

Tiny Steps Mealtimes

At Tiny Steps, we believe that mealtimes should be social, happy times where skills can be developed and foods tasted!

We have a fully trained Cook who prepares and cooks every meal on site, using only the freshest ingredients, including fresh fruit and vegetables! All of our meals are carefully planned to meet the individual needs and requirements of each child.

We have strict health and safety procedures and we regularly audit our nursery to ensure that these policies and procedure are adhered to.

Our Nurseries are regularly inspected by the local authorities, to ensure we are meeting standards and adhering to the procedures given.

We openly accept recommendations from parents and update and review our menu regularly.

Our food menu is rotated on a weekly basis and is adapted to suit the time of year.

Food Menu

(All meat is Halal)

Water is freely available throughout the day

Week 1

DAY	BREAKFAST 9.15am	SNACK 10.30am	LUNCH 11.45am	SNACK 2.45pm	TEA 3.45pm
MON	Croissant, Hot Chocolate	Oranges Bread sticks	Vegetable pasta bake Rice pudding	Oranges	Potato cakes with beans Cucumber sticks & dips
TUE	Toast, Milk	Pears Bread sticks	Chicken Curry & pilau rice Melon slices	Pears	Cheese salad, cheese rolls Fresh fruit
WED	Toast, Cereal, Apple juice/ Hot Chocolate	Melon, Raisins Bread sticks	Fish fingers, oven chips & beans Satsuma & Jelly	Melon, Raisins	Assorted savoury sandwiches Shortbread
THUR	Toast, Milk / Orange juice	Strawberries Bread sticks	Beef hot pot Cherry Crumble & Custard	Bananas	Vegetable soup Whole meal bread and butter
FRI	Toast, Cereal, Milk	Apples Bread sticks	Cottage pie with green beans Fruit salad	Apples	Cheese & crackers Hot chocolate

Week 2

DAY	BREAKFAST 9.15am	SNACK 10.30am	LUNCH 11.45am	SNACK 2.45pm	TEA 3.45pm
MON	Croissant, Hot Chocolate	Satsuma's Bread sticks	Minced lamb with potatoes Rice pudding	Satsuma's	Crumpets with spaghetti Carrot sticks with dip
TUE	Toast, Milk	Bananas Bread sticks	Macaroni Cheese with vegetables Apple pie & Custard	Bananas	Sausage rolls/ cheese rolls Fresh fruit
WED	Toast, Cereal, Apple juice/ Hot Chocolate	Raisins Bread sticks	Roast Chicken, potatoes & vegetables Melon slices	Raisins	Assorted savoury sandwiches Shortbread
THUR	Toast, Milk / Orange juice	Peaches Bread sticks	Fish pie Sponge cake and custard	Peaches	Vegetable soup Whole meal bread and butter
FRI	Toast, Cereal, Milk	Pears Bread sticks	Burger, chips & green vegetables Fruit salad	Pears	Potato cakes with beans Fresh fruit

Week 3

DAY	BREAKFAST 9.15am	SNACK 10.30am	LUNCH 11.45am	SNACK 2.45pm	TEA 3.45pm
MON	Croissant, Hot Chocolate	Oranges Bread sticks	Spaghetti Bolognese Rice pudding	Oranges	Crumpets with Beans Cucumber sticks & dips
TUE	Toast, Milk	Pears Bread sticks	Tuna & Sweetcorn bake Apple pie & custard	Pears	Cheese rolls Fresh fruit
WED	Toast, Cereal, Apple juice/ Hot Chocolate	Melon Bread sticks	Fishfingers, chips & beans Satsuma & jelly	Melon	Assorted savoury sandwiches Biscuits
THUR	Toast, Milk / Orange juice	Strawberries Bread sticks	Sweet & sour chicken, pasta & coleslaw Yoghurt	Banana's	Vegetable soup Whole meal bread and butter
FRI	Toast, Cereal, Milk	Apples Bread sticks	Cottage pie with green beans Fruit salad	Apples	Cheese & crackers Hot chocolate

Week 4

DAY	BREAKFAST 9.15am	SNACK 10.30am	LUNCH 11.45am	SNACK 2.45pm	TEA 3.45pm
MON	Croissant, Hot Chocolate	Apples Bread sticks	Cheese & Tuna pasta bake Rice pudding	Apples	Crumpets with spaghetti Cucumber sticks with dip
TUE	Toast, Milk	Bananas Bread sticks	Chicken curry & rice Apple crumble & Custard	Banana's	Cheese rolls Fresh fruit
WED	Toast, Cereal, Apple juice/ Hot Chocolate	Oranges Bread sticks	Vegetable pasta bake & cauliflower Fruit & jelly	Oranges	Assorted savoury sandwiches Biscuits
THUR	Toast, Milk / Orange juice	Melon, raisins & Bread sticks	Cottage pie with green beans	Melon	Vegetable soup Whole meal bread and butter
FRI	Toast, Cereal, Milk	Pears Bread sticks	Beef stroganoff, rice & carrot salad Fruit salad	Pears	Potato cakes with beans Raisins