

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 4	LUNCH	EVENING MEAL	SNACK
Monday	Selection of cereals and wholemeal toast	Quorn spaghetti bolognaise with garlic bread Semolina	Vegan cheese and slices of fresh tomato on muffins Slices of fresh orange	Cherry tomato and avocado slices
Tuesday	Selection of cereals and wholemeal toast	Quorn pieces, root mash and petit pois Fresh wedges of watermelon	Roasted cauliflower and garlic pate and crackers with a side of vegetables sticks and dips Slices of fresh pear	Fruit platter
Wednesday	Selection of cereals and wholemeal toast	Vegetable casserole with seasonal vegetables Fresh orange wedges	Spaghetti loops on fingers of toast Pineapple and mango fruit salad	Melon sticks
Thursday	Selection of cereals and wholemeal toast	Jacket potato and beans Fromage frais	Guacamole, cucumber and tomato slices on Rye with a side of pepper sticks and cucumber slices Natural yogurt and fruit puree	Pitta bread fingers and selection of dips
Friday	Selection of cereals and wholemeal toast	Vegetable lasagne without the cheese sauce made with courgette, carrots and seasonal vegetables served with peas Banana and custard	Leek, coriander and carrot soup served with fresh crusty bread and butter Slices of fresh orange	Fingers of mango

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.