

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

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

	WEEK 2	LUNCH	EVENING MEAL	SNACK
Monday	Selection of cereals and wholemeal toast	Quorn Chili Con Carnie, with hidden vegetables and homemade wedges Pancakes and berries	Goats cheese, pesto and baby spinach pitta pizza Natural yogurt with fresh fruit	Rice cakes and apple slices
Tuesday	Selection of cereals and wholemeal toast	Tuna pasta bake, hidden vegetables, with cheese Fromage frais	Rainbow wraps with Feta, cucumber, beetroot and baby spinach Slices of fresh orange	Vegie sticks and dips
Wednesday	Selection of cereals and wholemeal toast	Pesto chicken, 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 slices and cream cheese
Thursday	Selection of cereals and wholemeal toast	Fish, home made chips and mushy peas Ice cream	Dippy eggs with cheese soldiers with a side of cherry tomatoes Apple wedges	Breadsticks and dips
Friday	Selection of cereals and wholemeal toast	Welsh Faggots, boiled potato and seasonal vegetables with gravy Fruit salad	Mexican pitta pizza with peppers, mozzarella courgette and guacamole Sugar free Jelly	Carrot batons and selection of dips

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.