



# Healthy Food For Your Child

Learn more about our food:

[www.fenwoodnursery.co.uk](http://www.fenwoodnursery.co.uk)

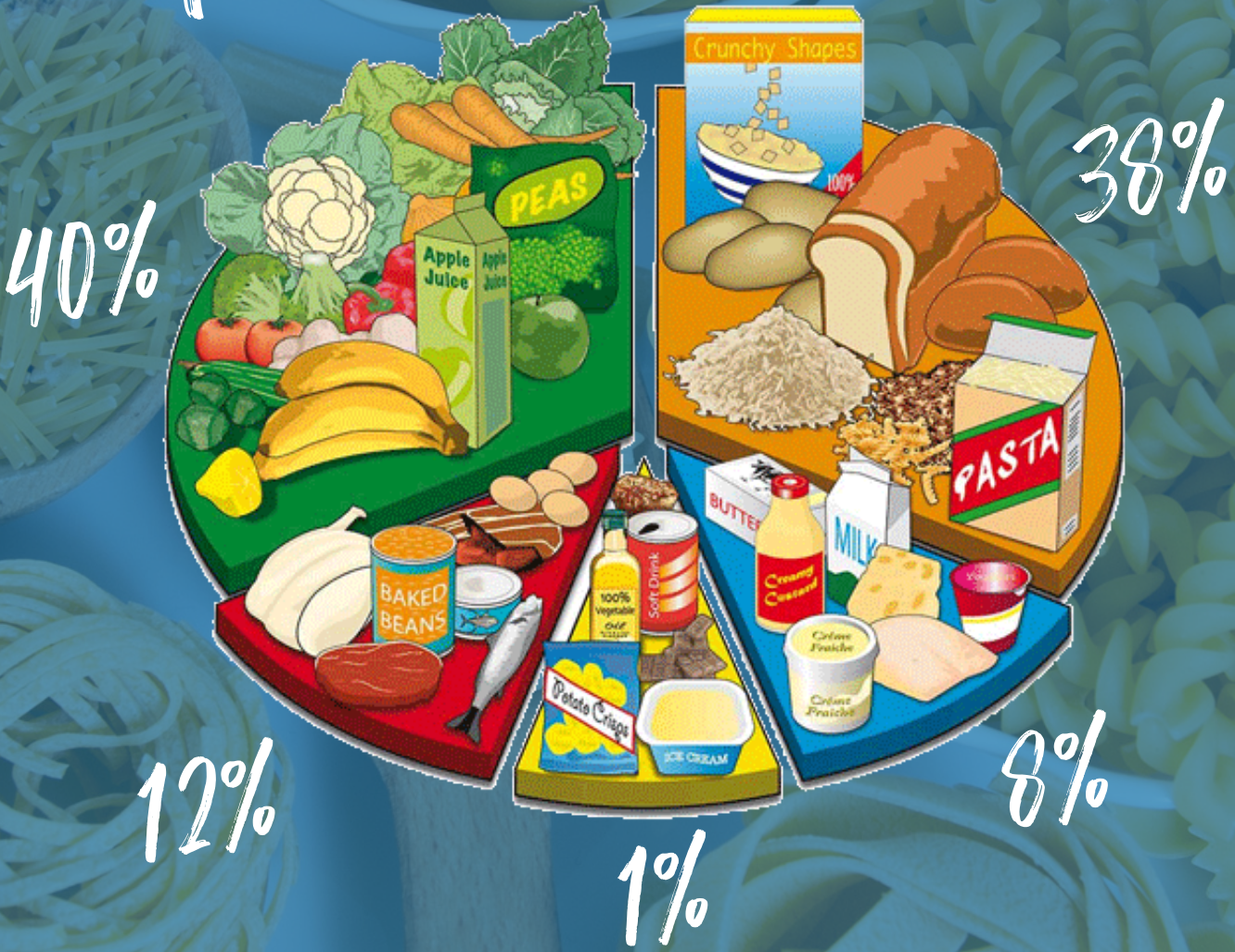


Eat Better  
Start Better  
Learn Better

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# Our Eatwell Plate Promise



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# A Guide To Fenwood Catering

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## FENWOOD HOUSE DAY NURSERIES

### *Healthy*

A HEALTHY, BALANCED DIET AND REGULAR PHYSICAL ACTIVITY ARE ESSENTIAL FOR CHILDREN'S HEALTH AND WELLBEING. RESEARCH CONFIRMS THAT HEALTHY EATING HABITS IN THE YEARS BEFORE SCHOOL ARE VERY IMPORTANT BECAUSE THEY INFLUENCE A RANGE OF HEALTH AND DEVELOPMENT OUTCOMES IN LATER LIFE.

### *Nutritional*

A BALANCE OF FOOD FROM ALL THE DIFFERENT FOOD GROUPS, WITH A FOCUS ON ENCOURAGING CHILDREN TO EAT FRUITS & VEGETABLES AT LEAST 2 OF THEIR 5 A DAY IN EVERY MEAL, WITH LOW SUGAR, SALT, AND FAT CONTENT IN OUR MEALS A WIDE VARIETY OF CHOICES ACROSS A 4-WEEK MENU.

### *Exciting*

FENWOOD NURSERY IS DEDICATED TO PROMOTING THE OVERALL GROWTH AND DEVELOPMENT OF YOUR CHILD, WHICH IS WHY WE OFFER A VARIETY OF EXCITING MEALS, WHICH ARE MADE DAILY WITH FRESH INGREDIENTS THAT HELP KEEP YOUR CHILD ENERGISED AND FOCUSED THROUGHOUT THEIR DAY AT FENWOOD NURSERY.

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# Weekly Meal Plans

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# MONDAY

MAIN	SIDES	DESSERT
Beef Stew or Vegetable Stew	Mashed Potato Dumplings	Lemon Sponge Custard Fruit/Yoghurt

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# TUESDAY

MAIN	SIDES	DESSERT
Pork Sausages & Gravy or Veggie Sausages (VE)	Mixed Vegetables Yorkshire Pudding Mashed Potato	Rice Pudding Berry Jam Fruit/Yoghurt

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# WEDNESDAY

MAIN	SIDES	DESSERT
Mild Chicken Curry or Sweet Potato Curry (VE)	White Rice Pitta Bread	Jam Tart Cream Fruit/Yoghurt

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# THURSDAY

MAIN	SIDES	DESSERT
Roast Turkey Dinner or Saitan "Turkey" (VE)	Mixed Vegetables Roast Potatoes Yorkshire Pudding	Flapjack Fruit/Yoghurt

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# FRIDAY

MAIN	SIDES	DESSERT
Penne Bolognese or Penne tomato (VE)	Mixed Vegetables Garlic Bread	Chocolate Delight Fruit/Yoghurt

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VE = Vegan / V = Vegetarian / GF = Gluten Free / DF = Dairy Free

# WEEKLY MEAL PLAN

# 1

# MONDAY

## MAIN

Chilli Con Carne  
or  
Vegetable Chilli (V)

## SIDES

White Rice  
Pitta Bread

## DESSERT

Chocolate Sponge  
Custard  
Fruit/Yoghurt

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# TUESDAY

## MAIN

Fish Pie  
or  
No-Fish Pie (VE)

## SIDES

Mixed Vegetables  
Mashed Potato

## DESSERT

Fruit Crumble  
Cream  
Fruit/Yoghurt

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# WEDNESDAY

## MAIN

Chicken Tagine  
or  
Sweet Pot Tagine (VE)

## SIDES

Cous Cous  
Pitta Bread

## DESSERT

Rice Pudding  
Jam  
Fruit/Yoghurt

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# THURSDAY

## MAIN

Penne Carbonara  
or  
Penne Vegenara (VE)

## SIDES

Mixed Vegetables  
Garlic Bread

## DESSERT

Banana Delight  
Fruit/Yoghurt

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# FRIDAY

## MAIN

Roast Pork Dinner  
or  
Saitan "Pork" (VE)

## SIDES

Mixed Vegetables  
Roast Potatoes  
Yorkshire Pudding

## DESSERT

Chocolate Brownie  
Custard  
Fruit/Yoghurt

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# WEEKLY MEAL PLAN

## 2



# MONDAY

## MAIN

Cheese & Tomato Quiche  
or  
Vegan Quiche (VE)

## SIDES

Beans  
Jacket Potato

## DESSERT

Jam Sponge  
Custard  
Fruit/Yoghurt

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# TUESDAY

## MAIN

Beef Lasagne  
or  
Veggie Lasagne (VE)

## SIDES

Mixed Vegetables  
Garlic Bread

## DESSERT

Apple Crumble  
Cream  
Fruit/Yoghurt

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# WEDNESDAY

## MAIN

Cottage Pie  
or  
Quorn Cottage Pie (VE)

## SIDES

Mashed Potato  
Mixed Vegetables

## DESSERT

Rice Pudding  
Jam  
Fruit/Yoghurt

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# THURSDAY

## MAIN

Roast Turkey Dinner  
or  
Saitan "Turkey" (VE)

## SIDES

Mixed Vegetables  
Roast Potatoes  
Yorkshire Pudding

## DESSERT

Strawberry Delight  
Fruit/Yoghurt

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# FRIDAY

## MAIN

Tuna Pasta Bake  
or  
Penne Vegenara (VE)

## SIDES

Mixed Vegetables  
Garlic Bread

## DESSERT

Flapjack  
Custard  
Fruit/Yoghurt

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# WEEKLY MEAL PLAN

3

# MONDAY

## MAIN

Meat & Potato Hash  
or  
Vegetable Pie (VE)

## SIDES

Dumplings  
Mixed Vegetables

## DESSERT

Rice Pudding  
Jam  
Fruit/Yoghurt

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# TUESDAY

## MAIN

Macaroni Cheese (V)  
or  
Mac V Cheese (VE)

## SIDES

Mixed Vegetables  
Garlic Bread

## DESSERT

Apple Crumble  
Cream  
Fruit/Yoghurt

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# WEDNESDAY

## MAIN

Chicken Katsu  
or  
Sweet Potato Katsu (VE)

## SIDES

White Rice  
Pitta Bread

## DESSERT

Chocolate Sponge  
Custard  
Fruit/Yoghurt

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# THURSDAY

## MAIN

Spagetti Bolognese  
or  
Penne Vegenara (VE)

## SIDES

Mixed Vegetables  
Garlic Bread

## DESSERT

Banana Delight  
Fruit/Yoghurt

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# FRIDAY

## MAIN

Roast Gammon Dinner  
or  
Saitan "Pork" (VE)

## SIDES

Mixed Vegetables  
Roast Potatoes  
Yorkshire Pudding

## DESSERT

Chocolate Brownie  
Custard  
Fruit/Yoghurt

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# WEEKLY MEAL PLAN

4



# Special Theme Menus

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# SPECIAL THEME MENUS

27TH  
MAR

## EASTER

MAIN

Roast Ham Dinner  
or  
Saitan "Chicken"  
Dinner (VE)

SIDE

Mixed Vegetables  
Yorkshire Pudding  
Roast Potatoes  
Gravy

DESSERT

Hot Cross Buns  
Fruit/Yoghurt

10TH  
JUL

## SUMMER BBQ

MAIN

Hot Dogs  
or  
Veggie Dogs (VE)

SIDE

Chips  
Corn on the Cob  
Beans

DESSERT

Summer Eton Mess  
Fruit/Yoghurt

31ST  
OCT

## HALLOWEEN

MAIN

Witches Couldren  
(beef stew)  
or  
Veggie Stew (VE)

SIDE

Mashed Potato  
Mixed Veg  
Yorkshire Pudding

DESSERT

Spooky Cheesecake  
Fruit/Yoghurt

5TH  
NOV

## BONFIRE

MAIN

Beef Chilli Con Carne  
or  
Veggie Chilli (VE)

SIDE

Jacket Potato  
Cheese  
Crusty Baguette

DESSERT

Yorkshire Parkin  
Custard  
Fruit/Yoghurt

18TH  
DEC

## CHRISTMAS

MAIN

Xmas Turkey Dinner  
or  
Vegan Turkey Dinner

SIDE

All the trimmings  
(veg, pigs, stuffing,  
gravy, yorkies)

DESSERT

Chocolate Yule Log  
Cream  
Fruit/Yoghurt

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# POTATOES/RICE/PASTA

## POTATOES

Mashed Potato 90g  
Sweet Potato 90g  
Roast Potato 90g

## RICE/PASTA

Spagetti 90g  
Couscous 90g  
Rice 90g

## BREAD

Pitta Bread 35g  
Garlic Bread 35g  
Naan Bread 35g

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# FRUIT/VEGETABLES

## FRUIT

Fresh Fruit 40g  
Tinned Fruit 50g  
Dried Fruit 20g

## VEGETABLE

Cooked Vegetables 40g  
Salad Vegetables 40g  
Raw Vegetables 40g

## PULSES

Lentils 40g  
Chickpeas 40g  
Soya Beans 40g

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# MEAT/FISH/PROTEIN

## MEAT

Meat alone 40g  
Meat in stew 100g  
Veg alt as above

## FISH

Fish alone 40g  
Fish in stew 100g  
Veg alt as above

## PROTEIN

Eggs x 1  
Beans 50g  
Pulses 40g

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# DAIRY/ALTERNATIVES

## YOGHURT

Yoghurt 60g  
Angel Delight 50g  
Fromage Frais 60g

## CHEESE

Grated Cheddar 15g  
Mozzarella 15g  
Cheese Spread

## MILK

Milk 100ml  
Custard 50g  
Cream 50g

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# DESSERTS/CAKES/PUDS

## PUDDING

Rice Pudding 75g  
Jam 25g  
Compote 40g

## CRUMBLE

Crumble 60g  
Custard 60g  
Cream 60g

## SPONGE

Sponge Cake 40g  
Flapjack 40g  
Angel Delight 50g

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# PERFECT PORTIONS CHART