



Toad Hall
Children's Nursery

Food & Nutrition News



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Welcome!

Welcome to the Winter 2025 edition of our Food and Nutrition newsletter – a roundup of the latest news from the Toad Hall kitchen.

Changes to our menus

Starters and Desserts

In the early years, children are learning so much – including everyday habits and how they think about food.

If dessert is offered after every meal, children can quickly start to expect something sweet each time they eat. Over time, that expectation can turn into a habit that's harder to change.

That's why at our nursery; we like to mix things up with both starter days and dessert days. This helps children develop a balanced approach to eating and understand that mealtimes don't always need to end with something sweet.

When we do serve desserts, they're always packed with goodness – full of natural vitamins and fibre, with no added (free) sugars.

Our starters are a fun way for children to explore new flavours and textures, encouraging them to enjoy a wide variety of healthy foods and develop their tastebuds. Starters make tasty, nutritious snacks too!



Snacks

We've made a small change to how often snacks are offered throughout the day. Please don't worry — no child will ever go hungry! If a child needs a snack, one will always be provided.

We've simply found that offering too many snacks can sometimes interrupt play, learning, and mealtimes — and can mean children eat less of their main meal, which is usually the most nutritious part of the day.

This gentle adjustment helps children build healthy eating habits, enjoy their meals more fully, and stay focused on all the fun and learning each day brings.



Hydration

Staying hydrated has many benefits — it helps children focus, think clearly, and remember things more easily, while also supporting their emotional wellbeing.

When we don't drink enough water, we can feel tired, irritable, or anxious — and children may not always be able to recognise or explain those feelings.

That's why we encourage regular drinking throughout the day, helping little ones feel their best both physically and emotionally. We've set up accessible drink stations so children can help themselves to water during play, building healthy habits and independence at the same time.

Oral Health

Oral health is about more than just brushing teeth — it's also about the foods and drinks we enjoy each day.

At our nursery, we promote foods that naturally support oral health, such as those that encourage chewing and saliva production. This helps neutralise acids in the mouth and keeps teeth healthy and strong.

To protect the delicate enamel on children's milk teeth, we often serve fruit alongside foods like cheese, rather than fruit on its own. This combination helps reduce the impact of natural sugars while still providing all the wonderful nutrients fruit offers.

Rest assured, we're not reducing the amount of fruit your child eats — we're simply serving it in a way that's even better for their teeth and overall health.

Our aim is to help every child build strong, healthy teeth and develop lifelong habits that support good oral health.

EHO hygiene ratings

Congratulations to our nurseries in Farnborough, Langley, Chessington, Winnersh, and Walton-on-Thames for achieving a 5-Star Food Hygiene Rating!

This top rating reflects our ongoing commitment to the highest food safety standards - because the health and wellbeing of your child is our top priority.

Here's what a 5-star rating means:

- Impeccably clean kitchen facilities
- Highly trained and knowledgeable staff
- Robust procedures for food preparation and storage



The Winter Menu is here!

In November, our nurseries introduced the new Winter Menu, filled with wholesome, warming dishes designed to comfort and nourish the children throughout the colder months.

Some of the delicious new additions include:

- Cauliflower, chickpea and butternut curry with rice
- Chicken and mushroom risotto
- Apricot and coconut bliss balls
- Salmon Thai curry with brown rice
- Blueberry pancake bites
- Roast chicken with roast potatoes and seasonal vegetables



We've also shared one of our new recipes in our newsletter for you to enjoy making at home.



Visit our website to find out more about
Food and Nutrition at our nurseries.

Recipe of the Month

Parsnip, Butterbean & Apple Soup

Serves 4-6



Ingredients:

Parsnips - (peeled, chopped, diced) - 500g
Potatoes (chopped) - 3
Onion - (roughly diced) - 1 whole
Carrot - (roughly diced) - 2 whole
Garlic clove - (chopped) - 4 cloves
Butterbeans - 1 can
Apples (cored and chopped) - 2 whole
Veg Stock - 1 cube
Rosemary - 1 tsp

Method:

1. In a large pan, sweat the onions and garlic until cooked (but with no colour) in a bit of butter.
2. Add the carrots, potatoes and parsnips and apples.
3. Fill the pan with water to a level just above the vegetables.
4. Add butterbeans.
5. Bring back to the boil and then allow to simmer until all the ingredients are soft.
6. Blend to a smooth consistency.
7. Serve with half a baguette.

Compost Bins

Each of our nursery sites are now proud owners of their very own compost bin!

Composting is a wonderful way for the children to learn about caring for the environment while helping to reduce food waste. By turning fruit and vegetable scraps into nutrient-rich compost, we can create healthy soil to use in our nursery gardens — supporting new growth and showing children the full cycle of sustainability in action.



Star Baker

Well done to Daniel from our Woking Nursery for being crowned our Star Baker in the Toad Hall Autumn Bake Off! He baked this delicious Apple & Cinnamon cake with his nanny at home. We're be sending out a Toad Hall Nursery baking set for his prize.

