

Food and Nutrition

Giggle Tots Day Nursery provides healthy and nutritious breakfasts, lunches, afternoon tea and snacks in between. These menus were designed with the help of our parents an executive chef and a qualified nutritionist

Our lunches are cooked by our in-house chef, we provide hot lunches & desserts which are meeting the **Caroline Walker Trust** daily nutritional guidelines for under 5s. We use natural flavours to add sweetness to our puddings, such as vanilla essence, nutmeg or cinnamon.

Meals are freshly prepared daily to ensure quality and freshness. The meals are all temperature controlled. We cater for any dietary requirements and allergies/intolerances and preferences. Please see a member of the management team to have your menu designed for your baby or child's individual dietary needs.

Our afternoon teas are freshly prepared daily in house.
Please see below a typical lunch menu.

Fresh fruit will be provided for snacks during the day, all food is sourced locally.

Snacks are served am and pm

Breakfast is served from 8.00am – 9am

Lunch is served around 11.30am

Tea is served around 4pm

Menu	Monday	Tuesday	Wednesday	Thursday	Friday
Week A -Lunch time	Beef spaghetti bolognaise with grated courgette, carrot V- green lentils Homemade rice pudding and fruit	Chicken roast Dinner with mixed vegetables V- quorn chicken Fruit and natural yoghurt	Sausage mash and peas V - Linda macartney rosemary and red onion sausages Fruit and custard	Chickpea and vegetable curry and rice, nann bread Fruit and Natural yoghurt	Baked Salmon, creamy sweet potato mash and mixed vegetables V - Homemade bean burger Fruit and yoghurt
Week A -Teatime	Assorted whole meal sandwiches and Apples wedges	Homemade savoury muffins, Sliced Pears	Homemade tomato and basil soup with bread and butter, oranges	Mini homemade quiche with vegetable crudités and Melon pieces	Assorted Bagels, and Banana chunks
Week B - Lunch time	Three bean mild chilli and rice Fruit and Semolina	Lamb Sheppard's pie with mixed vegetables V - Quorn mince Fruit and Yoghurt	Homemade salmon fish cakes, new potatoes and mixed vegetable V - chickpea and spinach cakes Fruit and Natural Yoghurt	Meatball and vegetable couscous V - Falafel Apple crumble and custard	Cheese, tuna and tomato pasta bake with mixed vegetables V- Mushroom Fruit and Yoghurt
Week B - Teatime	Homemade Sausage/ cheese rolls with vegetable sticks, apples	Assorted wraps and Sliced pear	Beans on toast and orange wedges	Toasted buttered muffins and Melon	Homemade Carrot and parsnip soup with warm bread and banana slices
Week C - Lunch time	Butternut squash, apricot and chickpea tagine with couscous Fruit and custard	Salmon pasta bake with mixed vegetables. V - Mushroom and cheese Fruit and natural yoghurt	Chicken and vegetable stew. With Dumplings V - quorn Fruit and homemade semolina	Red lentil and aubergine moussaka served with lettuce, cucumber and tomato Fruit and yoghurt	Beef hot pot with root vegetables V - Black bean, broad bean Fruit and ice cream
Week C - Teatime	Homemade potato and leek soup with warm bread, and Apple wedges	Scrambled egg on toast and sliced pear DEF - assorted toasted sandwiches	Homemade Pizza pittas and orange slices	Buttered crumpets and Melon pieces	Mini spinach & cottage cheese frittatas banana chunks