

Meal Times



Keep Guard Day Nursery promotes good nutrition, oral hygiene, and physical health in young children.

Keep Guard Day Nursery main meals and desserts are provided from Caterkids which run their menus on a three weekly cycle considering seasonality and catering for all the 14 recognised allergens and dietary needs. Caterkids cook the food fresh each day in their own commercial kitchen which has a five-star hygiene rating using local and responsibly sourced produce. Once cooked it is then transported to Setting in thermal insulated hot boxes which the food is kept in until service - temperatures on arrival are advised and logged. The menus are created with dedication and care to ensure the children receive a diet which is both healthy and nutritious and full of flavour, they use no added salt in their food and prefer to flavour using a variety of herbs, spices, fruits, and vegetables, ensuring the children encounter many different types of food so they experience a variety of flavours and tastes. The seasonal menus are available on eyLog through the Parent App and displayed in the main entrance.

The cost of a meal is £2.75 per day and our seasonal menu is displayed on eyLog.

Bedford Borough Council in conjunction with the Food Standards Agency awards a food hygiene rating. Since its introduction we have continually achieved a grade 5, which reflects the standards of hygiene found at inspection. The rating of grade 5 means very good and is the highest rating you can achieve.



Children will also be offered a mid-morning and mid-afternoon snack consisting of a portion of fruit with water or milk. Children that stay for extended sessions will also be offered an evening snack of freshly made sandwiches, with water or milk. Dietary requirements and allergens will be catered for.

At Keep Guard Day Nursery, we believe all mealtimes should be happy, social occasions for children and adults. During these times, children are encouraged to use their manners, whilst promoting a child's self-help skills through making choices, serving drinks, feeding themselves using cutlery and helping to set the table. Children will be expected to try all foods before they are removed, and desserts are not withheld from the children. We promote opportunities to help children learn about making healthy food choices, how to keep their body safe from germs and promoting good oral health, with Birth to Three and Pre-School children have several books and a large set of teeth to promote this through discussion and modelling.

No child is ever left alone whilst eating or drinking to minimise the risk of choking.

For children with recognised allergens or intolerances, we will complete a BSACI Allergy Action Plan to outline the allergen and action taken. We may require you to seek a supporting letter from your child's doctor or clinician from the hospital.

Keep Guard Day Nursery do not offer a birthday cake to celebrate a child's birthday, however, celebrate by using a birthday ring with candles on it and singing. We do not allow food-based products to be brought in from home to celebrate children's birthdays. If you wanted to share a treat with your child's peer group, we kindly ask these are non-food items, such as balloons or bubbles.

For more guidance, please refer to our Policy for Nutrition and Meal Times.