

The children are offered snack throughout the day that are available in their individual areas. The snacks available are: apples, bananas, oranges, peaches, pears.



Breakfast

Lunch

Evening meal

	WEEK 1	LUNCH	EVENING MEAL
Monday	Selection of cereals and wholemeal toast	Sausage and tomato pasta with hidden vegetables Bananas and custard	Finger sandwiches with vegetable sticks Fromage fraise
Tuesday	Selection of cereals and wholemeal toast	Cheese and potato pie with baked beans Orange slices	Chunky vegetable stew with crusty bread Lemon cake
Wednesday	Selection of cereals and wholemeal toast	Chicken curry with rice Natural yogurt with fresh fruit	Cheese toastie with tomato slices Jelly
Thursday	Selection of cereals and wholemeal toast	Fish, chips, and mushy peas Fruit salad	Tomato soup with bread soldiers Rice pudding
Friday	Selection of cereals and wholemeal toast	Sweet and sour noodles Bread and butter pudding	Chicken fajitas with rice Mango and pineapple slices

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.