

### Snack Menu 3

- Bananas and apples
- Cucumber, crackers cheese cubes/butter
- wholemeal pitta bread, cucumber & hummus
- Grapes and apples
- Toast and yoghurt

*Please note - menus may vary depending on availability - please see daily menu on noticeboards*

### Snack Menu 4

- Apple or banana
- Crumpets and yoghurt
- Breadsticks, cucumber
- Apples or banana
- Tortilla with soft cheese & cucumber

*Please note - menus may vary depending on availability - please see daily menu on noticeboards*

Peter Pan Pre-school



## Snack Menu



## Autumn+ 2023

Dear parents and carers,

Children aged 1-4 years need to eat regularly and need nutritious snacks between meals in order to grow and develop.

Snack at Peter Pan Pre-school is provided for your child every day, usually about 10:30am. Children are able to make their own choices from a variety of healthy, nutritious foods which can be found on our menu. Children are encouraged to serve food themselves, to promote independence. Food choices and portion sizes are in accordance with the Caroline Walker Trust.

Children sit together with their peers and key-person, in the class room, while eating and drinking. Although children are encouraged to eat snack they are not made to eat it. It is their choice if they don't feel hungry.

Individual dietary requirements are taken into consideration. Please see your child's key-person if your child has any of these as menus can be adapted to suit your child.

Fresh semi-skimmed milk and water are available every day

#### Snack menu 1

- Cereal
- Bananas and apples
- Scones and butter apple/banana
- Crumpets and yoghurt
- Apples and bananas

*note - menus may vary depending on availability - please see daily menu on noticeboards*

#### Snack menu 2

- Bread sticks and dips with yoghurt
- Cucumber, wholemeal tortilla with dip
- Carrots, peppers and dips
- Oranges & pears and yoghurts
- Cheese cubes and crackers

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