



Largs Early Years Centre

Children's Lunch and Light Tea Policy

Rationale

This policy has been developed to ensure the centre provides lunch and light tea to the children in a suitable and safe environment that offers opportunities to socialise and learn new routines in a calm environment.

Aims & Objectives

- To provide a varied and nourishing menu for all children in the centre.
- To ensure children staying for lunch and light tea have a quality experience which encourages new skills and their independence.

Context & Content

- Lunch will be served within the dining room at 11.45am for the morning children and 1.50pm for the afternoon children.
- Children attending a full day will have a light tea option of sandwiches/fruit offered at 3pm.
- The meals will be provided from the school kitchen
- A member of staff will support each table at meal times
- Students and modern apprentices will participate and support within the meal routines if and when appropriate (depending on their stage of development)
- Meals will follow the NAC Early Years Menu plan
- All staff should be aware of the quality mealtime guidance.

Responsibilities

- The Early years assistant, staff and lunch leaders ensure that the tables are prepared hygienically and set out appropriately with cutlery, napkins, and flowers, and water.
- Staff will put the food into separate containers that the children can self-serve independently at the table.
- Very hot food/containers will always be served by staff at the table
- When serving food, staff will ensure children with allergens receive appropriate alternative. Staff at the table supporting children should check with allergens board to ensure they are aware of children at their table with allergens.
- SMT will notify the kitchen in the morning and afternoon of how many children are in, and how many alternatives are required.

UNCRC Article 6: I should be supported to live and grow

UNCRC Article 24: I have the right to good quality healthcare, to clean water and good food

- Staff on lunch duty will be a good role model to the children. E.g. waiting for peers to finish, putting knife and fork on plate when finished, pushing chair in after meal.
- Staff are responsible for recording and updating the lunch monitoring form for any child who hasn't eaten a significant amount and give this to the PM snack,.
- Aware of children with food allergies/intolerance and ensure this food is not consumed, and there is an alternative option. Disclose information of allergy to school kitchen and look at the menu with kitchen staff to eliminate any food containing this allergy. All allergens will be displayed on the white board in the dining room.
- Staff will be aware of children who bring packed lunches and encourage them to try lunch first.
- Staff will play soft music to support a calming environment and a quality lunchtime.
- Children's packed lunches should be stored in a sealed container clearly labelled with their name and date.

[See Food Intolerance policy & Full day care policy](#)

Created February 2018 Reviewed - September 2024

To be reviewed annually