

Meals and snacks

Please provide a packed lunch for your child if they will be having lunch with us. Children love cooking, so we often make our own lunches during the school holidays - we will let you know in advance if your child only requires a 'partial' lunch on any particular day.

We provide a cooked evening meal at 5pm, and also a snack mid-morning and mid-afternoon.

All meals and snacks are eaten at the dining table if we are at home, although picnics in the back garden are a frequent treat during warm weather. Children are taught to use cutlery correctly and to observe good table manners (such as waiting until everyone is served before beginning to eat, asking children to pass items required). Children are encouraged to learn about and try unfamiliar foods. Fresh drinking water is always available. Children are encouraged to drink frequently.

All the food we supply is organic and usually home-cooked - we try to avoid processed food as much as possible. Children are encouraged to choose and help prepare what they would like to eat. Donations from gardens or allotments are always welcome!! Snacks will be fruit or raw vegetables, with dips as a special treat.

We also use food as part of our learning programme e.g. making vegetable soup during 'Keeping warm in winter' week, baking heart-shaped biscuits on St Valentine's Day.

Typical weekly menu

Monday

Macaroni cheese with petits pois
Fromage frais
Fresh Fruit

Tuesday

Homemade fish cakes with fresh tomato sauce and mixed vegetables
Bananas and custard
Fresh Fruit

Wednesday

Spaghetti Bolognese
Yoghurt
Fresh fruit

Thursday

Tuna pasta bake
Fromage frais
Fresh fruit

Friday

Jacket potato with baked beans and cheese

Fromage frais

Fresh fruit

Note: On 12th December 2014 the EU Food Information for Consumers Regulations came into force. Under the regulations we are legally obliged to provide information on the allergens we use in food preparation.

We ask for information on any allergies or intolerances before your child starts coming to us, so we can ensure we do not use the ingredients concerned. If you need information regarding the ingredients we use, please ask us.