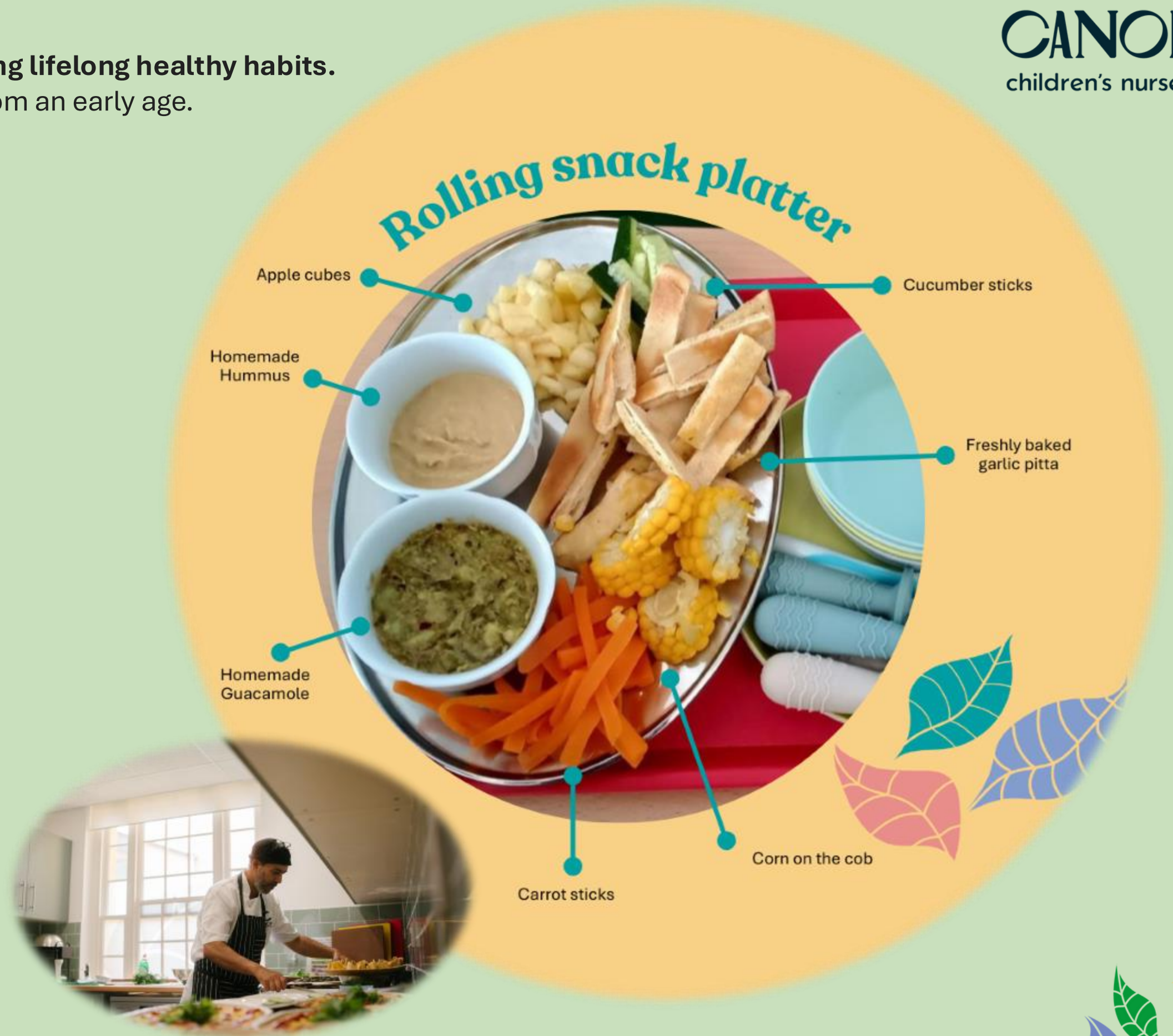


Frogmore House Nutrition Ethos

At Frogmore House, we focus on nutrition and developing lifelong healthy habits. We are passionate about instilling positive eating habits from an early age.

- ❖ **Completely sugar-free** – we don't serve sugar at all, even on birthdays. Celebrations are made special with fun activities and memorable experiences instead.
- ❖ **Water and milk only** – the only drinks we offer, supporting healthy hydration and lifelong habits.
- ❖ **Adventurous, inclusive menus** – a wide variety of cuisines to spark curiosity, always allergy-aware and with a daily vegetarian option.
- ❖ **Freshly prepared on-site** – our new kitchen and in-house chef ensure every meal is made from scratch, including items like our breaded chicken with freshly made breadcrumbs.
- ❖ **Healthy habits for life** – children enjoy a rolling snack platter, helping themselves when they're hungry and learning to listen to their bodies.
- ❖ **From garden to plate** – children will grow fruit and vegetables, discover fresh eating, and get involved in preparing their meals.
- ❖ **Naturally sweet options as part of lunch** – instead of “puddings” or “desserts,” we offer lightly sweet dishes, such as mango with Greek yoghurt, integrated into the meal.



Sample Menu

This sample menu has been developed to meet the nutritional needs of children aged 3 months to 4 years. Meals are designed to offer a balance of fruits, vegetables, protein, and whole grains, encouraging healthy eating habits. Each day includes vegetarian and meat options, with adaptations for weaning babies at different stages. Our chef will select fresh and nutritionally balanced meals in accordance with dietary needs.



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	A selection of healthy cereals Whole meal Toast with homemade spreads	Overnight oats with toppings Porridge Whole meal Toast	A selection of healthy cereals Whole meal Toast with homemade spreads	Overnight oats with toppings Porridge Whole meal Toast	A selection of healthy cereals Whole meal Toast with homemade spreads
Rolling Snack	Vegetable Grazing plater with home made dips - items change daily e.g. Cucumber, pepper & carrot sticks, corn on the cob, freshly made garlic bread slices, served with home made guacamole & raita				
Lunch	Red Thai Chicken & Vegetables Curry served with brown rice Red Thai Vegetable, Chickpea & Lentil Curry served with brown rice (V) Melon stick platter (watermelon & honeydew)	Poached Salmon, served with fresh tomato sauce, roasted potatoes & vegetables Roasted Butternut Squash served with fresh tomato sauce, roasted potatoes & vegetables (V) Greek Yoghurt with mixed berry compote	Homemade lamb kofta, served with roasted vegetable couscous & sauce Paneer cubes served with roasted vegetable couscous & sauce (V) Chia seed pudding with satsuma slices	Homemade cheesy cottage pie made with sweet potato mash & peas Veggie cheesy pie made with sweet potato mash & peas V) Tropical fruit platter with Mango coulis	Fish goujons (home made bread) with steamed new potatoes, carrot mash & mushy peas Tofu goujons (home made bread) with steamed new potatoes, carrot mash & mushy peas Stewed pear halve with natural yoghurt
Afternoon Snack	Mango Lassi	Flapjacks sweetened by dates served with sliced banana	Blueberry, apple & banana smoothie	Coconut & Banana bread loaf	Oat & Banana pancakes
High Tea	Mexican style fajita toasted spinach wraps (wraps made with spinach)	Mushroom & kale risotto	Pumpkin frittata with roasted red peppers	Activity with children: Home made veggie pitta pizza pockets with veggie infused tomato sauce (topping options: mushroom, courgetti, peppers, sweetcorn)	Green Mac & Cheese (sauce made from spinach, kale & broccoli)