



Lunches and snacks at Nursery

What You Need to Know!

We love seeing your little ones enjoy their meals - and we want to make sure lunchtime is safe, healthy, and happy for everyone!


A healthy lunch with a mix of foods to keep your child energised and smiling all day!


☀️ Hot Nursery Meals Available

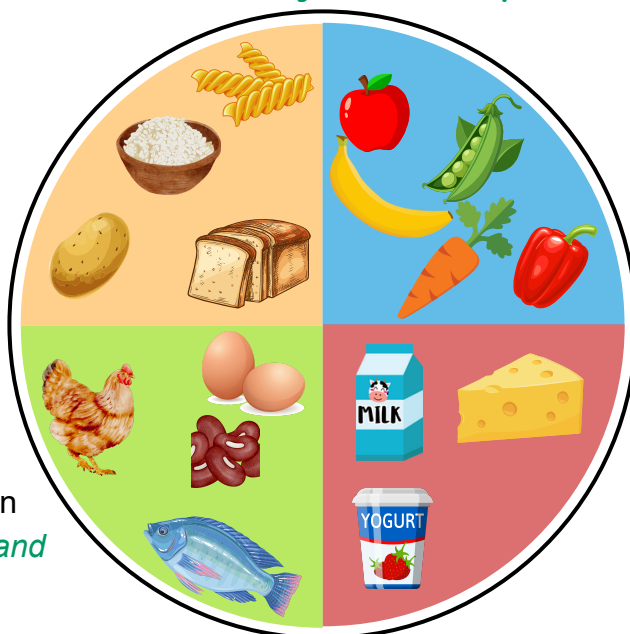
Our nutritious hot lunches £3.30 and balanced snacks 85p are designed to support your child's growth and wellbeing - we'd love for them to benefit from these!


Here's how you can help if you choose to send your child with a packed lunch.


😊 Healthy Eating for Little Ones 4 Key Food Groups for Children Under Five

 **Starchy Foods**
Bread, rice, pasta, potatoes
Provide energy and fullness


 **Protein Foods**
Eggs, beans, fish, chicken
Help build strong muscles and support growth



 **Fruit & Vegetables**
Apples, bananas, carrots, peas, peppers
Packed with vitamins and fibre

 **Dairy & Alternatives**
Milk, cheese, yoghurt
Important for bones and teeth

 **⊘ No Nuts, Fizzy Drinks or Sweets**
To keep everyone safe and healthy, we kindly ask that these are left at home.

 **No Fridge or Heating Available**
We're unable to refrigerate or reheat food, so please pack items that stay fresh at room temperature or incorporate an ice pack.

🍽️ Forgot the Lunch? No Worries!

We'll provide a meal if a lunch is forgotten - no child goes hungry here! (You will be charged)

🔒 Please Note:

All snacks will be provided by the nursery and will be fruit or vegetable based.

For further advice on healthy balanced diets please visit:

<https://www.nhs.uk/baby/weaning-and-feeding/what-to-feed-young-children/>



Thank you for helping us keep mealtimes safe, healthy, and joyful!