

Haylands Preschool and Reception Snack Menu Spring 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
05.01.26	Preschool	Toasted bagels s/w cream cheese and vegetable sticks.	Multigrain hoops s/w fresh fruit.	Greek yogurt s/w fresh fruit.	Breadsticks s/w houmous and vegetable sticks.	Rich tea light biscuits s/w fresh fruit and vegetables.
	Reception					
12.01.26	Preschool	Chocolate chip brioche rolls s/w fresh fruit.	Greek yogurt s/w fresh fruit.	Wraps s/w chicken slices , cheese, tomatoes, lettuce.	Pitta slices s/w houmous and vegetable sticks.	Sliced fruit loaf s/w fresh fruit and vegetable sticks.
	Reception					
19.01.26	Preschool	Toasted crumpets s/w cream cheese and vegetable sticks.	Scotch pancakes s/w fresh fruit.	Breadsticks s/w houmous and vegetable sticks.	Fruit smoothies.	Water biscuits s/w cream cheese and vegetable sticks.
	Reception	Sandwiches with a choice of fillings				
26.01.26	Preschool	Greek yogurt s/w fresh fruit.	Sandwiches s/w chicken slices, tomatoes and lettuce.	Sliced fruit loaf s/w fresh fruit.	Multigrain hoops s/w fresh fruit.	Breadsticks s/w houmous and vegetable sticks and fresh fruit.
	Reception					
02.02.26	Preschool	Water biscuits s/w cream cheese and vegetable sticks.	Chocolate chip brioche rolls s/w fresh fruit.	Toast s/w fresh fruit.	Fruit jelly s/w fresh fruit.	Greek yogurt s/w fresh fruit.
	Reception					
09.02.26	Preschool	Multigrain hoops s/w fresh fruit.	Butterscotch angel delight s/w fresh fruit.	Greek yogurt s/w fresh fruit.	Toasted muffins s/w cream cheese and fresh fruit.	Water biscuits s/w cream cheese and vegetable sticks.
	Reception					

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Nutritional information

<u>Snack</u>	<u>Allergens</u>
Toasted bagel s/w cream cheese and vegetable sticks.	Wheat, Barely, Cheese (Dairy), Milk (Dairy)
Multigrain hoops s/w fresh fruit.	Wheat, Oat, Barely, Milk (Dairy)
Greek yogurt and fruit selection	Milk (Dairy)
Breadsticks s/w houmous and vegetable sticks and fresh fruit.	Wheat, Barely, Sesame Seed
Rich tea light biscuits s/w fresh fruit and vegetables.	Wheat, Barely
Chocolate chip brioche rolls s/w fresh fruit.	Wheat, Soya, Egg, Milk (Dairy)
Wraps with a choice of fillings including vegetable sticks.	Wheat, Cheese (Dairy)
Pitta bread with houmous s/w vegetable sticks.	Wheat, Sesame Seed
Sliced fruit loaf s/w fresh fruit.	Wheat, Soya, Milk (Dairy)
Toasted crumpets s/w cream cheese and vegetable sticks	Wheat, Milk (Dairy), Cheese (Dairy)
Scotch pancakes s/w fresh fruit.	Wheat, Milk (Dairy), Egg
Fruit smoothie	Milk (Dairy)
Water biscuits s/w cream cheese and vegetable sticks	Wheat, Cheese (Dairy), Milk (Dairy)
Sandwiches s/w chicken slices, tomatoes and lettuce.	Wheat, Soya, Milk (Dairy), Cheese (Dairy)
Toast s/w fresh fruit.	Wheat, Soya, Milk (Dairy)
Sugar free jelly with fresh fruit	-
Butterscotch angel delight s/w fresh fruit.	Milk (Dairy)
Toasted muffin s/w cream cheese and fresh fruit	Wheat, Soya, Cheese (Dairy), Milk (Dairy)