

Lanterns Schools Ltd
Lanterns Nursery

SCHOOL POLICY

Food & Drink Policy

Mealtimes are an important part of the service we offer, and an enjoyable part of the children's day. The purpose of this policy is to inform parents about the food provided to children, how it is prepared, and the nutritional guidelines we follow.

A weekly menu is posted on our notice board for you to see what your child will be eating during that particular day. There are copies for parent/carer to take away.

We accommodate a variety of diets in the nursery, and offer in addition to our normal menu, Vegetarian, Vegan and Allergy options. No extra charge is levied for this.

We have a list of children's allergies and food preferences posted in the nursery kitchen and this is updated regularly for staff to refer to.

Food is prepared on the premises by our permanent cook. In her absence, the cook's assistant takes over this duty. Staff are provided with health and safety training with regard to food preparation and storage. Fridge and freezer temperatures are monitored each day.

We provide breakfast, lunch and tea. We also serve a mid-morning and mid-afternoon snack of fruit, with sugar free squash, milk or water being offered at each mealtime.

Children are encouraged to drink water throughout the day, which is always available to them.

No food or drink under any condition is allowed to be brought into the Nursery; all meals are prepared and served on the nursery premises. All Milk provided is Cow's Milk and parents are only allowed to provide Formula Milk in a new unopened container, with their child's name on the container, for babies up to 2 years of age or special dietary requirements as confirmed by a Medical practitioner.