

**Seasonal food items include:** apples, banana, aubergine, courgette, oranges, cucumber, blueberries, green beans, tomato, garlic, red peppers, green peppers, carrots, onions, mushrooms, root ginger, parsnip, potatoes, melon



We want parents to put forward menu suggestions so we can include them on our menus throughout the year.

## Breakfast

## Lunch

## Evening meal

## Snack

	WEEK 1	LUNCH	EVENING MEAL	SNACK
Monday	Selection of cereals and wholemeal toast	Cheesy potato pie and beans Slices of fresh orange	Selection of finger sandwiches Selection of cakes	Breadsticks and cream cheese
Tuesday	Selection of cereals and wholemeal toast	Vegetable korma and rice Bananas and custard	Crumpet pizza with selection of toppings Fresh melon	Carrot batons and selection of dips
Wednesday	Selection of cereals and wholemeal toast	Rainbow pasta Natural yogurt and frozen berries	Tuna mayonnaise wraps with cucumber sticks Slices of fresh pear	Rice cakes and banana
Thursday	Selection of cereals and wholemeal toast	Sausage, root mash and mixed seasonal vegetables with gravy Slices of fresh apple	Ploughman's lunch with selection of cheese, cucumber, crackers, sweet pickle and carrot sticks Sugar free Jelly	Fruit smoothie with kale, pineapple, banana and natural yogurt
Friday	Selection of cereals and wholemeal toast	Hunters chicken with bacon cheese and BBQ sauce and homemade wedges Banana split with cream sprinkles and a cherry on top	Vegie pitta pocket with selection of cucumber, peppers, hummus and carrot sticks Slices of fresh orange	Hard boiled eggs

Eating at Enfys Hapus should be a pleasurable experience: time spent sharing good, healthy food with peers and key workers. During mealtimes, your child will be supported to develop healthy eating habits and we will ensure that they get the energy and nutrition they need throughout the time they are with us. All food is homemade and prepared according to your child's stage of development and we work with you to ensure we replicate what you are doing at home with your child. We know that variety is key and therefore design our menus to incorporate a range of different fruits, vegetables, grains, pulses, dairy and types of meat and fish.

We use fresh, sustainable, and locally sourced ingredients and we talk about food with your child to help encourage them to try new food types. Children also have the opportunity to prepare healthy snacks in our purpose-built kitchen area as part of the comprehensive range of activities we offer them.