



Meal Pricing Information

The following information only applies to children of ages three and above.

At Rainbow we have always provided healthy nutritious meals which are prepared on site by our trained cook. We are committed to continuing this, however due to the rising cost of food we can no longer afford to provide these meals without passing on some of the cost. We are mindful of the rising costs you are all experiencing as parents and therefore feel it is only right to give the option of you providing "Packed Meal(s)" for your child as opposed to contributing towards meals prepared on site.

From January 2018, Spring Term, you have the option to provide packed meal(s) for your child if they are over 3 years of age. If however you chose to continue to access the healthy, nutritious meals prepared within the nursery we do need to ask the contribution detailed below.

How it Works

When your child attends Rainbow Nursery, depending on which session they attend, they are provided with up to three meals plus a snack throughout the day. The below chart details the meals which are provided at each session and on the reverse of this sheet are examples of our weekly menus.

Meal Times	Full Day Session	Morning Session	Afternoon Session
9am	Breakfast	Breakfast	
11.15am	Hot Lunch with dessert	Hot Lunch with dessert	
2pm	Snack		Snack
3:30pm	Tea with dessert		Tea with dessert

The way the pricing works is, for any session attended by your child a meal charge is added to the fee for that day. We have structured the pricing to reflect the meals that are provided at each session.

Meal pricing structure from 1st January 2018

	3-5 years
Full Day	£2.00
Morning Session	£1.50
Afternoon Session	£1.00

We strongly believe that the nutritional value in the meals we provide, it extremely good value for money considering the level of contribution we are asking for and we therefore recommend that you take up the healthy, nutritious meal options that we offer. The alternative option is for the parent to provide packed meal(s) for all sessions attended by their child. This option is explained in detail in the "Opting Out" section below.

Opting Out

If you choose for your child to not have home cooked meals from the nursery, the alternative is to provide packed meal(s) for all sessions the child attends. The contents of the packed meal must follow our strict packed meal policy which can be found on our website and at the nursery in the Policies book.

The opportunity to opt out will be operated on a six month basis, commencing 1st January and 1st July. Choosing to opt out means that you would select this option for the subsequent six months until the next opt out date. If you wish to opt out of the meal charges we require at least one months' written notice, preferably by email, before the next opt out date in order to give us time to amend your invoice and get it back to you. There are two vital reasons for the six month periods. Firstly, if the number of children taking the hot meal option varies week on week, our cook will struggle to estimate the amounts of food we will need to order. This could either mean that there is a shortage of food or could be very costly to the nursery due to wastage if too much is ordered. This is something we are desperately trying to avoid. The second reason for the opt out dates is due to the complexity of the invoices. If children were opting in and out of the meals each month, it would mean also changing invoices each month which would be very time consuming on our admin and accounts team.

As a nursery we strongly believe that it is better for the children to have the variation of the healthy meals we provide rather than a cold packed lunch, however we cannot afford to ignore the rising cost of food and the impact this is having on our expenditure, in addition to the ever increasing staffing costs. We would hope that parents would agree with us and prefer their child to have home cooked hot meals whilst with us at the nursery and subsequently accept the minor cost for your child to enjoy our onsite prepared meals.



Weekly Menu Examples

Date	Breakfast	Lunch	Pudding	Snack	Tea	Pudding
Monday	Cereals, Fruit or Toast	Sausage, Stuffing, New Potato, Carrots and Spring Cabbage	Butterscotch Whirl	Fresh Fruit	Spaghetti on Toast	Children's Baking
Tuesday	Cereals, Fruit or Toast	Savoury Mince and Vegetable, Yorkshire pudding, Mash Carrot and swede	Yoghurts	Crispbread with Cheese and Chive Dip	Broccoli, Cauliflower Cheese and Pasta Bake	Carrot Cupcakes
Wednesday	Cereals, Fruit or Toast	Turkey Chilli Con Carne with vegetable rice	Banana and Custard	Fresh Fruit	Cheese and chive straws, Cucumber and Tomato slices	Choc ices
Thursday	Cereals, Fruit or Toast	Chicken Dinner	Strawberry Jelly	Pitta Fingers and Tzatziki	Potato Letters and Beans	Yoghurts
Friday	Cereals, Fruit or Toast	Salmon Fishcakes, peas and sweetcorn	Carrot and orange Muffins	Fresh Fruit	Assorted Crackers, Cheese slices Tomato and Cucumber	Mandarin and Cream

Date	Breakfast	Lunch	Pudding	Snack	Tea	Pudding
Monday	Cereals, Fruit or Toast	Savoury Mince with Mash and Herb Dumplings	Yogurts	Bread Sticks	Tuna and Sweetcorn or Soft Cheese Sandwiches	Lemon Drizzle Cupcakes
Tuesday	Cereals, Fruit or Toast	Assorted Fish Kedgerree	Pear Crumble	Fresh Fruit	Sausage and Cheese Rolls with Vegetable Sticks	Melon and Orange Slices
Wednesday	Cereals, Fruit or Toast	Roast Chicken Dinner with mash	Rice Pudding	Rice Cakes	Crackers with Cheese slices, Cucumber and Tomato	Banana Loaf
Thursday	Cereals, Fruit or Toast	Spaghetti Bolognese with Garlic Bread	Butterscotch Whirl	Fresh Fruit	Assorted Savoury Pinwheels with salad sticks	Tinned Peaches and Cream
Friday	Cereals, Fruit or Toast	Sausage, Mash and vegetables served with Mash Potato	Chocolate cake and Custard	Pitta Fingers and Tzatziki Dip	Beans on Toast	Bananas and Pears