



## Balanced weekly menu

Day	Breakfast 8:00 am	Teatime 10:00 am	Lunch 12:00 pm	Snack 15:00 pm	Snack 16:00 pm
Monday	cornflakes	Tea and Butter sandwich	Rice and Carrot soup Jelly for dessert	Juice and Marie Biscuits	Orange (from home)
Tuesday	White porridge	Tea and Mixed Fruit jam sandwich	Macaroni and mixed vegetable soup/ Macaroni and cheese	Juice and egg sandwich	Apple (from home)
Wednesday	Rice porridge	Tea and bread with chicken Vienna	Carrot, butternut, and potatoes Jelly for dessert	Hot chocolate and bread with Apricot jam	Banana (from home)
Thursday	Creamy maltabella	Tea and Butter sandwich	Mash potatoes and chicken/ Lasonya	Juice and chip	Orange (from home)
Friday	White porridge	Tea and chicken polony sandwich	Chips and fish fingers	Juice and Marie Biscuits	Apple (from home)

**Nb: water is given to children at all times**

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## **SPECIAL DIETARY REQUIREMENTS**

Our flexible kitchen staff members are trained in creating individual meals where needed. Please let us know if your child has any specific dietary requirements such as allergies, religious preference or vegetarian meals and we will advise if we are able to accommodate your needs.

## **HEALTHY OPTIONS FOCUS**

Our kitchen has a healthy options focus which means we aim to cook using fresh and healthy ingredients. We know our pupils enjoy the menu at Building Future Academy as we are rewarded with clean plates daily.

## **WHY NUTRITION IS IMPORTANT FOR PRE SCHOOL CHILDREN**

At Building Future Academy, we believe nutrition is very important as preschool children require energy to meet the needs of rapid growth and development. Our daily nursery school menu was developed with a focus on using nutrient rich ingredients high in protein, minerals, and vitamins. Building Future Academy meals are low in fat and high in fibre to promote energetic play and sustained focused learning. Our snacks are healthy options selected from the 4 main food groups that are shown to promote growth in children. Vegetables, fruit, and healthy nibbles mean super intake is at a minimum resulting in calmer, happier pupils.