



Food

At Aplomb we have our own cook preparing fresh daily meals.
We concentrate on a well balanced and nutritional diet.

We take into account any allergies or dietary needs your child may have.

Our menus are varied, rotational and include flavours from around the world.

Fresh fruit is offered throughout the day.

A typical menu



8:30am Breakfast

Selection of cereals including weetabix and porridge,
Croissants/Toasts
Choice of cheese fruits/raisins
and warm milk



12:15pm Lunch

Mediterranean Vegetable Casserole with
Rice



4:00pm Tea time

Toast with a selection of
toppings, selection of
sandwiches or selection of
healthy snacks with fruits
milk/milkshakes/fruit cocktails

Dessert: Selected Fruits, piece of
homemade cake, custard, rice pudding,
fruit yogurt, jelly or ice-cream



**Fresh filtered drinking water is offered throughout the day
Children are also encouraged to eat fresh and dried fruit throughout the day**



*At Aplomb we pay particular attention to food and hygiene, we have been awarded a
5 score rating by Enfield Council Food Standards Agency*