

Food and Nutrition

We understand the importance of ensuring your child has eaten well throughout the day. As part of our ongoing ethos on Health eating, children are encouraged to eat healthy, balanced meals at the nursery. Each session provides an opportunity for children to access part or all of their 5 a day.



This is vital for their growth and brain development.

Our meal times offer children with a variety of different meats, cereals, breads, fruit and vegetables.

Our in-house chef prepares our delicious, nutritious lunches daily from scratch providing children with a main meal and dessert.



We encourage children to try different textured foods and many foods from other countries such as Pasta, Pizza or Curry.

However good home cooked traditional English meals are also part of our menu including the tasty and delectable Roast Dinner.



At snack times we provide children with a good variety of breads, crackers, fruits and cereals with some nutritious milk or water for drinks.

Water is made readily available for children throughout the nursery day.

Please click on sub menu to see a sample of our menus.