WISE OWLS MAIDENHEAD DAY NURSERY

autumn 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 with cream cheese spread
contains milk
tea vegetable soup of the week with wholemeal buttered bread, served with pepper sticks
contains wheat, soya, barley, milk
pudding stewed pears

tuesday

snack melon slices
tea toasted wholemeal pitta bread with houmous dip, served with cucumber sticks
contains wheat, sesame
pudding natural yoghurt served with seasonal fruit
contains milk

wednesday

snack breadsticks and sliced peppers
contains wheat
tea reduced salt and sugar baked beans with wholemeal toast, served with cucumber sticks
contains wheat, soya, barley, milk
pudding chopped banana

thursday

snack sliced apple with cheddar cheese batons
contains milk
tea wholemeal tuna and sweetcorn sandwiches served with grated carrots
contains wheat, soya, barley, fish
vegetarian wholemeal cheese and sweetcorn sandwiches served with grated carrots
contains wheat, soya, barley, milk
pudding tinned mandarins

friday

snack banana loaf
contains wheat
tea wholemeal wraps with cheddar cheese filling, served with chopped cherry tomatoes
contains wheat, milk
pudding apple and cinnamon rice pudding
contains milk



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 breadsticks and sliced peppers
contains wheat
tea wholemeal wraps with cheddar cheese filling, served with chopped cherry tomatoes
contains wheat, milk
pudding chopped banana

tuesday

snack rice cake with cream cheese spread
contains milk
tea wholemeal tuna and sweetcorn sandwiches served with grated carrots
contains wheat, soya, barley, fish
vegetarian wholemeal cheese and sweetcorn sandwiches served with grated carrots
contains wheat, soya, barley, milk
pudding tinned mandarins

wednesday

snack sliced apple with cheddar cheese batons
contains milk
tea toasted wholemeal pitta bread served with houmous dip and cucumber sticks
contains wheat, sesame
pudding natural yoghurt served with seasonal fruit
contains milk

thursday

snack banana loaf
contains wheat
tea vegetable soup of the week with wholemeal buttered bread, served with pepper sticks
contains wheat, soya, barley, milk
pudding apple and cinnamon rice pudding
contains milk



friday

snack melon slices
tea reduced salt and sugar baked beans with wholemeal toast, served with cucumber sticks
contains wheat, soya, barley, milk
pudding stewed pears

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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 rice cake with cream cheese spread
contains milk
tea reduced salt and sugar baked beans with wholemeal toast, served with cucumber sticks
contains wheat, soya, barley, milk
pudding apple and cinnamon rice pudding
contains milk

tuesday

snack melon slices
tea wholemeal tuna and sweetcorn sandwiches served with grated carrots
contains wheat, soya, barley, fish
vegetarian wholemeal cheese and sweetcorn sandwiches served with grated carrots
contains wheat, soya, barley, milk
pudding chopped banana

wednesday

snack breadsticks and pepper slices
contains wheat
tea wholemeal wraps with cheddar cheese filling, served with chopped cherry tomatoes
contains milk
pudding stewed pears

thursday

snack banana loaf
contains wheat
tea vegetable soup of the week with wholemeal buttered bread, served with pepper sticks
contains wheat, soya, barley, milk
pudding natural yoghurt served with seasonal fruit
contains milk

friday

snack sliced apple with cheddar cheese batons
contains milk
tea toasted wholemeal pitta bread served with houmous dip and cucumber sticks
contains wheat, sesame
pudding tinned mandarins



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