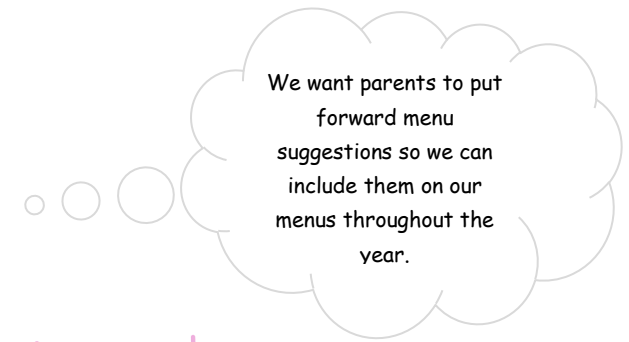


VEGAN MENU

**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 3		LUNCH	EVENING MEAL	SNACK
Monday	Selection of cereals and wholemeal toast	Tiny tree (broccoli) pasta with cherry tomatoes Apple wedges	Tofu and cress roll up with cucumber sticks Fromage frais	Rice cakes and apple wedges
Tuesday	Selection of cereals and wholemeal toast	Nut roast with roast potatoes, seasonal vegetables, stuffing Fresh fruit platter	Tofu salad and pesto pitta pocket Melon sticks	Breadsticks and dips
Wednesday	Selection of cereals and wholemeal toast	Vegetable sweet and sour noodles with peppers onions and hidden seasonal vegetables Homemade bread and butter pudding made with oatmilk	Fresh tomato, basil and avocado sandwiches with carrot batons Strawberries	Hummus and crackers
Thursday	Selection of cereals and wholemeal toast	Rainbow rice with seasonal vegetables Assorted fruit platter	Fully loaded potato skins with vegan cream cheese and onions Fresh pear wedges	Carrot batons and selection of dips
Friday	Selection of cereals and wholemeal toast	Coconut Tofu curry and hidden vegetables on a bed of cous cous Fruity cocktail	Vegan Cream cheese and smashed avocado on toast Bananas	Fruit smoothie with baby spinach, apple, pear, banana and oat milk

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.