



Tarnerland Nursery School

Breakfast menu

Breakfast is served between 8am and 8.30am for our 8am starters in each room.
(Children with a start time of 8.30am should have breakfast before attending nursery.)

Toast – wholemeal or nursery-baked bread with margarine and / or yeast extract (Marmite)

Choice of low-sugar cereals:
shredded wheat, oats, wheat bisks



Variety of fruit

Milk (under 2s have full fat milk and over 2s have semi skimmed milk) or water to drink
Oat milk is provided for children on a dairy-free diet.

Snack menu

Snacks are served mid-morning and mid-afternoon in each room.

Variety of fruit / vegetables

(Provided by parents / carers - 1 per child per day they attend - cut up and shared.)

Water biscuit or breadstick (mid-afternoon only)

Milk or water to drink
(as above)



Drinks

Children are encouraged to stay hydrated throughout the day and have constant access to drinking water.
Older children bring a reusable bottle of water to nursery which goes home at the end of each day to be washed and refilled. Younger children have individual water cups / bottles provided by the nursery.