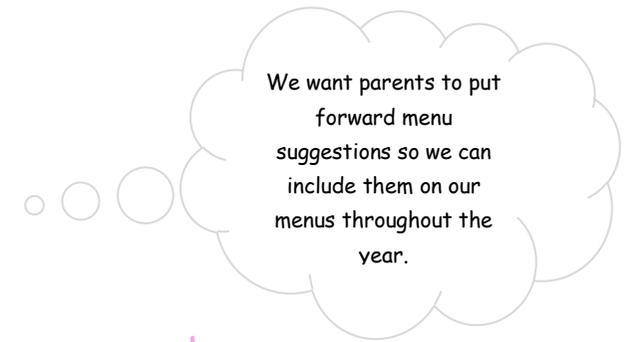


VEGAN MENU

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	Creamy mash potato and beans Slices of fresh orange	Hummus and cucumber finger sandwiches Selection of fruit	Breadsticks and guacamole
Tuesday	Selection of cereals and wholemeal toast	Vegetable korma and rice Banana slices	Crumpet pizza with selection of toppings Fresh melon	Carrot batons and selection of dips
Wednesday	Selection of cereals and wholemeal toast	Rainbow pasta Frozen berries	Red pepper and hummus Rolls Slices of fresh pear	Rice cakes and banana
Thursday	Selection of cereals and wholemeal toast	Vegan Sausage, root mash and mixed seasonal vegetables Slices of fresh apple	Ploughman's lunch with selection of beetroot, cucumber, crackers, sweet pickle and carrot sticks Selection of fresh fruit	Fruit smoothie with kale, pineapple, banana and oat milk
Friday	Selection of cereals and wholemeal toast	Hunters Quorn with vegan cheese and BBQ sauce and homemade wedges Banana split with sprinkles and a cherry on top	Vegie pitta pocket with selection of cucumber, peppers, hummus and carrot sticks Slices of fresh orange	Toasted wraps and dips

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.