

# Toddle On Inn Day Nursery



## Menues

At Toddle On Inn Nursery, we promote healthy eating and this view is reflected in our varied menus. We are committed to providing freshly prepared, healthy and delicious meals which our children will enjoy.

All menus are prepared on site by our in-house Cook, who freshly prepares two meals a day in our fully equipped on-site kitchen. All meals are included in the fees paid for by parents. Our menus are continually reviewed and we are more than happy to cater to different dietary requirements. We encourage comments and suggestions from Parents/Carers with meal ideas. We only serve Halal meat.

All of our meals meet the government's compulsory minimum nutritional requirements such as:

- A balanced diet with a lot of varied meals.
- Plenty of fresh fruit and vegetables.
- Minimal use of salt and sugar within our meals.
- Plenty of food high in calcium and iron.
- Provide a diverse menu, which facilitates to develop children's tastes.

In planning the menu we take account of individual dietary needs and aim to provide

both a nutritious and varied range of meals and snacks. The menus are updated termly.



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## Children With Food Allergies

The 14 main food allergens are listed below;



We understand that some children are allergic to specific foods (such as those in the categories above or others) and at Toddle On Inn Nursery we take this very seriously.

Parents are requested to notify us in writing if their child has a food allergy and when this information is received it is passed onto our kitchen team and the Room Staff. Our Chef will then either adapt a meal on the menu or prepare something different. The food is then served in plates which is a different colour to others and it is also labelled with the child's name.

Menus are on a four week rotation and any meals containing items from the 14 main allergen groups are listed clearly. Please see our [Menus](#) for an example of this.

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## WEANING STAGES:

- Stage 1 – Approx. 6 Months Single Puree
- Stage 2 – 6-9 Months Mixed Foods Courser Textures Minced/Mashed and Soft Finger Foods
- Stage 3 - Mixed Foods Minced/Chopped Harder Finger Foods.

\*\*\* All dietary requirements are catered for: Vegetarian / Vegan / Halal/dairy free / lactose-free / gluten free \*\*\*

Milk and Water are available at all times throughout the day

## Breakfast:

Selection of cereals: Porridge (make with Oat milk as everyone can have it), Muesli, Weetabix, corn flakes, Shreddies, bran flakes, shredded wheat

Toast: Wholemeal and White (under 2's)

Fruit – Variety of fresh fruit

Butter: Bertolli butter spread (contains no dairy)

Yoghurt: Natural yoghurt to be available & dairy free natural yoghurt

Selection of Milk – cows, goat, oat, soy, almond, coconut, rice .... etc.

Water: is available to children throughout the day.

## Snacks:

Variety of fresh fruit and vegetable sticks

Water and selection of Milk

All Menus Are Subject to Change, According to Seasonality and **Availability**