**Food provided at Purple Childcare**

All of our food is prepared on site from fresh ingredients. We provide vegetarian and halal alternatives for all meals and are happy to cater for most allergies/ intolerances wherever this is possible (please call or email for a chat if you have anything specific to discuss).

In an emergency (e.g. staff sickness) we may use an outside catering company to cook our meals. We usually use Early Years Catering and all dietary needs will continue to be catered for if a company is used.

Healthy eating is important at Purple Childcare. We serve platters of varying fruits at snack time and platters of salad at lunch or high tea. Each platter has a variety of at least 3 fruits or vegetables and we vary these day by day and week by week to encourage children to try new foods. Children serve themselves from the platter using small tongs (in the pre-school) or spoons (in the toddler room). We back up our knowledge of healthy eating with weekly Stretch-and-Grow sessions. Linda teaches children about keeping their bodies healthy in an extremely fun and engaging way, sessions are very popular!

For children arriving at 7:30 or 8:00 we offer breakfast. This is cleared away before children arrive at 8:30 or later so that we can use the space to set up activities.

Snack is served at 10:00 for babies and toddlers and 10:15 for pre-schoolers. At snack time we have a large platter of at least three different fruits and children are encouraged to use small tongs to serve themselves. We vary our fruit regularly and include fruits such as; bananas, watermelon, apple, blueberries, figs, strawberries, oranges, pears and many more!

Lunch is served at 11:45 for babies and toddlers and 12:00 for pre-school children. As far as possible children in the pre-school learn to serve themselves and to be responsible for scraping their plates, putting them in the washing up bowl, wiping their hands and faces and cleaning their placemats. After lunch we offer a healthier pudding including fresh fruit flan, banana split (with natural yoghurt and toppings), flapjack, yoghurt and honey. On special occasions we may offer a ‘treat’ pudding and occasionally parents choose to bring in a birthday cake to share with the group. If you have any concerns about this please call or email for a chat.

We serve high tea at 3:00 for all children. We have found that serving an early tea is much more effective for children who are often ready for a bigger meal at 3:00 after expending lots of energy at nursery and are winding down and less interested in food later in the day. The choice of high tea we serve on a particular day may vary due to factors such as availability of products and the interests of the children.

For children staying later in the day we offer a late snack at 5:00. This will include a choice of hot cross buns, crumpets, bagels, cheese and fruit or salad

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| **Week 1**  |  |  |  |  |  |
| Breakfast (served 7:30-8:30) | Choice of healthy cereals and toast  | Choice of healthy cereals and toast | Choice of healthy cereals and toast | Choice of healthy cereals and toast | Choice of healthy cereals and toast |
| Snack(served 10-10:10) | Selection of seasonal fruits and crackers  | Selection of seasonal fruits and crackers | Selection of seasonal fruits and crackers | Selection of seasonal fruits and crackers | Selection of seasonal fruits and crackers |
| Lunch(served 11:45-12:00) | Meatballs, roast potatoes, peas and sweet corn Vegetarian sausages Halal meatballs/ falafals | Chicken curry with rice and naan bread Vegetable curry Halal chicken curry | Beef lasagne with salad platterAubergine and tomato lasagneHalal beef lasagne | Smoked Mackerel or Salmon Fishcake with Egg and Green Bean SaladVegetable burger | Ratatouille with rice and pitta  |
| High Tea(served 3:00) | Pitta bread, hummus cheese, ham and salads  | Fish fingers mashed potatoes and peas  | Wraps with salad, a choice of meats and cheese  | Quiche and salads and crunchy bread | Cheese, tuna or ham sandwiches and large salad platter  |
| Snack(served 5:00) | Choice of hot cross buns, crumpets or toast with fruit and cheese | Choice of hot cross buns, crumpets or toast with fruit and cheese | Choice of hot cross buns, crumpets or toast with fruit and cheese | Choice of hot cross buns, crumpets or toast with fruit and cheese | Choice of hot cross buns, crumpets or toast with fruit and cheese |

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| Week 2 |  |  |  |  |  |
| Breakfast (served 7:30-8:30) | Choice of healthy cereals and toast  | Choice of healthy cereals and toast | Choice of healthy cereals and toast | Choice of healthy cereals and toast | Choice of healthy cereals and toast |
| Snack(served 10-10:30) | Selection of seasonal fruits and crackers  | Selection of seasonal fruits and crackers | Selection of seasonal fruits and crackers | Selection of seasonal fruits and crackers | Selection of seasonal fruits and crackers |
| Lunch(served 11:45-12:15) | Pork stir fry And noodles Vegetable stir friHalal chicken stir fry | Tuna pasta bake with salad platterTomato and broccoli pasta bake | Spanish chicken with olives and rice Tomato and vegetable tagineHalal Spanish chicken | Vegetable curry with rice and naan | Chicken dinner roast potatoes and peas Vegetable pot pieHalal chicken dinner |
| High Tea(served 3:00) | Wrap with a choice of filling and salad | Quiche and salads and crunchy bread  | Wrap with a choice of filling and salad  | Mini ploughmen’s with cheese, and choice of fillings  | Cheese, tuna or ham sandwiches and large salad platter  |
| Snack(served 5:00) | Choice of hot cross buns, crumpets or toast with fruit and cheese | Choice of hot cross buns, crumpets or toast with fruit and cheese | Choice of hot cross buns, crumpets or toast with fruit and cheese | Choice of hot cross buns, crumpets or toast with fruit and cheese | Choice of hot cross buns, crumpets or toast with fruit and cheese |

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| Week 3 |  |  |  |  |  |
| Breakfast (served 7:30-8:30) | Choice of healthy cereals and toast  | Choice of healthy cereals and toast | Choice of healthy cereals and toast | Choice of healthy cereals and toast | Choice of healthy cereals and toast |
| Snack(served 10-10:30) | Selection of seasonal fruits and crackers  | Selection of seasonal fruits and crackers | Selection of seasonal fruits and crackers | Selection of seasonal fruits and crackers | Selection of seasonal fruits and crackers |
| Lunch(served 11:45-12:15) | Spaghetti bolognaiseVegetable BologneseHalal bolognaise | Pasta with tomato and mascarpone sauce | Chicken stir fry and noodles Vegetable stir fryHalal chicken stir fry | Fish curry with rice and naan bread Vegetable curry | Vegetable lasagne with large salad platter |
| High Tea(served 3:00) | Pitta bread, hummus cheese, ham and salads  | Mini ploughmen’s with cheese, and choice of fillings  | Wrap with a choice of filling and salad  | Cheese, tuna or ham sandwiches and large salad platter  | Quiche and salads and crunchy bread |
| Snack(served 5:00) | Choice of hot cross buns, crumpets or toast with fruit and cheese | Choice of hot cross buns, crumpets or toast with fruit and cheese | Choice of hot cross buns, crumpets or toast with fruit and cheese | Choice of hot cross buns, crumpets or toast with fruit and cheese | Choice of hot cross buns, crumpets or toast with fruit and cheese |

Allergen information

Meatballs contain – beef mince, onions, wheat,

Roast potatoes – potatoes, veg or olive oil

Chicken curry contains – chicken, sweet potatoes, peppers, lemon grass, sunflower oil, coriander shallots, green chilli, sugar, turmeric, kaffir leaf, red chilli, tapioca, cumin, ginger, galangal, mustard, coriander, fenugreek fennel. Coconut milk

Naan – contains wheat, salt Wheat Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Sugar, Yeast, Spirit Vinegar, Kalonji Seeds, Raising Agents (Disodium Diphosphate, Sodium Bicarbonate, Calcium Phosphate), Garlic (0.8%), Dried Parsley, Salt, Flavouring, Preservative (Calcium Propionate), Dried Skimmed **Milk**, Ground Coriander

Lasagne contains: - cream sauce – water, milk rapeseed oil, maize starch, coconut oil, xanthan gum Tomatoes, basil, oregano.

Ratatouille contains – aubergine, courgette, tomatoes, onions, basil, oregano rice, pitta bread (wheat)

Pork stir fry – peeper, carrots, broccoli, pork, aubergine (meat) noodles (wheat) water, egg, **DF**

Spanish chicken contains – tomatoes, basil, oregano, chicken, olives, carrots potatoes. **GF, DF**

Vegetable curry contains, sweet potatoes, peppers, lemon grass, sunflower oil, coriander shallots, green chilli, sugar, turmeric, kaffir leaf, red chilli, tapioca, cumin, ginger, galangal, mustard, coriander, fenugreek fennel. Coconut milk rice **GF, DF, V**

Naan bread, Wheat Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Sugar, Yeast, Spirit Vinegar, Kalonji Seeds, Raising Agents (Disodium Diphosphate, Sodium Bicarbonate, Calcium Phosphate), Garlic (0.8%), Dried Parsley, Salt, Flavouring, Preservative (Calcium Propionate), Dried Skimmed **Milk**, Ground Coriander

Tuna pasta bake contains- tuna, pasta (wheat) cheese sauce - Whole **Milk**, Water, Cream (**Milk**) (18%), Cheddar Cheese (**Milk**) (15%), Seasoning, Cheese Powder (**Milk**), Garlic, Seasoning contains: Corn Starch, Dried Whole **Milk**, **Wheat** Flour, Salt, Maltodextrin, Sugar, Mushroom Extract Powder, Yeast Extract, Tomato, Onion, Carrot Extract, Flavouring. Sweet corn

beef stir fry – peeper, carrots, broccoli, shredded beef steak, aubergine (meat) noodles (wheat) water, egg

Lasagne contains: - cream sauce – water, milk rapeseed oil, maize starch, coconut oil, xanthan gum

 Pasta – wheat

Dairy free Lasagne sauce, water, rapeseed oil, maize starch, sugar salt, coconut, salt black pepper, garlic, white pepper.

 Tomatoes, basil, oregano.

Bolognaise – tomatoes, basil, oregano, mince beef, carrots, courgette. Spaghetti – wheat water

Fish curry contains -fish – cod or haddock, sweet potatoes, peppers, lemon grass, sunflower oil, coriander shallots, green chilli, sugar, turmeric, kaffir leaf, red chilli, tapioca, cumin, ginger, galangal, mustard, coriander, fenugreek fennel. Coconut milk rice

Tea menu-

Choice of filling for wraps and pitta – ham, chicken, cheese, tuna mayo, cucumber, tomatoes, olives, sweet corn, lettuce, Spinach

Sausages – pork, water rusk- wheat flour, salt spices nutmeg, mace, white peeper ginger. Preservative – sodium Mata-bisulphite.

Fish fingers- fish, breadcrumbs, wheat flour yeast salt spices, water

Pitta - Wholemeal wheat, water yeast, milk powder

Baked rolls- wheat flour, broad bean flour, antioxidant, ascorbic acid