

The
de Lacey

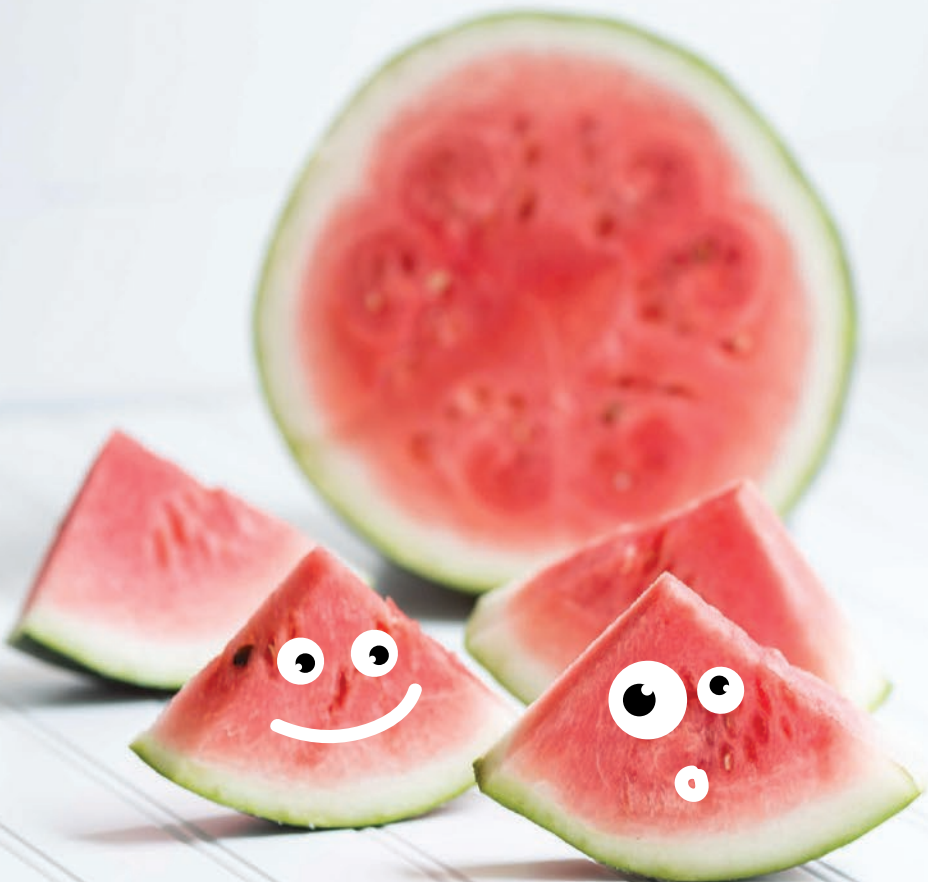


DAY NURSERY SCHOOL

FOOD

AT THE

DE LACEY DAY NURSERY



We make children's health and nutrition one of our top priorities here at de Lacey's, which is why we have invested heavily in making sure that your child is well fed and hydrated with 'brain food', ready to learn, play and develop to their absolute maximum.

We know how much difference a balanced and varied diet can make to children's overall health and development, so, like you, we want to make sure that we get this absolutely spot on, and here is how we do it.

Vegetarian

We are a vegetarian nursery, and are delighted to offer children a wonderful variety of fresh, healthy fusion foods, made up from all of the food groups and from a mix of cultures - Mexican wraps, Asian curries, Meat-Free sausages and Italian pastas all feature.



Healthy School

Healthy Early Years Accredited the School

We are a formally accredited Healthy School, and now even run the Healthy Early Years agenda for our Borough! Healthy Eating is one of the major strands of this accreditation, along with Personal, Social & Emotional Development, Physical Development and Wellbeing.

Very few nurseries in Hounslow have this accreditation, which shows our commitment to our children, and raising both their, and our own standard.

Independent Eating, Dietary Needs and Feeding Support

We eat lunch sitting at the table all together, and children are given real cutlery and crockery to eat with. As part of the Montessori Method, we encourage children to eat independently but we are always there to support them should they need it, especially when they first start school.

We are able to cater to many dietary needs, and are able to offer your child tailored specific help with eating should they need it. We are experienced with helping fussy or reluctant eaters. Please ask us for details.



Food For Life, Soil Association Members

We are members of this prestigious scheme, which gives us resources and support to ensure that our menu's stay interesting, child-friendly, varied, and, most importantly, healthy.

sample Menu

	WEEK 1	WEEK 2	WEEK 3	WEEK 4
Mon	Pasta twists with pesto, swede & carrots 	Hash browns with beans & broccoli 	Mixed vegetable & noodle stir fry 	Lentil & oca curry, & rice 
Tue	Potato Wedges with Baked Beans & carrots 	Chickpea & corgette curry, with rice. 	Pasta shells with pesto & sweetcorn 	Long grain rice with masala sauce, kidney beans & veg 
Wed	Vegetarian hot-dogs with spaghetti & mixed veg  	Jacket Potato with cheese, sweetcorn & beans 	Chickpea curry, peas & rice 	Veggie nuggets with sweet potato wedges, beans & mixed veg   
Thur	Veggie Fingers with beans & carrots 	Basmati rice with lentil dahl 	Pasta twists with tomato & herb sauce with peas & carrots 	Spaghetti with tomato sauce, lentils & veg   
Fri	Mushroom stir fry, noodles 	Aubergine & potato curry & rice 	Cauliflower cheese, boiled baby potato 	Mixed vegetable wrap, tzatziki 

Allergens  Egg  Wheat  Soya  Milk

Allergen information is displayed in **GREEN**.
Please ask if you have any questions or concerns.

All meals are freshly cooked on the premises every day, using fresh ingredients.
A variety of vegetables will be served every day with each meal.
Water will be available all day every day.

For dessert there will be fresh fruit
(for example, oranges, pears, apple, grapes or bananas), yoghurts or fromage frais.
ALLERGENS: Yoghurt and Fromage frais contain milk.

Crudités (cucumber, carrot, tomato) and fresh fruit,
will be offered every day at snack time with fresh milk.

We will always endeavour to cater for any special dietary requirements, please just ask!

Jamie's Kitchen Garden Project

As Montessorians, we believe children should not just eat their food, but understand where it comes from and how it is prepared. Therefore we have a Kitchen Garden, which all children plant and tend, as well as regular cooking sessions and snack preparation during the school day.



“YOU ARE WHAT YOU
EAT FROM
YOUR HEAD DOWN TO
YOUR FEET”

