

## Haylands Preschool and Reception Snack Menu Summer 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
01.06.26	Preschool	Raisins and rice cakes	Cucumber sticks and houmous	Plums s/w wholemeal pitta strips	TRIP: Rice cakes s/w fruit	Frozen berry yogurt
	Reception	Rice cakes and fruit	Sports day	Cucumber, breadsticks and cream cheese.	Trip: biscuits	
08.06.26	Preschool	Carrot sticks s/w mild cheddar cubes	Banana s/w toasted muffin fingers	Rice pudding s/w apple slices	Breadsticks s/w sugar snap peas	Pear slices s/w rice cakes
	Reception	Cheddar, cucumber and carrot	Toasted muffins and fruit	Cheese and crackers s/w salad	Breadsticks s/w fruit	Malt loaf, banana and melon
15.06.26	Preschool	Mini oat pancakes s/w banana slices and strawberry yogurt	Pepper strips s/w cream cheese dip	Melon s/w wholemeal toast	Celery sticks s/w cream cheese	Yogurt s/w raisins
	Reception	Same but with scotch pancakes	Veg sticks with cream cheese	Toast s/w melon and other fruit	Pitta s/w cream cheese and veg	Yogurt s/w fruit selection
22.06.26	Preschool	INSET DAY	Bananas s/w custard	Tortilla triangles s/w mild salsa and cucumber.	Toast s/w watermelon slices	Breadsticks s/w tomato slices
	Reception					Breadsticks, dip and veg
29.06.26	Preschool	Carrot sticks and houmous	Peach slices s/w rice cakes	Pitta and pepper strips s/w houmous	Strawberries s/w cream	Malt loaf s/w carrot and pepper sticks
	Reception	Veg sticks, humus and cream cheese		s/w other veg and cream cheese	Strawberries s/w cream	
06.07.26	Preschool	Selection of cereals s/w apple slices	Water biscuits s/w cream cheese and tomatoes	Melon s/w wholemeal toast	Pitta and pepper strips s/w houmous	Mini oat pancakes s/w banana slices and strawberry yogurt
	Reception	s/w mixed fruit	And cucumber		s/w other veg and cream cheese	Same but with scotch pancakes
13.07.26	Preschool	Frozen berry yogurt	Pepper strips s/w cream cheese dip	Selection of cereals s/w banana	Rice cakes s/w tomatoes	Banana s/w toasted muffin fingers
	Reception		s/w breadsticks and other veg		And other veg	
20.07.26	Preschool	Cucumber sticks and houmous	Selection of cereals s/w apple slices	Carrot sticks s/w mild cheddar cubes	Bananas s/w custard	Selection of cereals s/w banana
	Reception	Other veg and cream cheese	And other fruit	And crackers		Popcorn and milkshake

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### Nutritional information

<b><u>Snack</u></b>	<b><u>Allergens</u></b>
Raisins and rice cakes	-
Cucumber sticks and houmous	<b>Sesame seed</b>
Plums s/w wholemeal pitta strips	<b>Wheat</b>
Rice cakes s/w fruit/tomatoes	-
Frozen berry yogurt	<b>Milk (Dairy)</b>
Carrot sticks s/w mild cheddar cubes	<b>Milk (Dairy)</b>
Banana s/w toasted muffin fingers	<b>Wheat, Soya</b>
Rice pudding s/w apple slices	<b>Milk (Dairy)</b>
Breadsticks s/w sugar snap peas	<b>Wheat, Barley</b>
Pear slices s/w rice cakes	-
Mini oat pancakes s/w banana slices and strawberry yogurt	<b>Oat, Egg, Milk (Dairy)</b>
Pepper strips s/w cream cheese dip	<b>Cheese (Dairy)</b>
Melon s/w wholemeal toast	<b>Wheat</b>
Celery sticks s/w cream cheese	<b>Cheese (Dairy)</b>
Yogurt s/w raisins	<b>Milk (Dairy)</b>
Bananas s/w custard	<b>Milk, Buttermilk (Dairy)</b>
Tortilla triangles s/w mild salsa and cucumber.	<b>Wheat</b>
Toast s/w watermelon slice	<b>Wheat</b>
Breadsticks s/w tomato slices	<b>Wheat, Barley</b>
Carrot sticks and houmous	<b>Sesame seed</b>
Peach slices s/w rice cakes	-
Pitta and pepper strips s/w houmous	<b>Wheat, Sesame seed</b>
Strawberries s/w cream	<b>Milk (Dairy)</b>
Malt loaf s/w carrot and pepper sticks	<b>Wheat, Barley</b>
Selection of cereals s/w apple and banana slices	<b>Wheat, Oat, Barley</b>
Water biscuits s/w cream cheese and tomatoes	<b>Wheat, Cheese (Dairy)</b>