



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:



Gluten



Crustaceans



Eggs



Fish



Peanuts



Soybeans



Milk



Treenuts



Celery



Mustard



Sesame



Sulphur Dioxide



Lupin



Molluscs

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 . If a child with a nut allergy attends the club, these items will be removed from the menu as a precaution.