



Healthy Eating at Chrysalis

At Chrysalis Day Nursery we pride ourselves on the quality of care our staff provide for the children

Children enjoy a range of healthy snacks and meals which they often help to prepare.

All food at Chrysalis is cooked fresh on the premises by qualified staff employed in the kitchen. Carol endeavours to make sure the children eat a healthy well-balanced diet every day. Carol uses recipes from the NDNA Nursery cook book and also uses the internet to refresh and introduce new recipes for the children. Useful sites include eatwell.gov.uk and foodgloriousfood.org.uk also grub4life.org.uk.



Carol our cook holds a City & Guilds Food & Beverage qualification, Jackie the housekeeper has D32, D33 Assessor in Hotel Catering & Hospitality, and Ronnie their assistant holds NVQ L3 Stocktaking, Food & Beverage Control. On our recent Food Hygiene Inspection, Carol was awarded the "5 Stars On the Door". The inspector said that "Carol had a well managed and documented food safety management system with an interesting imaginative menu".

To ensure we meet the needs of the child we request that all allergies and special dietary requirements are brought to the attention of the management at the time of registration. Carol is very experienced and special dietary needs can be catered for and alternatives to the set menu can be offered after discussion between parents/carers/the management and Carol herself.

Special treats - if parents/carers wish to bring in a cake for their child's birthday this can be supervised and distributed by the staff at mealtimes.

A typical menu includes:

