

CHILDCARE AT QUEEN'S

OUR NUTRITION



At Childcare Services at Queen's we know that good nutrition is important for growing children. The children are provided with a healthy nutritious menu which has been thoroughly researched taking into account the daily requirements needed.

We know that health eating habits start from an early age and in order to develop and support these habits, the staff at Childcare Services at Queen's will provide for your child:

- Fresh fruit and vegetables on a daily basis
- A menu which ensures that your children are getting a variety of foods which are needs for a healthy balanced diet.
- Our menus are all salt and sugar free and pureed to the correct consistency.
- A Vegetarian menu is available.
- Special dietary requirements will always be catered for.
- Our staff are all trained regularly in food safety to ensure they understand the importance of hygienic preparation of food.
- From an early age the children are taught the importance of healthy eating through songs, stories and age appropriate activities.
- Childcare Services at Queen's has a No Nuts Allowed on Premises Policy.
- We have a 6 week rotation of menus.

CHILDCARE AT QUEEN'S

WEEK ONE SAMPLE MENU

MONDAY

Morning Snack | Breakfast Cereal

Lunch | Red Lentil & Carrot Soup

Veg Lunch | Red Lentil and Carrot Soup

Pudding | Pear & Apple Crumble w/ Custard

Afternoon Snack | Potato Wedges

TUESDAY

Morning Snack | Toast

Lunch | Chicken Fricasse & Boiled Rice

Veg Lunch | Vegetable Fricasse & Boiled Rice

Pudding | Greek Yoghurt w/ peaches

Afternoon Snack | Pancakes

WEDNESDAY

Morning Snack | Crossiant

Lunch | Indian Spiced Shepherd,s Pie

Veg Lunch | Quorn Mince Shepherd's Pie

Pudding | Fruit Jelly & Vanilla Ice Cream

Afternoon Snack | Ham & Cheese Sandwiches

THURSDAY

Morning Snack | Toast

Lunch | Penne Pasta w/ Roasted Veg & Tomato

Veg Lunch | Penne Pasta w/ Roasted Veg & Tomato

Pudding | Pineapple & Coconut Sponge w/ Custard

Afternoon Snack | Pizza

FRIDAY

Morning Snack | Brioche

Lunch | Fisherman's Pie w/ Sweet Potato topping

Veg Lunch | Sweet Potato & Mushroom Pie

Pudding | Fresh Fruit Salad

Afternoon Snack | Homemade Shortbread



CHILDCARE AT QUEEN'S

WEEK TWO SAMPLE MENU

MONDAY

Morning Snack | Breakfast Cereal

Lunch | Ham, Pepper & Onion Frittata & Baby Roast Potato

Veg Lunch | Courgette, Pepper & Onion Frittata & Baby Roast Potato

Pudding | Apple & Berry Crumble w/ Custard

Afternoon Snack | Carrot, Cucumber & Pepper Sticks w/Dips

TUESDAY

Morning Snack | Toast

Lunch | Chicken, Broccoli & Mushroom Pie w/ Creamed Potatoes

Veg Lunch | Butternut Squash, Broccoli & Mushroom Pie w/ Creamed Potatoes

Pudding | Greek Yoghurt w/ peaches

Afternoon Snack | Pancakes

WEDNESDAY

Morning Snack | Croissant

Lunch | Beef & Root Vegetables w/ Creamed Potatoes

Veg Lunch | Quorn Mince & Root Vegetables w/ Creamed Potatoes

Pudding | Fruit Jelly & Ice Cream

Afternoon Snack | Potato Wedges

THURSDAY

Morning Snack | Toast

Lunch | Salmon, Leek & Cannellini Beans w/ Spaghetti

Veg Lunch | Leeks, Cannellini Beans & Peas w/ Spaghetti

Pudding | Jam & Coconut Sponge w/ Custard

Afternoon Snack | Breadsticks, cheese & Sliced Apple

FRIDAY

Morning Snack | Brioche

Lunch | Chicken Stir-Fry w/ Ginger, Spring Onion & Egg Noodles

Veg Lunch | Veg Stir-Fry w/ Ginger, Spring Onion & Egg Noodles

Pudding | Fresh Melon & Pineapple

Afternoon Snack | Homemade Chocolate Brownie



CHILDCARE AT QUEEN'S

WEEK THREE SAMPLE MENU

MONDAY

Morning Snack | Breakfast Cereal

Lunch | Meatballs & Linguine

Veg Lunch | Vegetable Bolognese & Linguine

Pudding | Pineapple & Blueberries

Afternoon Snack | Pancakes

TUESDAY

Morning Snack | Toast

Lunch | Homemade Chicken Goujons w/ Baby Roast Potatoes

Veg Lunch | Broccoli & Cauliflower Mornay w/ Roast Potatoes

Pudding | Pear & Chocolate Cake & Custard

Afternoon Snack | Veda Bread w/ Bananas

WEDNESDAY

Morning Snack | Brioche

Lunch | Lasagne & Garlic Bread

Veg Lunch | Roasted Vegetable Lasagne & Garlic Bread

Pudding | Baked Rice Pudding w/ Spiced Apples

Afternoon Snack | Pizza

THURSDAY

Morning Snack | Toast

Lunch | Chicken Curry & Boiled Rice

Veg Lunch | Quorn Chicken Curry & Boiled Rice

Pudding | Greek Yoghurt & Summer Berries

Afternoon Snack | Breadsticks, Cheese & Grapes

FRIDAY

Morning Snack | Croissant

Lunch | Teriyaki Salmon w/ Egg Noodles

Veg Lunch | Veg Stir-Fry w/ Ginger, Spring Onion & Egg Noodles

Pudding | Mixed Berry Cranachan

Afternoon Snack | Homemade Scones



CHILDCARE AT QUEEN'S

WEEK FOUR SAMPLE MENU

MONDAY

Morning Snack | Breakfast Cereal

Lunch | Red Lentil & Carrot Soup

Veg Lunch | Red Lentil and Carrot Soup

Pudding | Pear & Apple Crumble w/ Custard

Afternoon Snack | Potato Wedges

TUESDAY

Morning Snack | Toast

Lunch | Chicken Fricasse & Boiled Rice

Veg Lunch | Vegetable Fricasse & Boiled Rice

Pudding | Greek Yoghurt w/ peaches

Afternoon Snack | Pancakes

WEDNESDAY

Morning Snack | Crossiant

Lunch | Indian Spiced Shepherd,s Pie

Veg Lunch | Quorn Mince Shepherd's Pie

Pudding | Fruit Jelly & Vanilla Ice Cream

Afternoon Snack | Ham & Cheese Sandwiches

THURSDAY

Morning Snack | Toast

Lunch | Penne Pasta w/ Roasted Veg & Tomato

Veg Lunch | Penne Pasta w/ Roasted Veg & Tomato

Pudding | Pineapple & Coconut Sponge w/ Custard

Afternoon Snack | Pizza

FRIDAY

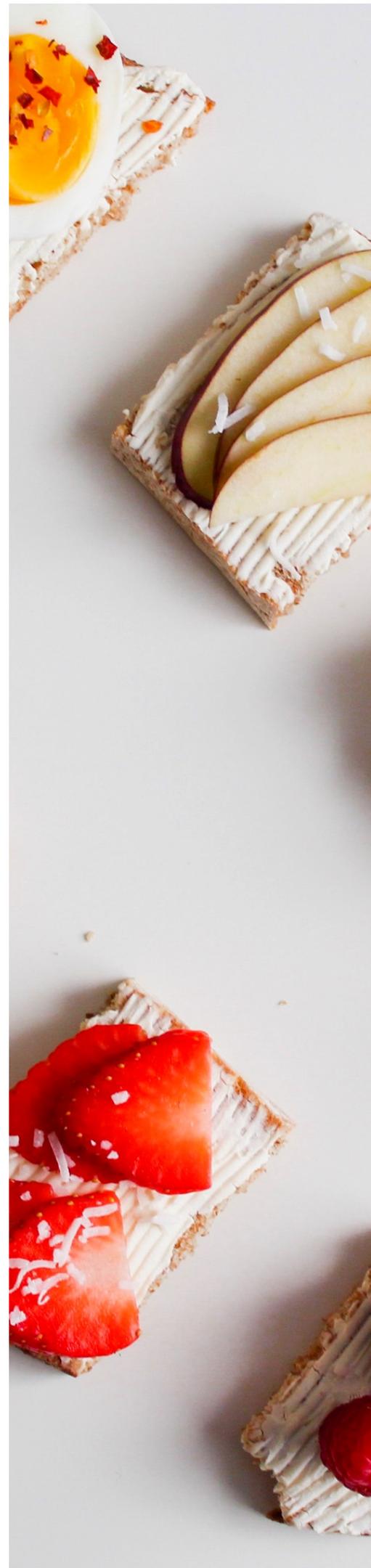
Morning Snack | Brioche

Lunch | Fisherman's Pie w/ Sweet Potato topping

Veg Lunch | Sweet Potato & Mushroom Pie

Pudding | Fresh Fruit Salad

Afternoon Snack | Homemade Shortbread



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WEEK FIVE SAMPLE MENU

MONDAY

Morning Snack | Breakfast Cereal

Lunch | Ham, Pepper & Onion Frittata & Baby Roast Potato

Veg Lunch | Courgette, Pepper & Onion Frittata & Baby Roast Potato

Pudding | Apple & Berry Crumble w/ Custard

Afternoon Snack | Carrot, Cucumber & Pepper Sticks w/Dips

TUESDAY

Morning Snack | Toast

Lunch | Chicken, Broccoli & Mushroom Pie w/ Creamed Potatoes

Veg Lunch | Butternut Squash, Broccoli & Mushroom Pie w/ Creamed Potatoes

Pudding | Greek Yoghurt w/ peaches

Afternoon Snack | Pancakes

WEDNESDAY

Morning Snack | Croissant

Lunch | Beef & Root Vegetables w/ Creamed Potatoes

Veg Lunch | Quorn Mince & Root Vegetables w/ Creamed Potatoes

Pudding | Fruit Jelly & Ice Cream

Afternoon Snack | Potato Wedges

THURSDAY

Morning Snack | Toast

Lunch | Salmon, Leek & Cannellini Beans w/ Spaghetti

Veg Lunch | Leeks, Cannellini Beans & Peas w/ Spaghetti

Pudding | Jam & Coconut Sponge w/ Custard

Afternoon Snack | Breadsticks, cheese & Sliced Apple

FRIDAY

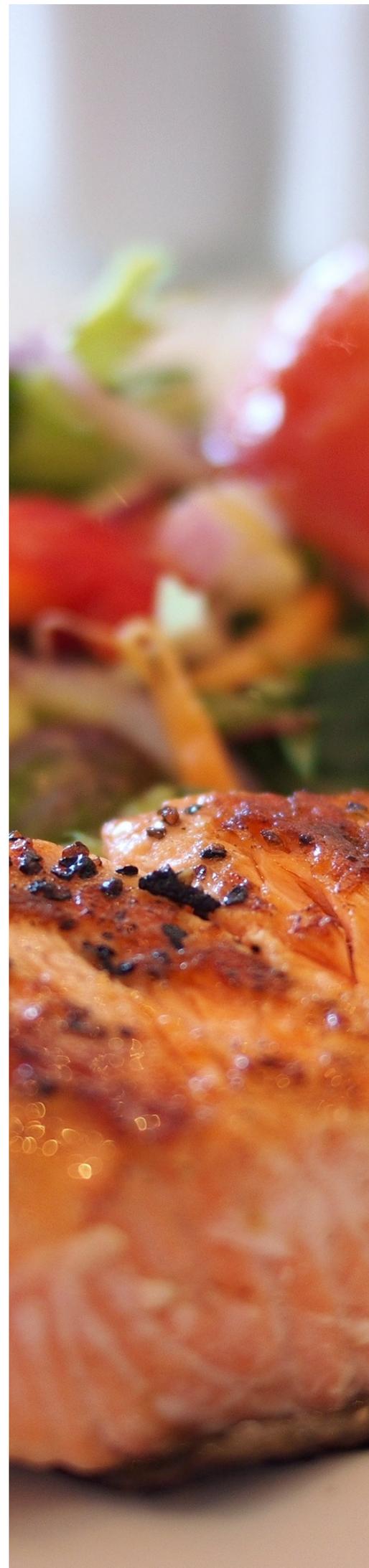
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Lunch | Chicken Stir-Fry w/ Ginger, Spring Onion & Egg Noodles

Veg Lunch | Veg Stir-Fry w/ Ginger, Spring Onion & Egg Noodles

Pudding | Fresh Melon & Pineapple

Afternoon Snack | Homemade Chocolate Brownie



CHILDCARE AT QUEEN'S

WEEK SIX SAMPLE MENU

MONDAY

Morning Snack | Breakfast Cereal

Lunch | Meatballs & Linguine

Veg Lunch | Vegetable Bolognese & Linguine

Pudding | Pineapple & Blueberries

Afternoon Snack | Pancakes

TUESDAY

Morning Snack | Toast

Lunch | Homemade Chicken Goujons w/ Baby Roast Potatoes

Veg Lunch | Broccoli & Cauliflower Mornay w/ Roast Potatoes

Pudding | Pear & Chocolate Cake & Custard

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