

wednesday

snack orange segments

tea crackers and cheddar cheese strips served with cucumber batons

contains oats, milk

pudding fruit ice lolly

thursday

snack breadsticks and cucumber batons

contains wheat

tea wholemeal pitta bread and houmous served with chopped pepper sticks

contains wheat, sesame

pudding no bake apple and banana flapjack

contains oats

friday

snack rice crake and chopped cherry tomatoes

tea wholemeal wraps filled with tuna and sweetcorn, served with cucumber batons

contains wheat, fish

vegetarian with grated cheddar cheese and sweetcorn, served with cucumber batons

contains wheat, sesame

pudding chopped banana served with natural yoghurt

contains milk



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