

BREAKFAST, SNACK AND TEA MENU

At Wise Owls, we know that good nutrition is essential to the healthy growth and development of children. Every day we see the positive impact a healthy and nutritious meal has on a child's ability to engage in learning and play. We encourage and inspire children to try a variety of food they may not have tried before, ensuring that children receive a healthy, balanced diet while being given the opportunity to explore new foods and flavours. Here is our breakfast, snack and tea menu.

Lunch is provided by Educatering Solutions (see separate lunch menu).

ALL MEALS SERVED ARE ADAPTED TO SUIT INDIVIDUAL DIETARY REQUIREMENTS

Breakfast menu

We offer a choice of cereals including malted wheats, multigrain hoops, Weetabix and Rice Crispies all served with fresh milk plus toast served with butter and a choice of sweet or savoury topping.



Tea menu - Week 1

Monday

Lightly toasted pitta bread strips dipped in houmous, served with a choice of chilled cucumber and carrot batons, followed by fresh, chilled melon smiles

Cereals (wheat)
Dairy (milk)



Tuesday

Crackerbread served with gammon slices and a side of seasonal fresh vegetables, followed by fruity hide-and-seek jelly!

Cereals (wheat)
Dairy (milk)



Wednesday

Baked beans in a tomato sauce, served on slices of wholemeal toast, with a side salad of cucumber and red pepper sticks and a sprinkling of cheddar cheese
Followed by homemade healthy fruit and oat bars.

Cereals (wheat)
Dairy (milk)



Thursday

Shaped sandwiches with a variety of fillings; fresh gammon, wafer thin cheddar cheese slices, cream cheese or sugar-free raspberry preserve
Followed by a seasonal fruit selection.

Cereals (wheat)
Dairy (milk)



Friday

Pasta twirls sprinkled with freshly steamed broccoli and grated cheddar cheese.
Served with a fresh selection of salad vegetables and followed by a fruity ice lolly.

Cereals (wheat)
Dairy (milk)



Snack menu

We offer a selection of items such as breadsticks, rice cakes, plain biscuits, and a choice of seasonal fruit.

OR

Homemade muffins, cereal bars or cookies - prepared by the children and shared amongst friends

Served with a choice of cold milk or water.



Scan here for more information about our daily lunch menu.

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Tea menu - Week 2

Monday

Rolled, soft wraps filled with a choice of cream cheese or tuna mixed with mayonnaise, cucumber slices and plum tomatoes, followed by chilled orange slices.

Cereals (Wheat)
Dairy (milk)
Fish



Tuesday

Lightly toasted crumpets, served with a choice of toppings; marmite, sugar-free raspberry preserve or cream cheese. Served with a fresh selection of salad slices and batons. Followed by a fruity ice lolly

Cereals (Wheat)
Dairy (milk)
Egg



Wednesday

Tomato and vegetable pasta bake; pasta twists, fresh broccoli and passata, baked then sprinkled with grated cheddar cheese. Followed by a selection of fresh seasonal fruit slices

Cereals (Wheat)
Dairy (milk)



Thursday

Crispy crackers served with a choice of tasty toppings; cream cheese, fresh gammon slices and served with baby plum tomatoes. Followed by Greek yoghurt topped with banana slices.

Cereals (Wheat)
Dairy (milk)



Friday

Homemade bagel pizzas, made with fresh passata and grated cheddar cheese and a vegetable sprinkle topping. Served with a selection of fresh salad vegetables and followed by a seasonal fruit salad.

Cereals (Wheat)
Dairy (milk)
Sesame



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