

Haylands Preschool and Reception Snack Menu Autumn 2

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
03.11.25	Preschool	Brioche and fruit selection	Malt loaf and fruit	Rice cakes with cream cheese and vegetable sticks.	Toasted muffin with cream cheese and vegetable stick	Water biscuits s/w cream cheese and vegetable sticks.
	Reception					
10.11.25	Preschool	Greek yogurt and fruit selection	Sugar free jelly with fresh fruit	Toasted bagel with cream cheese and tomatoes and fresh fruit.	Banana muffins s/w greek yogurt	Wraps with a choice of fillings including vegetable sticks.
	Reception				Sandwiches s/w a choice of fillings	
17.11.25	Preschool	Scotch pancakes s/w fresh fruit	Sliced fruit loaf s/w fresh fruit.	Rich tea light biscuit s/w fresh fruit.	Water biscuits s/w cream cheese and vegetable sticks	Chocolate chip brioche rolls s/w fruit.
	Reception		Sliced fruit loaf s/w vegetable sticks			
24.11.25	Preschool	Greek yogurt and fruit selection	Multigrain hoops s/w fresh fruit.	Toast s/w fresh fruit/vegetable sticks.	Breadsticks s/w houmous/cream cheese and vegetable sticks.	Crumpets s/w soft cheese and vegetable sticks
	Reception					Toasted muffin with cream cheese and vegetable stick
01.12.25	Preschool	Fruit smoothie	Greek yogurt and fruit selection	Pitta bread with houmous s/w vegetable sticks.	Rich tea light biscuit s/w fresh fruit.	Breadsticks s/w houmous and vegetable sticks
	Reception					

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08.12.25	Preschool	Brioche and fruit selection	Water biscuits s/w cream cheese and vegetable sticks	Greek yogurt and fruit selection.	Sandwiches with a choice of filling.	Scotch pancakes with fruit juice.
	Reception					
15.12.25	Preschool	Rice cakes s/w cream cheese and vegetable sticks.	Wraps with a choice of fillings including vegetable sticks.	Crumpets s/w soft cheese and vegetable sticks.	Greek yogurt s/w fresh fruit.	Malt loaf s/w fresh fruit.
	Reception	Greek yogurt s/w fresh fruit.			Rice cakes s/w cream cheese and vegetable sticks.	

Nutritional information

Snack	Allergens
Brioche and fruit selection	Wheat, Egg and Milk
Malt loaf and fruit	Wheat, Barely, Milk (Dairy)
Rice cakes with cream cheese and vegetable sticks.	Cheese (Dairy)
Toasted muffin with cream cheese and vegetable sticks.	Wheat, Soya, Cheese (Dairy), Milk (Dairy)
Water biscuits, cream cheese and vegetable sticks	Wheat, Cheese (Dairy), Milk (Dairy)
Greek yogurt and fruit selection	Milk (Dairy)
Sugar free jelly with fresh fruit	
Toasted bagel with cream cheese and tomatoes and fresh fruit.	Wheat, Barely, Cheese (Dairy), Milk (Dairy)
Banana muffins s/w greek yogurt	Wheat, Egg, Milk (Dairy)
Wraps with a choice of fillings including vegetable sticks.	Wheat, Cheese (Dairy),
Scotch pancakes s/w fresh fruit/fruit juice.	Wheat, Milk (Dairy), Egg
Sliced fruit loaf s/w fresh fruit.	Wheat, Soya, Milk (Dairy)
Rich tea light biscuit s/w fresh fruit.	Wheat, Barely
Chocolate chip brioche rolls s/w fresh fruit.	Wheat, Soya, Egg, Milk (Dairy)
Multigrain hoops s/w fresh fruit.	Wheat, Oat, Barely, Milk (Dairy)
Toast s/w fresh fruit/vegetable sticks.	Wheat, Soya, Milk (Dairy)
Breadsticks s/w houmous and vegetable sticks	Wheat, Barely, Sesame Seed
Crumpets s/w soft cheese and vegetable sticks	Wheat, Milk (Dairy), Cheese (Dairy)
Fruit smoothie	Milk (Dairy)
Pitta bread with houmous s/w vegetable sticks.	Wheat, Sesame Seed
Sandwiches with a choice of filling.	Wheat, Soya, Milk (Dairy), Cheese (Dairy)