

Haylands Preschool and Reception Snack Menu Summer 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
13.04.26	Preschool	Pancakes s/w fresh fruit	Strawberry yogurt s/w fresh fruit	Breadsticks s/w houmous and vegetable sticks	Wholemeal crackerbread s/w houmous and vegetable sticks	Water biscuits s/w cream cheese and vegetable sticks and fresh fruit.
	Reception	Yogurt and fruit	Trip- brioche	Pitta, cream cheese and veg	Biscuits and fruit selection	
20.04.26	Preschool	Apple slices s/w wholemeal crackers	Banana s/w greek yogurt & rice cakes	Cucumber sticks s/w white pitta bread & soured cream and chive dip	Strawberries s/w toast fingers (wholemeal) & cream cheese	Pear slices s/w breadsticks & cheese
	Reception	With fruit selection			With fruit selection	With fruit selection
27.04.26	Preschool	Melon s/w oatcakes & cream cheese	Banana s/w white toast	Carrot sticks s/w water biscuits & tzatziki dip	Apple s/w rice cakes & strawberry yogurt	Cucumber s/w pitta bread & cream cheese.
	Reception	With fruit selection	With fruit selection		With fruit selection	
04.05.26	Preschool	BANK HOLIDAY	Banana s/w crackers & cottage cheese	Pepper strips & breadsticks s/w sweet chilli houmous.	Pear s/w crumpet & cream cheese	Apple s/w rice cakes & cheese
	Reception		Crackers, cheese and fruit		With fruit selection	With fruit selection
11.05.26	Preschool	Banana s/w wholemeal crackers & mango, passion fruit and papaya yoghurt	Cucumber s/w white toast & cream cheese	Fruit salad	Cheese s/w water biscuits & tomato slices	Cucumber s/w pitta bread & cream cheese.
	Reception	With fruit selection				
18.05.26	Preschool	Strawberries s/w strawberry yogurt	Apple s/w cheese slices	English muffin halves s/w mashed avocado	Wraps s/w soft cheese & carrot sticks	Homemade fruit lollies
	Reception	With fruit selection	With fruit selection			

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Nutritional information

<u>Snack</u>	<u>Allergens</u>
Scotch pancakes s/w fresh fruit	Wheat, Milk (Dairy), Egg
Strawberry yogurt s/w fresh fruit	Milk (Dairy)
Breadsticks s/w houmous and vegetable sticks	Wheat, Barelly, Sesame Seed
Wholemeal crackerbread s/w houmous and vegetable sticks	Wheat, Milk, Sesame Seed
Water biscuits s/w cream cheese and vegetable sticks and fresh fruit.	Wheat, Cheese (Dairy), Milk (Dairy)
Apple slices s/w wholemeal crackers	Wholegrain Oats
Banana s/w greek yogurt & rice cakes	Milk
Cucumber sticks s/w white pitta bread & soured cream and chive dip	Wheat, Milk, Egg
Strawberries s/w toast fingers (wholemeal) & cream cheese	Wheat, Barelly, Milk
Pear slices s/w breadsticks & cheese	Wheat, Barelly, Milk
Melon s/w oatcakes & cream cheese	Oats, Milk
Banana s/w white toast	Wheat, Soya
Carrot sticks s/w water biscuits & tzatziki dip	Wheat, Milk
Apple s/w rice cakes & strawberry yogurt	Milk (Dairy)
Cucumber s/w pitta bread & cream cheese.	Wheat, Milk
Banana s/w water biscuits & cottage cheese	Milk
Pepper strips & breadsticks s/w sweet chilli houmous.	Wheat, Barelly, Sesame Seed
Pear s/w crumpet & cream cheese	Wheat, Milk
Apple s/w rice cakes & cheese	Milk
Banana s/w wholemeal crackers & mango, passion fruit and papaya yoghurt	Wheat, Milk
Cucumber s/w white toast & cream cheese	Wheat, Soya, Milk
Fruit salad	
Cheese s/w water biscuits & tomato slices	Milk
Cucumber s/w pitta bread & cream cheese.	Wheat, Milk
Apple s/w cheese slices	Milk
English muffin halves s/w mashed avocado	Wheat, Soya
Wraps s/w soft cheese & carrot sticks	Wheat, Milk
Homemade fruit lollies	