



Food and Nutrition

Nourishing Our Little Explorers: Food & Nutrition at New Birth Day Nursery

At New Birth Day Nursery, we believe that nutrition is the foundation of a child's development. Food is much more than just fuel; it's a way for our children to explore new cultures, develop social skills, and learn healthy habits that will last a lifetime.



Our Partnership with Zebedees

To ensure our children receive the highest standard of nutrition, we partner with Zebedees, the UK's leading nursery catering specialist. Every day, Zebedees delivers freshly prepared, hot lunches directly to our nursery.

Their menus are designed by expert chefs and nutritionists, including the renowned Charlotte Stirling-Reed—to go above and beyond the latest EYFS nutritional guidelines.

- **Freshly Prepared:** Meals are cooked from scratch every morning using local and sustainable ingredients.
- **Healthy Standards:** Dishes are low in salt and sugar, rich in fiber, and packed with a variety of vegetables.
- **Inclusive Dining:** Zebedees provides visually similar allergen-free, halal, and vegetarian options so that every child feels included at the lunch table.



A Glimpse at the Menu

Our Spring/Summer Menus offer a diverse two week rotation of flavours, textures, and essential nutrients.

Day	Breakfast & Snacks	Zebedees Lunch	Zebedees Afternoon Tea
Monday	Weetabix with apple & grapes	Halal Butter Chicken with brown rice & veg	Halal sausage, mash & beans
Tuesday	Avocado on wholegrain toast with apple slices.	Winter halal lamb stew with mashed potatoes and peas.	Vegetable stir-fry with tofu brown rice.
Wednesday	Cornflakes & banana sticks	Mild vegetable chilli with kidney beans, brown rice.	Tuna & sweetcorn pasta bake
Thursday	Porridge oats with blueberries and sliced banana.	Sweet and sour halal chicken with vegetable noodles	Vegetable curry with brown rice and peas.
Friday	Scrambled egg on wholewheat toast	Cuban Halal Chicken with rice & cucumbers	Cheese & tomato pizza on wholegrain base

All meals are served with fresh fruit and vegetables daily, and children have constant access to fresh drinking water, whole milk and dairy alternatives.



Food Education & Mealtimes

We believe in teaching children about food holistically.

Global Palates: From Portuguese Halal Chicken to Tuscan Salmon, our menus broaden children's cultural experiences through taste.

Sensory Play: We place unfamiliar fruits and vegetables in our "home corners" so children can become comfortable with them through play.

Social Skills: Our mealtimes are a social event. We encourage children to sit together with staff, fostering turn-taking and communication.



Cook at Home: Nursery Favourites

We know children often go home asking for "nursery food!" Here are two recipes based on our most popular menu items for you to try at home.

Mild Vegetable & Kidney Bean Chilli

A hearty, fibre-rich lunch favourite from our Week One menu.



Age: 9–12 months+ (adapt texture as needed)

Prep: 15 minutes

Cook: 25 minutes

Portions: 4–6 child-sized servings

Ingredients

- 1 tsp vegetable oil
- ½ small onion, finely chopped
- 1 small carrot, diced
- ½ small sweet potato, peeled and diced
- ½ tsp mild chilli powder
- 1 x 400g tin kidney beans, drained and rinsed
- 1 x 400g tin chopped tomatoes
- 120g brown rice

Method

1. Heat the oil in a saucepan and gently sauté the onion, carrot, and sweet potato until soft.
2. Add the mild chilli powder and stir for 1 minute.
3. Stir in the chopped tomatoes and kidney beans.
4. Cover and simmer gently for 15–20 minutes, stirring occasionally, until the vegetables are tender.
5. Meanwhile, cook the brown rice according to packet instructions until soft and fluffy.
6. Serve the vegetable and bean chilli over the cooked brown rice or wholemeal bread.

Mash or finely chop for younger children, Serve as a chunky chilli for older children,
Mildly spiced and suitable for little tummies

Cuban-Style Chicken & Rice (Arroz Con Pollo)

A flavourful, protein-packed dish from our Week Two menu.



Age: 9–12 months+ (adapt texture as needed)

Prep: 15 minutes

Cook: 30 minutes

Portions: 4–6 child-sized servings

Ingredients

- 1 tsp vegetable oil
- 200g chicken thigh or breast, skinless and diced
- ½ small onion, finely chopped
- ½ small red or green pepper, finely chopped
- 1 small clove garlic, finely minced
- ½ tsp mild paprika
- ¼ tsp ground cumin
- ¼ tsp dried oregano
- 2 tbsp tomato passata or finely chopped tomato
- 120g white rice
- 300ml low-salt chicken stock or water
- 2 tbsp frozen peas (optional)

Method

1. Heat the oil in a saucepan and gently cook the chicken for 4–5 minutes until lightly browned.
2. Add the onion, pepper, and garlic. Cook for a further 3–4 minutes until softened.
3. Stir in the paprika, cumin, oregano, and tomato passata. Cook for 1–2 minutes.
4. Add the rice and stock, stir well, then bring to a gentle simmer.
5. Cover and cook for 15–18 minutes, stirring occasionally, until the rice is soft and the liquid is absorbed.
6. Stir in the peas (if using) and cook for a further 2 minutes.
7. Remove from the heat and allow to cool slightly.