

THE LAWNS CHILDREN'S NURSERY

SUMMER MENU



EDUCATED BEGINNINGS = OUTSTANDING FUTURES

FOOD FOR THOUGHT

WE KNOW HOW IMPORTANT IT IS TO PROVIDE GROWING CHILDREN WITH HEALTHY MEALS USING A SELECTION OF FRESH INGREDIENTS. OUR NURSERY MENUS ARE CAREFULLY PLANNED AND FOLLOW THE CHILDREN'S FOOD TRUST GUIDELINES. WE PROVIDE OPPORTUNITIES FOR CHILDREN TO EXPERIENCE DIFFERENT FOODS AND DEVELOP HEALTHY EATING PATTERNS.

CHILDREN ARE INVOLVED IN FAMILY STYLE MEALS; THE CHILDREN LEARN TO SET TABLES, SERVE THEMSELVES, LEARN TABLE ETIQUETTE AND SHARE SOCIAL CONVERSATIONS. MOST IMPORTANT OF ALL, MEAL TIMES FOR ALL AGES ARE SEEN AS AN ENJOYABLE, RELAXED TIME AND ENCOURAGE CHILDREN TO COME TOGETHER AND LEARN HOW TO BE PART OF A GROUP AND THIS TEACHES THEM VALUABLE SOCIAL SKILLS.

WE ARE AWARE THAT SOME CHILDREN MAY HAVE SPECIFIC DIETARY REQUIREMENTS AND THESE, FOLLOWING CONSULTATION WITH THE NURSERY, CAN BE CATERED FOR.



NUTRITION

THE LAWNS CHILDREN'S NURSERY LOVE HAVING OUR NURSERIES FULL OF HAPPY, HEALTHY, CHILDREN BURSTING WITH ENERGY AND VITALITY...AND WE BELIEVE THAT THE QUALITY OF THE FOOD WE SERVE HAS AN ESSENTIAL PART TO PLAY.

WE ARE COMMITTED TO SERVING HEALTHY, BALANCED AND NUTRITIOUS FOODS THAT GIVE YOUR CHILD ALL OF THE ENERGY THEY NEED FOR A BUSY DAY OF PLAY, LEARNING AND DEVELOPMENT.

MENUS ARE CAREFULLY PLANNED AND FRESHLY PREPARED BY OUR CHEFS, FOLLOWING NUTRITIONAL GUIDELINES. IN ADDITION TO A TWO COURSE BALANCED LUNCH, OUR CHILDREN ALSO EAT BREAKFAST, A MORNING AND AFTERNOON FRUIT / VEGETABLE SNACK AND AFTERNOON 'HIGH TEA'.

WE MAKE EVERY EFFORT TO MAKE MEALTIMES FUN AND AN OPPORTUNITY TO LEARN - MEALS ARE SERVED WITH A FAMILY STYLE SO THAT CHILDREN QUICKLY GRASP KEY SKILLS AND FOOD ETIQUETTE - SETTING THE TABLE, SERVING THEMSELVES, SHARING CONVERSATION AND CLEARING AWAY AFTERWARDS.

WE BELIEVE IN EDUCATING CHILDREN ABOUT FOOD TO ENCOURAGE THEM TO MAKE HEALTHY FOOD CHOICES FOR THEMSELVES. THROUGH INITIATIVES LIKE OUR GARDENING PROGRAMME AND COOKERY PROGRAMME, WE INTRODUCE CHILDREN TO GROWING AND EATING A WIDE VARIETY OF FOODS, AND WE ENCOURAGE PARENTS TO GET INVOLVED IN COOKING ACTIVITIES.



DAY 1

Breakfast

Cereal or toast with spread and conserve.

Milk or Water.

Morning snack

Fresh fruit and raw vegetable selection with bread sticks.

Milk or water.

Lunch

Chicken korma with rice, green beans and naan.

Fruit Yogurt

Afternoon snack

Fresh fruit and raw vegetable selection.

Milk or water.

High tea

Cous cous with chicken and salad.

DAY 2

Breakfast

Cereal or toast with spread and conserve.

Milk or Water.

Morning snack

Fresh fruit and raw vegetable selection with rice cakes.

Milk or water.

Lunch

Beef and mushroom stroganoff, rice and seasonal vegetables.

Raspberries, Jelly and dairy ice cream

Afternoon snack

Fresh fruit and raw vegetable selection.

Milk or water.

High tea

Pitta pockets with egg mayonnaise, carrot and cucumber sticks.

DAY 3

Breakfast

Cereal or toast with spread and conserve.

Milk or Water.

Morning snack

Fresh fruit and raw vegetable selection with cream crackers.

Milk or water.

Lunch

Salmon and pea risotto and carrot batons.

Courgette and lime cake.

Afternoon snack

Fresh fruit and raw vegetable selection.

Milk or water.

High tea

Selection of sandwiches with salad sticks.



DAY 4

Breakfast

Cereal or toast with spread and conserve.

Milk or Water.

Morning snack

Fresh fruit and raw vegetable selection with bread sticks.

Milk or water.

Lunch

Vegetable pizza and salad leaves.

Seasonal fruit salad.

Afternoon snack

Fresh fruit and raw vegetable selection.

Milk or water.

High tea

Fish finger sandwich and salad.



DAY 5

Breakfast

Cereal or toast with spread and conserve.

Milk or Water.

Morning snack

Fresh fruit and raw vegetable selection with rice cakes.

Milk or water.

Lunch

Pork ragu and seasonal vegetables.

Peach fool ripple.

Afternoon snack

Fresh fruit and raw vegetable selection.

Milk or water.

High tea

Selection of wraps with cherry tomatoes.



DAY 6

Breakfast

Cereal or toast with spread and conserve.

Milk or Water.

Morning snack

Fresh fruit and raw vegetable selection with cream crackers.

Milk or water.

Lunch

Lamb moussaka and salad.

Blueberry sponge cake.

Afternoon snack

Fresh fruit and raw vegetable selection.

Milk or water.

High tea

Cream cheese bagels.



DAY 7

Breakfast

Cereal or toast with spread and conserve.

Milk or Water.

Morning snack

Fresh fruit and raw vegetable selection with bread sticks.

Milk or water.

Lunch

Fish fingers, wedges and baked beans.

Frozen yogurt.

Afternoon snack

Fresh fruit and raw vegetable selection.

Milk or water.

High tea

Breaded chicken with wraps and salad.



DAY 8

Breakfast

Cereal or toast with spread and conserve.
Milk or Water.

Morning snack

Fresh fruit and raw vegetable selection with
rice cakes.
Milk or water.

Lunch

Jacket Potato, beans and cheddar cheese.
Greek yogurt and raspberry puree.

Afternoon snack

Fresh fruit and raw vegetable selection.
Milk or water.

High tea

Selection of sandwiches and cheese curls.



DAY 9

Breakfast

Cereal or toast with spread and conserve.
Milk or Water.

Morning snack

Fresh fruit and raw vegetable selection with
cream crackers.
Milk or water.

Lunch

Pea, ham and mushroom pasta bake.
Sponge cake.

Afternoon snack

Fresh fruit and raw vegetable selection.
Milk or water.

High tea

Potato salad and ham.





We hope your children enjoy the Summer Menu.

With thanks to our Nursery Chef's for creating the menu

