

Sample 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

Eggs

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

Crustaceans

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

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.

Fish

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

Lupin

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

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.

Sesame Seeds

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

Molluscs

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

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.

Sulphur Dioxide

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

Peanuts

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



Meal Times

Breakfast

7:30am-8:00am

Morning Snack

Offered at 9:00am

Lunch

Served between 11:00am-11:30am

Afternoon Snack

Offered at 13:30pm

Tea

Served between 15:00pm-15:30pm





Week 1

Monday

Lunch - Spaghetti Bolognese with Garlic Bread

Dessert - Yoghurt and Sponge Fingers

Tea - Ham Sandwiches, apple and cheese

Dessert - Brownie

Tuesday

Lunch - Chicken Curry, boiled rice with naan bread

Dessert - Swiss Roll

Tea - Fish Fingers, Mini vegetable waffles and beans

Dessert - Flapjack

Wednesday

Lunch - Fish cakes, boiled potatoes and mixed vegetables

Dessert - Mini Roll

Tea - Spaghetti Hoops on toast

Dessert - Biscuit & Fresh Milk

Thursday

Lunch - Child Choice Wrap: Mini wraps, tomatoes, grated cheese, ham, cucumber, sweetcorn, tomato puree

Dessert - Strawberry Angel Delight

Tea - Fresh Sausage rolls and beans

Dessert - Mini Roll

Friday

Lunch - Chicken Dinner - Mashed potatoes, Yorkshire pudding, mixed vegetables and gravy

Dessert - Ice Cream

Tea - Pizza Friday

Dessert - Milkshake and Biscuit



Week 2

Monday

Lunch - Chicken and Mixed Vegetable Casserole

Dessert - Swiss roll

Tea - Beans on toast

Dessert - Flapjack

Tuesday

Lunch - Cottage Pie, mashed potatoes and mixed vegetables

Dessert - Ice Cream

Tea - Chicken Sandwiches, cucumber and cheese sticks

Dessert - Brownie

Wednesday

Lunch - Chunky Vegetable & tomato pasta bake

Dessert - Yoghurt and Sponge Fingers

Tea - Sausage Rolls and Beans

Dessert - Swiss Roll

Thursday

Lunch - Meatballs and Pasta

Dessert - Banana and Custard

Tea - Ham Sandwiches, cucumber and carrot sticks

Dessert - Swiss roll

Friday

Lunch - Chilli Con Carne, boiled rice and tortilla chips

Dessert - Chocolate Angel Delight

Tea - Make your own pizza wraps: Wraps, pepperoni, ham, sweetcorn, tomato puree and grated cheese

Dessert - Milkshake and Biscuit



Week 3

Monday

Lunch - Hotdog Pasta

Dessert - Ice Cream and Fruit

Tea - Scrambled eggs on Toast

Dessert - Mini Roll

Tuesday

Lunch - Corned beef hot pot, boiled potatoes, mixed vegetables and gravy

Dessert - Bananas and Custard

Tea - Spaghetti Hoops on toast

Dessert - Biscuit

Wednesday

Lunch - Chicken Curry, boiled rice and naan bread

Dessert - Chocolate Angel Delight

Tea - Ham Sandwiches, apple and cheese

Dessert - Brownie

Thursday

Lunch - Mince and Dumplings with mashed potatoes, mixed vegetables and gravy

Dessert - Swiss Roll

Tea - Beans on Toast

Dessert - Flapjack

Friday

Lunch - Pie, potatoes and peas with gravy

Dessert - Yoghurt and Sponge Finger

Tea - Pizza Friday

Dessert - Milkshake and Biscuit



Snack Menu

Snacks are provided for the children both in the morning and in the afternoon. They are offered a selection of snacks for them to choose themselves, which ones they like and how many they would like.

Here is a selection of what is offered to our Dinotots children at snack time:

Bananas
Crackers
Cheese
Kiwi
Rice cakes

Breadsticks
Raisins
Oranges
Apples
Melon

Cucumber Strips
Strips of fresh Pineapple
Sliced Apple (exc Babies)



Banned foods

There are certain foods which the Food Standards Agency advise should not be given to under 5's and, to prevent any potential choking hazards the Managing Director has banned these items from the nurseries and insists certain other foods are prepared in a particular way to avoid choking hazards. These are:

Banned Foods:

- Grapes
- Sausages
- Popcorn
- Cherry tomatoes
- Marshmallows
- Jelly Cubes
- hard sweets

Food preparation:

- We always remove any stones and pips from fruit before serving
- We always cut small round foods, like strawberries lengthways and into quarters
- We always cut large fruits like melon, and hard fruit or vegetables like raw apple and carrot into slices instead of small chunks
- We never offer raisins as a snack to children under 12 months – although these can be chopped up as part of a meal
- We always soften hard fruit and vegetables (such as carrot and apple) and remove the skins when first given to babies from around 6 months
- We always remove bones from meat or fish
- We never give whole nuts to children under five years old
- We never give whole seeds to children under five years old
- We always cut cheese into strips rather than chunks