

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 3	LUNCH	EVENING MEAL
Monday	Selection of cereals and wholemeal toast	Quorn Shepard's Pie with vegetables and gravy Strawberries and cream	Spaghetti hoops on wholemeal toast Fromage fraise
Tuesday	Selection of cereals and wholemeal toast	Fish fingers with homemade chips and beans Jelly	Finger sandwiches with carrot and cucumber sticks Fairy cakes
Wednesday	Selection of cereals and wholemeal toast	Tuna pasta bake Rice pudding	Quorn curry with rice Melon slices
Thursday	Selection of cereals and wholemeal toast	Jacket potato with beans and cheese Bananas and custard	Chicken fajitas with rice Ice cream
Friday	Selection of cereals and wholemeal toast	Sausage roast dinner with vegetables, potatoes, and stuffing Fruit platter	Bagel pizzas with various toppings Fruit crumble and cream

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.