



Mealtimes and Nursery Menus

On registration to nursery parents are requested to complete a dietary requirement sheet for their child (See registration form). A list is kept in each room showing any allergies, or special requirements. Special dietary requirements are discussed with the nursery cook.

Children starting before 8.30am may have a breakfast (cereal, toast, milk or juice)

A hot meal is available at lunchtimes. These are nutritious and well balanced, and freshly prepared on the premises. Alternatively, a healthy pack lunch can be provided from home. Fizzy drinks, crisps and sweets are discouraged.

If parents forget to bring a lunch, do not provide enough food or a child will not eat what is provided, then the child's key person will check their dietary information sheet and a sandwich/snack will be provided. The key person will then discuss meal arrangements with the parent on collection of their child.

Tea is served around 4.00pm and usually consists of a light tea such as sandwiches, cheese cubes, salad, buffet style finger foods, beans on toast, soup and bread and a selection of fresh fruit.

A range of eating utensils, plates, and bowls are available and the children are encouraged to feed themselves. Correct use of a knife and fork is taught from 2 years old.

All children are seated in the same room, during mealtimes, (although separate tables for different age groups may be used depending upon the number of children). Meal times are a very important part of our Nursery routine. Staff sit with the children to supervise closely and to talk about different things at the table. It is a very pleasant social occasion. If a child had made a model we may use this as a centre piece for the table to encourage discussion.

Children in the Nursery and Pre-School Room are encouraged to be 'helpers'. They set the table, pour water and assist in cleaning up, supervised by a member of staff. A record of who has helped and what children have eaten is noted daily. Ask your keyperson for details. Children are invited to help wash and dry the tea dishes with a member of staff some afternoons.

The children in the Nursery and Pre school room help themselves to a self service breakfast and tea but with lunch, the Nursery Cook serves as it contains hot dishes and food. Older children help younger ones.

In the Baby Unit the staff sit at the meal tables with the children in order to provide help and supervise mealtimes closely. Low chairs are used so toddlers can independently get on and off themselves. High chairs are also available for the younger children and they are low enough to be seated around the meal table.

During the weaning process the nursery food can be prepared so that it is at the correct stage for the child. Parents may choose to bring in containers of prepared food which staff will heat if necessary. Meals which are provided by parents are kept in sealed containers in the fridge.

Parents are welcome to offer any menus or recipes and have input with our menus. The Nursery Cook is always happy to discuss nutrition with parents and would be pleased for any ideas.