



# JACK AND JILL PLAYGROUP

## TYPICAL DAILY MENU

### BREAKFAST CHOICE EXAMPLES:

CEREALS: WEETABIX (V)  
HONEY HOOPS (V)  
CORNFLAKES (V)  
RICE KRISPIES (V)  
PORRIDGE (V)  
SHREDDIES (V)

SPREADS: CHEESE (V)  
JAM (V)  
MARMALADE (V)  
BUTTER (V)  
HONEY (V)  
MARMITE (V)

### VARIOUS BREAD PRODUCTS:

INCLUDING WHOLEMEAL/WHITE BREAD (PLAIN OR TOASTED),  
ROLLS, CRUMPETS, PANCAKES (V)

### VARIETY FRUITS:

BANANAS  
ORANGES  
APPLES  
PEARS  
PINEAPPLE  
RAISINS  
MELON  
BLUE BERRIES

### DRINKS:

DILUTED NO SUGAR SQUASH (V)  
MILK (V)  
WATER (V)  
DILUTED FRUIT JUICE (V)

### SNACK CHOICE EXAMPLES:

(V): VARIETY OF RAW VEGETABLES SALADS E.G: CUCUMBER,  
CARROT, CELERY, PEPPERS ETC

VARIETY OF FRUIT: AS ABOVE

DAIRY: CHEESE CUBES (V) AND YOHURTS (V)

CRACKERS (V), CRISPBREADS (V), POPCORN (V)

(V) Indicates vegetarian



## KEEPING CHILDREN SAFE

Our every day menu of foods and products we provide to children are generally vegetarian based, healthy choices that are carefully selected, purchased and supervised to provide a healthy balanced breakfast and snack. We will always insure we follow the instruction of the parents and take into account the dietary and allergenic requirements of the children attending our setting throughout the day.

We display the Food Standards Agency poster which lists the 14 main allergens which may have allergenic ingredients in the food we provide. This is displayed on our parent`s board alongside our standard menu choices. We ask on registration that parents must inform us in writing and verbally of their child`s dietary, allergenic food, cultural, religious requirements and to keep us updated on any changes during their time with us so that we are able to follow them accurately.

Occasionally we may have party days, events, birthdays when cakes, sweet and other treats are provided by parents to share with the children. We will always check these products for suitability against individual children`s dietary requirements before sharing. Party sweets are sent home with the children at the end of session for parents to supervise. We have a strict no nuts policy.

We have children that stay for lunch club. Parents provide packed lunches from home. Lunch Club is fully supervised, parents are made aware on registration that nuts in any form including spreads, sweets, chocolate, fizzy drinks etc are not allowed and children are taught not to share their lunch. Unsuitable items are removed and sent home with a brief reminder to parents. We take guidance on safe preparation of food which we review regularly. Food items such as sausages, grapes are cut lengthways even when provided from home.

We also as part of our curriculum look at providing examples of foods from different cultures, different food mediums and textures that may include food groups for children to experiment, decorate, cook with and explore such as grains, pulses, flour products etc.

Staff take into account numbers of children for breakfast/snack each day and any dietary additions to menu e.g. vegan, vegetarians, dairy and allergens, cultural and religious requirements and provide accordingly - we have a named snack card system with a distinctive red card alerting the practitioner supervising the mealtimes, that states what individual children cannot eat when providing food from our kitchen.