



## 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.










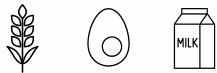




Children are always offered water with snacks, and semi-skimmed milk (as per guidance for children aged 2 and over) is also available.




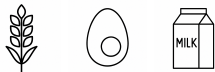






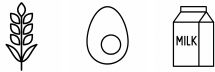


### Breakfast is a choice of the following:


- Low-sugar cereals such as **Rice Krispies**, **Shredded Wheat** \*<sup>1</sup> or **Cornflakes**, served with **semi-skimmed milk**.  
- Warm **porridge**\*<sup>1</sup> 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	 <p>Crisp <b>water biscuits (crackers)</b> topped with <b>cheddar cheese</b>, served with <b>quartered grapes</b> (cut lengthways).</p> 	 <p>Soft <b>wholemeal wraps</b> with <b>tuna</b> or <b>cheese</b>, served with <b>cucumber sticks</b>, <b>pepper strips</b> and <b>carrot sticks</b>.</p> 	 <p>Soft <b>wholemeal wraps</b> with <b>tuna</b> or <b>cheese</b>, served with <b>cucumber sticks</b>, <b>pepper strips</b> and <b>carrot sticks</b>.</p> 	<p>Warm <b>wholemeal stonebaked pittas</b> with <b>chicken</b> or <b>cheese</b>, served with <b>cucumber sticks</b>, <b>pepper strips</b> and <b>carrot sticks</b>.</p> 
Tue	 <p>Soft <b>wholemeal wraps</b> with <b>tuna</b> or <b>cheese</b>, served with <b>cucumber sticks</b>, <b>pepper strips</b> and <b>carrot sticks</b>.</p> 	<p>Warm <b>wholemeal stonebaked pittas</b> with <b>chicken</b> or <b>cheese</b>, served with <b>cucumber sticks</b>, <b>pepper strips</b> and <b>carrot sticks</b>.</p> 	 <p>Crisp <b>water biscuits (crackers)</b> topped with <b>cheddar cheese</b>, served with <b>quartered grapes</b> (cut lengthways).</p> 	 <p>Soft <b>wholemeal wraps</b> with <b>chicken</b> or <b>cheese</b>, served with <b>cucumber sticks</b>, <b>pepper strips</b> and <b>carrot sticks</b>.</p> 















Wed	 <p>Toasted <b>crumpets</b> topped with <b>cream cheese</b> or <b>smashed bananas</b> served with <b>cucumber sticks</b>, <b>pepper strips</b> and <b>carrot sticks</b>.</p> 	<p>Sandwiches on part-wholemeal bread with <b>chicken</b> or <b>cheese</b>, served with <b>cucumber sticks</b>, <b>pepper strips</b> and <b>carrot sticks</b>.</p> 	<p>Warm <b>wholemeal stonebaked pittas</b> with <b>chicken</b> or <b>cheese</b>, served with <b>cucumber sticks</b>, <b>pepper strips</b> and <b>carrot sticks</b>.</p> 	<p><b>Crunchy crispbreads</b> topped with <b>cream cheese</b> served with <b>cucumber</b> and <b>tomato</b> slices.</p> 
Thu	<p><b>Crunchy crispbreads</b> topped with <b>cream cheese</b> served with <b>cucumber</b> and <b>tomato</b> slices.</p> 	 <p>Crisp <b>water biscuits (crackers)</b> topped with <b>cheddar cheese</b>, served with <b>quartered grapes</b> (cut lengthways).</p> 	 <p>Soft <b>wholemeal wraps</b> with <b>tuna</b> or <b>cheese</b>, served with <b>cucumber sticks</b>, <b>pepper strips</b> and <b>carrot sticks</b>.</p> 	<p>Warm <b>wholemeal stonebaked pittas</b> with <b>egg mayo</b> or <b>cheese</b>, served with <b>cucumber sticks</b>, <b>pepper strips</b> and <b>carrot sticks</b>.</p> 
Fri	<p>Warm <b>wholemeal stonebaked pittas</b> with <b>egg mayo</b> or <b>cheese</b>, served with <b>cucumber sticks</b>, <b>pepper strips</b> and <b>carrot sticks</b>.</p> 	<p><b>Crunchy crispbreads</b> topped with <b>cream cheese</b> served with <b>cucumber</b> and <b>tomato</b> slices.</p> 	<p>Toasted <b>crumpets</b> topped with <b>cream cheese</b> or <b>smashed bananas</b> served with <b>cucumber sticks</b>, <b>pepper strips</b> and <b>carrot sticks</b>.</p>	<p>Sandwiches on part-wholemeal bread with <b>chicken</b> or <b>cheese</b>, served with <b>cucumber sticks</b>, <b>pepper strips</b> and <b>carrot sticks</b>.</p>

	  		  	   
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## 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 <sup>\*1</sup>) 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.