

03 Food Safety and Nutrition Procedures

03.4 Menu Planning & Nutrition

Our Aim

We are committed to providing healthy, balanced, and culturally respectful meals for all children. Our menus follow the latest nutritional guidance and are designed to support children's growth, development, and wellbeing.

Our Approach to Healthy Eating

We follow national guidelines including:

- Help for Early Years Providers: Food Safety
- Example Menus for Early Years Settings in England
- Eat Better, Start Better (Foundation Years)

Our meals are carefully planned to:

- Support healthy growth
- Encourage good eating habits
- Reduce the risk of diet-related illness
- Offer a wide range of tastes, textures and nutrients

How We Plan Our Menus

Menus are confirmed every half term and follow a 3-week rolling plan.

✓ Caterlink Meal Options for lunches

- Parents choose lunch options each half term
- Caterlink at Shiphay school provides our meals
- A separate allergy menu is created for children with specific dietary needs

✓ Cultural & Religious Needs

We try our best to ensure menus reflect:

- Cultural food traditions
- Religious dietary restrictions
- Ethnic food preferences

✓ Clear Menu Displays

Menus are displayed so parents and staff can see:

- What is being served
- Which dishes contain any of the 14 major allergens
- These are available for parents to see on Family

🍎 Allergy & Dietary Needs

To keep children safe:

- Parents must share dietary needs when enrolling their child and update staff as needed
- All allergies and dietary notes are recorded on Family
- Information is also displayed on children's placemats during meals
- Key persons keep parents updated on children's appetite, enjoyment and any concerns

🍽️ Using Caterlink / Pre-Prepared Meals

When meals are delivered pre-prepared, chilled, frozen, or hot:

- We follow all supplier safety instructions
- All allergens are checked on ingredient labels
- A temperature probe is used to ensure food is heated correctly
- Hot delivered meals are checked the same way
- Meals are served within the safe time period
- Leftovers are never kept for another day

We always follow Safer Food Better Business (FSA 2020) guidance.

🍱 Packed Lunches (When Needed)

Packed lunches are only needed:

- When the school kitchen (Caterlink) is closed
- For example: school inset days while nursery remains open
Parents receive advance notice of these dates.

Packed lunch guidance:

- We promote healthy choices



- Parents are given support on what makes a balanced lunch box
- Ice packs are recommended as lunch boxes may not be refrigerated