

# Spring Term Menu



# Food and Nutrition



## Mealtimes

are an opportunity to not only eat scrumptious food, but to encourage good manners and social skills. Water and milk is offered at every mealtime and throughout the day.

## Baby Weaning

is an important time in a child's life and here at Dinotots we will follow your babies normal food routine under 12 months, after we will discuss with you your baby's stage of weaning so that we can work to integrate new foods.

## Dietary Requirements

We cater for all children including those who have allergies, every meal is planned with care and attention.

## Health

is the most important so therefore we ensure we plan our meals so that there is a good balance of all the food groups.

# Allergens

There are 14 major allergens which need to be mentioned when they are used as ingredients in a food. Here are the allergens, and where they can be found:

## Celery

You can find celery in celery salt, salads, some meat products, soups and stock cubes

## Crustaceans

Crab, lobster, prawns and scampi are crustaceans. Shrimp paste sometimes used in curries or salads is an ingredient to look out for.

## Fish

You will find this in some fish sauces, pizzas, relishes, salad dressings and Worcestershire sauce.

## Milk

Milk is a common ingredient in butter, cheese, cream, milk powders and yoghurt.

## Mustard

Liquid mustard, mustard powder and mustard seeds fall into this category.

## Peanuts

Often found in biscuits, cakes, curries, desserts and sauces.

## Soya

Soya is a staple ingredient in oriental food but can also be found in desserts, ice cream, sauces and vegetarian products.

## Cereals

(Containing Gluten) - Wheat, rye, barley and oats is found in food containing flour. Bread, cakes, pasta, sauces and soups.

## Eggs

Found in cakes, meat products, mayonnaise, pasta, quiche and sauces.

## Lupin

Lupin is a flower and also found in flour, can be found in some types of breads, pastries and even pasta.

## Molluscs

These include mussels, land snails, squid and whelks but can be found in oyster sauce.

## Nuts

Not to be mistaken with peanuts, this refers to cashews, almonds and hazelnuts which can be found in breads, biscuits, crackers, desserts, ice cream, nut oils and sauces.

## Sesame Seeds

Can often be found in bread, breadsticks, humous and sesame oil.

## Sulphur Dioxide

Ingredient often used in dried fruits like raisins, dried apricots and prunes.



# Meal Times

## Breakfast

7:30am-8:00am

## Morning Snack

Offered at 9:00am

## Lunch

Served between 10:30am-11:00am

## Afternoon Snack

Offered at 13:30pm

## Tea

Served between 15:00pm-15:30pm







# Week 1

## monday

Lunch - Hotdog and Pasta Bake

Dessert - Swiss Roll

Tea - Ham Sandwiches, apple and cheese

Dessert - Custard

## tuesday

Lunch - Spaghetti Bolognese and Garlic Bread

Dessert - Fromage Frais with Sponge Finger

Tea - Hotdog, Mini vegetable waffles and beans

Dessert - Mini Roll

## wednesday

Lunch - Mild Chicken Curry, Rice and Naan Bread

Dessert - Angel Delight

Tea - Spaghetti Hoops on toast

Dessert - Ginger Bread Men

## thursday

Lunch - Fish Cakes, Boiled New Potatoes and mixed Vegetables

Dessert - Flapjack and Raisins

Tea - Ham Sandwiches, cucumber and carrot sticks

Dessert - Jelly

## friday

Lunch - Chicken Dinner - Mashed potatoes, yorkshire pudding, mixed veg and gravy

Dessert - Ice Cream

Tea - Pizza Friday

Dessert - Milkshake and Biscuit





# Week 2

## monday

Lunch - Corned Beef Hash

Dessert - Fromage Frais with Sponge Finger

Tea - Ham Wraps with butter, Cumcumber sticks and crisps

Dessert - Banana

## tuesday

Lunch - Chicken and mixed veg casserole

Dessert - Angel Delight

Tea - Chicken Nuggets with Beans

Dessert - Flapjacks

## wednesday

Lunch - Cottage Pie with mixed veg and gravy

Dessert - Swiss Roll

Tea - Spaghetti Hoops with Mini Vegetable Waffles

Dessert - Peach Slices

## thursday

Lunch - Chunky Vegetable Pasta Bake

Dessert - Ice Cream

Tea - Sausage Rolls and Beans

Dessert - Mini Roll

## friday

Lunch - Mild Chicken Curry, Rice and Naan Bread

Dessert - Biscuit

Tea - Pizza Friday

Dessert - Milkshake and Biscuit





# Week 2

## monday

Lunch - Fish Fingers and Beans

Dessert - Sliced Peaches

Tea - Chicken Wrap, cherry tomatoes and cheese

Dessert - Banana Slices with Custard

## tuesday

Lunch - Mild Beef Chilli Con Carne with Rice

Dessert - Ice Cream

Tea - Potato Wedges, Cheese and Beans

Dessert - Fromage Frais with Sponge Finger

## wednesday

Lunch - Meatballs, Spaghetti and Garlic Bread

Dessert - Fromage Frais with Sponge Finger

Tea - Beans on Toast

Dessert - Swiss Roll

## thursday

Lunch - Hotdog Pasta

Dessert - Angel Delight

Tea - Ham Sandwiches and Crisps

Dessert - Mini Roll

## friday

Lunch - Sweet and Sour Chicken with Rice

Dessert - Ginger Bread Man with glass of Milk

Tea - Pizza Friday

Dessert - Milkshake and Biscuit







# Snack Menu

## Week 1

### Monday

AM - Selection of Fresh Fruit  
PM - Bread Sticks and Raisins

### Tuesday

AM - Selection of Fresh Fruit  
PM - Crackers and Kiwi

### Wednesday

AM - Selection of Fresh Fruit  
PM - Sticks of Celery,  
Cucumber and Carrot with  
Houmous

### Thursday

AM - Selection of Fresh Fruit  
PM - Mixed Fruit Yogurt

### Friday

AM - Selection of Fresh Fruit  
PM - Homemade Popcorn

## Week 2

### Monday

AM - Selection of Fresh Fruit  
PM - Homemade Popcorn

### Tuesday

AM - Selection of Fresh Fruit  
PM - Cucumber Slices on Ritz  
Crackers

### Wednesday

AM - Selection of Fresh Fruit  
PM - Bread Sticks and Cheese

### Thursday

AM - Selection of Fresh Fruit  
PM - Raisins and Apple Slices

### Friday

AM - Selection of Fresh Fruit  
PM - Homemade Popcorn

## Week 3

### Monday

AM - Selection of Fresh Fruit  
PM - Homemade Popcorn

### Tuesday

AM - Selection of Fresh Fruit  
PM - Cucumber Slices on Ritz  
Crackers

### Wednesday

AM - Selection of Fresh Fruit  
PM - Bread Sticks and Fresh  
Pineapple

### Thursday

AM - Selection of Fresh Fruit  
PM - Raisins and Apple Slices

### Friday

AM - Selection of Fresh Fruit  
PM - Carrot and Cucumber  
Sticks with Houmous