

Healthy Eating

Creations Children’s Centre takes great pride in how we underpin healthy eating and lifestyles within our nursery. All our meals are freshly prepared on site using local fresh produce by our cook

We cater for food allergens and cultural preference along with offering vegetarian alternatives.

Please see below an example of a weekly menu:

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Served 8:00am	Cereals with warm or cold milk Toast *Gluten (Wheat, Rye, Barley, Oats) Milk, Butter	Cereals with warm or cold milk Crumpets *Gluten (Wheat, Rye, Barley, Oats) Milk, Butter	Cereals with warm or cold milk Toast *Gluten (Wheat, Rye, Barley, Oats) Milk, Butter	Cereals with warm or cold milk Toast *Gluten (Wheat, Rye, Barley, Oats) Milk, Butter	Cereals with warm or cold milk Pancakes *Gluten (Wheat, Rye, Barley, Oats) Milk, Butter
Dinner Served 11:15am	Vegetable and lentil pasta and garlic bread Pear flan and custard *Wheat, Dairy, Egg	Sausage hot pot with seasonal vegetables Rhubarb crumble and custard *Wheat, Dairy	Breaded fish, potato wedges and mushy peas Rice pudding *Fish, Wheat, Dairy	Chicken and vegetable pie with roast potatoes and seasonal vegetables Fruit jelly and cream *Wheat, Dairy	Lasagne with potato wedges and garlic bread Pineapple upside down cake and custard *Wheat, Dairy
Tea Served 3:15pm	Cheese on toast with beans Rice crispie buns *Wheat, Dairy	Seasonal vegetable soup and bread Biscuits *Wheat, Milk, Eggs	Sandwiches and vegetable sticks Malt loaf *Wheat, Milk	Fishfinger sandwiches Yoghurts *Fish, Wheat , Dairy	Omelette muffins and spaghetti Jam tarts *Wheat, Egg, Dairy

Within our centre we have taken part in ‘Food for Life Early Years Award’

The Soil Association’s Food for Life Early Years Award is an independent endorsement for nurseries and children’s centres that serve good quality, nutritious food and support the babies and children in their care to develop good eating habits for life. Evidence shows that eating habits form early, and good nutrition plays a crucial role in a child’s growth and cognitive development.

If you would like to find out any more information on this please see our display board next to the downstairs nursery rooms or speak to Ariane Clarke (Deputy Manager)