



N GUIDE TO:

Food

Nurturing both the minds and bodies of young children is essential to their development - that's why we curate menus to meet your child's unique nutritional needs. Our talented on-site chefs prepare fresh, balanced meals daily, following the Early Years guidelines to ensure your child receives the very best. From plant-based options to sustainably sourced white meat and fish, our menus are crafted to support healthy growth while introducing a variety of delicious and wholesome foods.

Working closely with families to accommodate allergies, intolerances, and cultural preferences, we aim to ensure every child feels included at mealtimes. Our in-house food team analyses the nutritional composition of every recipe to meet government guidelines - because we want your child's meals to be both delicious and nutritious!

The four food groups

We've structured our menus around four essential food groups, ensuring your child receives a well-balanced diet for optimal growth and development.

1. Fruit and vegetables

Meals are filled with a wide variety of fruits and vegetables packed with essential vitamins, minerals, and fibre to keep your child healthy and energised. From fresh to frozen, canned to dried, all forms are valuable. By including fruits and vegetables with every meal or snack at home, it can help foster a love for nutritious foods in your child.

2. Starchy carbohydrates

Children need energy to grow and stay active, and starchy carbohydrates like bread, rice, pasta, and potatoes provide just that. Our meals offer both wholegrain and white options, ensuring a healthy balance of fibre and B vitamins. At home, incorporating a variety of starchy carbs in your child's diet will help keep their energy levels up throughout the day.

3. Protein

Protein is essential for supporting muscle growth, brain development, and a healthy immune system. Our meals include lean meats, fish, eggs, beans, and plant-based alternatives to offer a diverse range of protein sources. You can encourage your child to explore both animal and plant-based proteins at home to ensure they get all the nutrients they need.

4. Milk, dairy, and dairy alternatives

Dairy foods like milk, yoghurt, and cheese are vital for building strong bones and teeth. We make sure to incorporate these in our meals and snacks at nursery, along with fortified dairy alternatives for those who need them. Including these at home helps ensure your child gets the calcium necessary for healthy development.

Supporting a balanced diet at home

If you need advice or would like guidance on how to adopt nutritional best-practices in the home, our team is here to support you every step of the way. What's more, every month we publish delicious, nutritionally - balanced recipes that families can cook and enjoy at home.

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