

Dining at nursery

"We love that the food is so varied. Our son has tried so many new things."

Fuel for healthy growth

We strongly believe that healthy eating in the early years helps to form a good foundation on which to build a healthy lifestyle and positive attitudes towards food as we grow up. A healthy diet supports growth and brain development, boosts immunity and provides energy and nutrients to help children stay active, healthy and happy. We aim to provide healthy, nutritionally balanced meals and snacks for the children in our care.

Our menus

Our nursery kitchen serves autumn/winter and spring/summer 4 weekly rotating menus to ensure plenty of variety and to utilise seasonal produce. All menus are carefully planned, reviewed and updated regularly, incorporating feedback from parents and of course the children (our toughest critics!). This helps us to provide a healthy and balanced diet that the children enjoy. We use good quality, fresh and wholesome ingredients, minimising the use of refined and processed food, saturated fats, colourings, artificial preservatives, sugar and salt. We strive to include seasonal and local produce where possible.

Special diets

All meals and snacks are freshly prepared by our onsite nursery cook taking into account weaning stages and special dietary requirements including allergies, intolerances and preferences on religious grounds. Please speak to the nursery manager to discuss your child's individual requirements.

Healthy food education

We integrate healthy food education for the children as part of their normal nursery day. This is achieved by involving them in the exploration of different foods, discovering new textures and tastes, discussing foods with their peers and staff and in cooking/food preparation activities.

"They are very thorough when working with children who have allergies, which alleviated a lot of my worries"



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"The food is excellent, varied and healthy. It is a weight off my mind."

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Meal times are an enjoyable and integral part of the nursery day, where the children and staff gather around the table in their base room to share tasty, freshly prepared food in a relaxed environment. Many parents are surprised at how adventurous their 'fussy eater' is when at nursery! Meal times present a multitude of opportunities for initiating conversations around our personal preferences and making healthy choices, whilst also enjoying those yummy treats in moderation!

Meal times

- Breakfast is offered on arrival at nursery from 7:30am. Children can choose from a selection of cereals, toast and fruit, providing plenty of fuel for a busy morning of play and exploration.
- Snack is offered via a carefully supervised 'rolling snack bar' from 10am, which gives children the freedom to enjoy a snack if and when they would like to, or to continue playing uninterrupted if they would prefer.
- Lunch is served from 11:30am and the staff sit with the children to model good eating habits and table manners whilst carefully supervising the lunch service and observing each child's food intake.
- Tea is served from 3:30pm.

"My son is sugar-free, and they always make sure he doesn't miss out"

We adhere strictly to food hygiene standards at all times and are proud to uphold 5 star Environmental Health ratings at our nurseries.



Let's eat!



Family-style meal service

We encourage 'family style' self-service, under the guidance and supervision of the staff team, enabling the children to learn the skills they need to become social, caring and patient diners. Self-service helps the children to develop their fine motor and social skills and build their independence. Over time, the children learn to regulate their own portion size, comfortable in the knowledge that they are welcome to help themselves to seconds if they are still hungry.

The children learn to share and wait their turn if a container is being passed around and good hand hygiene becomes an embedded part of the dining routine. Enabling children to serve themselves may be messy at first, but like all other skills, practice makes perfect!

The lunch tables at nursery are welcoming and support independence. Our toddler and preschool children use crockery plates and bowls, and metal cutlery and the children lay the table and clear their own plates when they have finished their meal. These activities support children's self-regulation, independence and self-esteem as they take responsibility for their environment and have a role in acknowledging and meeting their own needs.

Sample weekly menu

Below are sample meals from actual menus but may differ from the rotating, seasonal menu currently being served at nursery. Copies of the current menus are available from the nursery and are reviewed and updated annually.

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cereals & toast with a choice of fresh fruit				
Snack	Breadsticks, satsuma & melon Milk	Crackers, red pepper & pear Milk	Oatcakes, salad sticks Milk	Rice cakes, grapes & apple Milk	Pitta fingers & houmous Milk
Lunch	Chicken / chickpea & vegetable (v) korma with brown rice	Spaghetti bolognese (Beef or tomato - v) with garlic bread	Creamy fish / cheese & leek (v) pie with seasonal vegetables	Pork / vegetable (v) stir fry with noodles	Sausage / lentil (v) & bean casserole with mash & broccoli
Dessert	Flapjack	Homemade blueberry muffin	Fruit jelly	Fruit crumble with custard	Fruit salad with Greek yoghurt
Tea	Assorted wraps with salad	Mackerel pate on toast with salad sticks	A selection of sandwiches	Jacket potatoes with a variety of fillings	Hearty vegetable soup with bread



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"I don't know how they do it, but my son always eats well and really enjoys pretty much everything on the menu!"