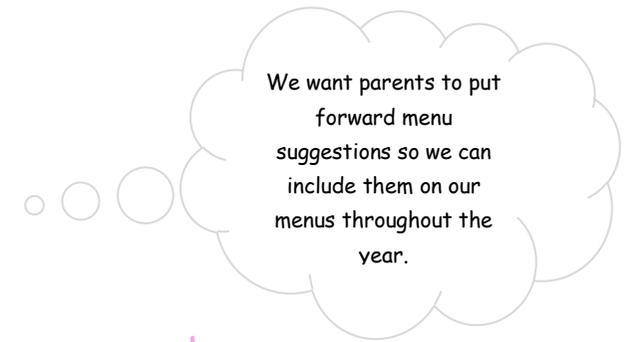


VEGAN MENU

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 2	LUNCH	EVENING MEAL	SNACK
Monday	Selection of cereals and wholemeal toast	Quorn Chili Con Carnie, with hidden vegetables and homemade wedges Berries	Pesto, fresh tomato and baby spinach pitta pizza Fresh fruit	Rice cakes and apple slices
Tuesday	Selection of cereals and wholemeal toast	Vegetable pasta bake with seasonal vegetables and vegan cheese Fruit salad	Rainbow wraps with cucumber, beetroot and baby spinach Slices of fresh orange	Vegie sticks and dips
Wednesday	Selection of cereals and wholemeal toast	Pesto, cherry tomatoes and baby spinach on a bed of cous cous Apple and cinnamon bake	Butternut squash soup with fresh crusty bread and butter Fresh melon sticks	Cucumber sticks and tomato slices
Thursday	Selection of cereals and wholemeal toast	Vegan burger, home made chips and mushy peas Homemade banana sorbet	Mashed avocado and soldiers with a side of cherry tomatoes Apple wedges	Breadsticks and dips
Friday	Selection of cereals and wholemeal toast	Vegan sausage, boiled potato and seasonal vegetables Fruit salad	Mexican pitta pizza with peppers, courgette and guacamole Fresh melon sticks	Carrot batons and selection of 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.