

Snack Menu 3 - Weeks beginning 17th
September, 15th October, 19th November, 17th
December

- Multigrain cheerios
- Scones with spread & yoghurt
- Apple or banana (fruit bowl)
- Crumpets
- Banana or apple (fruit bowl)

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

Snack Menu 4 - Weeks beginning 24th
September, 29th October, 26th
November,

- Apple or banana (fruit bowl)
- Toast with jam/spread and yoghurt
- Apples and pears (fruit bowl)
- Oranges/apples, grapes
- 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 2018

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 snack 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. Please see notice boards in each building for the daily snack.

Snack menu 1 -Week beginning, 5th September
2018, 1st October, 5th November, 3rd
December

- Bananas and apples
- Cucumber, crackers cheese cubes/butter
- wholemeal pitta bread, cucumber & hummus
- Varieties of melon and strawberries
- Toast and yoghurt

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

Snack menu 2 - Weeks beginning 10th
September, 8th October, 12th November, 10th
December

- Beans on toast with spread
- Cucumber, and wholemeal tortilla with dip
- Carrots, peppers and dips
- Oranges & pears and yoghurts
- Melon varieties

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

Any allergens present in the foods we provide are listed next to the snack notice boards.