



POLICY No: 470

MENU PLANNING

Amended February 2011

This Policy summarises the arrangements in place at the Nursery that ensures meal menus reflect the children's choices and their individual personal, cultural and religious requirements, and that they are satisfied with the food offered:

1. Planning menus is considered to be a joint exercise between Nursery staff and the children. The primary objective is to offer a variety of dishes that are both appetising and nutritious:
 - 1.1 All menus will be prepared one week in advance, for:
 - Breakfast
 - Snacks
 - Lunch
 - Tea
 - 1.2 Each meal will provide for a choice of foods, served with water.
2. Menus will be planned to take into account the following controlling factors:
 - 2.1 The varieties of fresh, dried / tinned, frozen and chilled foodstuffs available. Wherever possible, fresh produce will be used.
 - 2.2 The individual child's likes / dislikes. In this respect the child will be consulted as needed regarding the choices available. The participation of parents/ carers is encouraged.
 - 2.3 Special religious and / or cultural requirements. Of special importance here is the recognition of those foodstuffs forbidden by religion.
 - 2.4 Children's special clinical dietary needs, and known food allergies.
3. Menu Plans will be used as the basis for ensuring the purchase / supply of adequate foodstuffs and catering ingredients. Each week's planned menus are displayed on the display board by the entrance.
4. Any changes to the planned menu cycle will always be done in co-operation with the appropriate staff and children.