## **Wraparound Snack Menu**



This menu shows the snacks provided at our wraparound childcare. It has been planned in line with the Early Years Foundation Stage (EYFS) nutrition guidance and the School Food Standards to make sure that all food and drink offered is healthy, balanced and nutritious.

We use the four main food groups to guide our choices. Each snack is labelled with colour codes to show which food groups it contains:

- Fruit & Vegetables plain and fresh, with no added sugar or salt; offered daily for vitamins, minerals and fibre.
- Starchy Carbohydrates plain, wholemeal/wholegrain, low in sugar and salt; offered daily energy.
- Protein plain and varied, low in salt and fat; offered across the week for growth and repair.
- Dairy plain, unsweetened, no added sugar or sweeteners; offered daily for calcium and bone health.

Children are always offered water with snacks, and semi-skimmed milk (as per guidance for children aged 2 and over) is also available.

## Breakfast is a choice of the following:

- Low-sugar cereals such as Rice Krispies, Shredded Wheat \*1 or Cornflakes, served with semi-skimmed milk.
- Warm porridge\*1 made with semi-skimmed milk.
- Part-wholemeal toast or toasted crumpets, served with a light spread.
- Warm, fluffy banana pancakes. # 🗐 💿
- Fromage frais with no added sugar, strawberry or raspberry flavour.

## • Fresh seasonal fruit.

Children are offered a variety of healthy **afternoon snacks** on a 4-week rotation to ensure balance and variety:

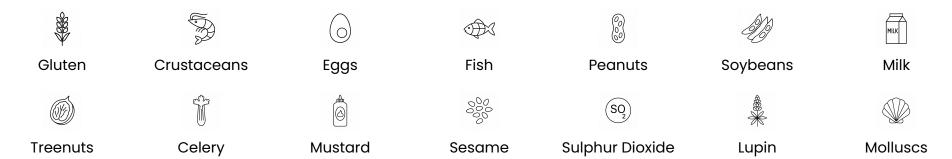
Day	Week 1	Week 2	Week 3	Week 4
Mon	Crisp water biscuits (crackers) topped with cheddar cheese, served with cucumber and tomato slices. Quartered Grapes	Soft wholemeal wraps with tuna or cheese, served with cucumber sticks, pepper strips and carrot sticks.  Melon Cubes	Soft wholemeal wraps with tuna or cheese, served with cucumber sticks, pepper strips and carrot sticks. Pineapple Slices	Warm wholemeal stonebaked pittas with chicken or cheese, served with cucumber sticks, pepper strips and carrot sticks.  Apple Slices
Tue	Soft wholemeal wraps with tuna or cheese, served with cucumber sticks, pepper strips and carrot sticks.  Melon Cubes	Warm wholemeal stonebaked pittas with chicken or cheese, served with cucumber sticks, pepper strips and carrot sticks.  Pineapple Slices	Crisp water biscuits (crackers) topped with cheddar cheese, served with cucumber and tomato slices.  Apple Slices	Soft wholemeal wraps with chicken or cheese, served with cucumber sticks, pepper strips and carrot sticks.  Chopped Strawberries
Wed	Toasted crumpets topped with cream cheese or smashed bananas served with cucumber sticks, pepper strips and carrot	Sandwiches on part-wholemeal bread with chicken or cheese, served with cucumber sticks, pepper strips and	Warm wholemeal stonebaked pittas with chicken or cheese, served with cucumber sticks, pepper strips and carrot	Crunchy crispbreads topped with cream cheese served with cucumber and tomato slices.

	sticks.  Pineapple Slices	carrot sticks.  Apple Slices	sticks.  Chopped Strawberries	Quartered Grapes
Thu	Crunchy crispbreads topped with cream cheese served with cucumber and tomato slices.  Apple Slices	Crisp water biscuits (crackers) topped with cheddar cheese, served with cucumber and tomato slices. Chopped Strawberries	Soft wholemeal wraps with tuna or cheese, served with cucumber sticks, pepper strips and carrot sticks. Quartered Grapes	Warm wholemeal stonebaked pittas with egg mayo or cheese, served with cucumber sticks, pepper strips and carrot sticks.  Melon Cubes
Fri	Warm wholemeal stonebaked pittas with egg mayo or cheese, served with cucumber sticks, pepper strips and carrot sticks.  Chopped Strawberries	Crunchy crispbreads topped with cream cheese served with cucumber and tomato slices. Quartered Grapes	Toasted crumpets topped with cream cheese or smashed bananas served with cucumber sticks, pepper strips and carrot sticks. Melon Cubes	Sandwiches on part-wholemeal bread with chicken or cheese, served with cucumber sticks, pepper strips and carrot sticks.  Pineapple Slices

## Allergens:

We always check the daily attendance register for allergy information and carefully read the food packaging before serving. Please make sure your child's profile is kept up to date and notify the team of any new allergies so that an allergy management plan can be put in place.

Our menu is clearly marked with the 14 main allergens:



However, we recognise that foods and ingredients not among the "Big 14" allergens — such as certain vegetables or fruits — can also cause allergic reactions or intolerances.

Some items (marked with a \*1) are made in a factory that also handles and a lift a child with a nut allergy attends the club, these items will be removed from the menu as a precaution.