

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



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

Breakfast

Lunch

Evening meal

	WEEK 2	LUNCH	EVENING MEAL
Monday	Selection of cereals and wholemeal toast	Quorn chilli with hidden vegetables and rice Pancakes with berries	Crumpet pizzas with various toppings Apple, pear, and plum crumble with custard
Tuesday	Selection of cereals and wholemeal toast	Tuna pasta bake Fromage fraise	Spaghetti hoops on wholemeal toast Melon slices
Wednesday	Selection of cereals and wholemeal toast	Fish fingers with mashed potatoes and peas Apple and cinnamon bake	Homemade vegetable soup with bread Fruit salad
Thursday	Selection of cereals and wholemeal toast	Homemade burgers with homemade chips and vegetables Orange slices	Selection of finger sandwiches with vegetable sticks Jelly
Friday	Selection of cereals and wholemeal toast	Cheese and potato pie with beans Rice pudding	Chicken fajitas with peppers and coleslaw Jam and coconut sponge

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.