

Haylands Preschool and Reception Snack Menu Autumn 1

We work hard to ensure the children get the right amount of nutrients and energy they need while they are growing rapidly, which is especially important for children who might not have access to healthy food at home. This can help prevent children from becoming overweight or obese and build lifelong healthy eating habits. A healthy balanced diet is based on the 4 main food groups: fruit and vegetables, carbohydrates, dairy (or dairy alternatives) and protein.

We will provide:

- At least 1 portion of fruits and vegetables each day.
- At least 1 portion of plain starchy food including wholegrain and white each day (ie crackers/ricecakes).
- At least 3 portions of dairy in Preschool and 2 in Reception each day.

Every morning approx 09:30 - 10:30, children will be offered a selection of fruit and milk (whole and semi-skimmed). Children have access to drinking water throughout the day.

We will offer children an alternative if they do not like the main snack offer for the day.

We will provide alternatives (of the same nature) for children with allergies or dietary requirements. Please ensure we are informed of all allergies and needs.

Week beginning		Monday	Tuesday	Wednesday	Thursday	Friday
01.09.25	Preschool	N/A	Toasted bagel with cream cheese and vegetable sticks.	Breadsticks and vegetable sticks with houmous	Greek yogurt and fruit selection	Scotch pancakes and fruit juice
	Reception	N/A	N/A	N/A	N/A	N/A
08.09.25	Preschool	Cheese, crackers and vegetable sticks.	Greek yogurt and fruit selection	Toasted crumpets with cream cheese and vegetable sticks.	Wraps with a choice of fillings	Overnight oats with mixed berries
	Reception					
15.09.25	Preschool	Biscuits and fruit juice.	Toasted muffin with cream cheese and vegetable sticks.	Greek yogurt and fruit selection	Breadsticks and vegetable sticks with soft cheese dip	Pitta bread with a choice of fillings.
	Reception					
22.09.25	Preschool	Greek yogurt and fruit selection	Cheese, crackers and vegetable sticks.	Overnight oats with mixed berries	Malt loaf with a variety of fruit	Toasted bagel with cream cheese and vegetable sticks.
	Reception	Sandwiches with a choice of fillings				
29.09.25	Preschool	Brioche and fruit selection	Breadsticks and vegetable sticks with houmous	Fruit smoothie	Toasted crumpets with cream cheese and vegetable sticks.	Greek yogurt and fruit selection
	Reception					
06.10.25	Preschool	Toasted muffin with cream cheese and	Wraps with a choice of fillings.	Creamy yogurt bark	Rice cakes with cream cheese and vegetable	Cheese, crackers and vegetable sticks.

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		vegetable sticks.			sticks.	
	Reception	Cheese, crackers and vegetable sticks.				Overnight oats with mixed berries
13.10.25	Preschool	Toasted bagel with cream cheese and vegetable sticks.	Biscuits and fruit juice.	Breadsticks and vegetable sticks with soft cheese dip	Greek yogurt and fruit selection	Fruit loaf and fruit juice.
	Reception					Jelly and fruit

Nutritional information

Snack	Allergens
Toasted bagel with cream cheese and vegetable sticks.	Gluten, Milk, Celery
Breadsticks and vegetable sticks with houmous	Gluten, Sesame seeds, Celery
Greek yogurt and fruit selection	Milk
Scotch pancakes and fruit juice	Gluten, Egg
Cheese, crackers and vegetable sticks.	Milk, Gluten, Celery
Greek yogurt and fruit selection	Milk
Toasted crumpets with cream cheese and vegetable sticks.	Milk, Gluten, Celery
Wraps with a choice of fillings	Gluten, Milk
Overnight oats	Milk, Cereal
Biscuits and fruit juice	Gluten, Barley, Metabisulphit
Toasted muffin with cream cheese and vegetable sticks.	Gluten, Soya, Milk, Celery
Breadsticks and vegetable sticks with soft cheese dip	Gluten, Milk, Celery
Pitta bread with a choice of fillings.	Gluten, Milk
Sandwiches with a choice of fillings	Gluten, Milk
fruit loaf with a variety of fruit	Gluten, soya
Brioche and fruit selection	Egg, gluten, milk
Fruit smoothie	Milk
Creamy yogurt bark	Milk
Rice cakes with cream cheese and vegetable sticks.	Milk, celery
Jelly and fruit	