

WISE OWLS AT FOXLEY DAY NURSERY

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.
PLEASE SEE ALLERGENS BELOW.

Breakfast menu

Choice of cereals including Weetabix, Malted Wheaties, Rice Snaps, Multigrain Hoops and Cornflakes all served with fresh milk. Cow's milk alternatives available including unsweetened soya and oat milk. **Cereals** (wheat, barley, oats) **Dairy** (buttermilk), **Soybeans** (soya)



Tea & Snack menu – Week 1

Monday

TEA

Toasted buttered crumpets with carrot sticks and apple wedges

Cereals (wheat)
Dairy (buttermilk)

SNACK

Crackers & Cheddar Cheese

Cereals (wheat)
Dairy (milk)



Tuesday

TEA

Houmous with wholemeal pitta bread served with cucumber sticks and melon

Sesame
Cereals (wheat)

SNACK
Bananas



Wednesday

TEA

Toasted bagels topped with cream cheese served with cherry tomatoes and chopped pears

Cereals (wheat and barley and rye)
Soybeans (soya)
Dairy (milk)

SNACK

Breadsticks
Cereals (wheat)



Thursday

TEA

Wholemeal ham sandwiches served with carrot sticks and peaches

Cereals (barley and wheat)
Soybeans (soya)
Dairy (milk)

SNACK
Apple slices



Friday

TEA

Warm sausage rolls served with cucumber sticks and bananas

Cereals (wheat)
Dairy (milk)

SNACK

Crackers spread with butter

Cereals (wheat)
Dairy (milk)



Scan here for more information about our daily lunch menu.

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Dairy (buttermilk), **S**oybeans (soya)



Tea & Snack menu - Week 2

Monday

TEA

Warm spaghetti hoops on buttered wholemeal toast served with cucumber sticks and peaches

Cereals (wheat and barley)
Soybeans (soya)
Dairy (milk)

SNACK

Pineapple slices



Tuesday

TEA

Pasta bake served with carrot sticks and apple wedges

Cereals (wheat)

SNACK

Breadsticks

Cereals (wheat)



Wednesday

TEA

Wholemeal ham wraps served with cherry tomatoes and fruit yoghurt

Cereals (wheat)
Dairy (milk)

SNACK

Melon slices



Thursday

TEA

Wholemeal pizza English muffins served with chopped peppers and bananas

Cereals (wheat and soya)
Dairy (milk)

SNACK

Crackers with cream cheese

Cereals (wheat)
Dairy (milk)



Friday

TEA

Buttered crackers and cheese with cucumber sticks and pineapple chunks

Cereals (wheat)
Dairy (milk)

SNACK

Apple slices



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