

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

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. **C**ereals (wheat, barley, oats) **D**airy (buttermilk), **S**oybeans (soya)



Tea menu - Week 1

Monday

Lightly toasted wholemeal pitta bread with a choice of tuna or cheddar cheese filling served alongside cucumber sticks

Cereals (wheat)
Dairy (buttermilk)
Fish



Tuesday

Buttered crackerbreads topped with a choice of ham slices and sugar free fruit jam served alongside sliced peppers

Cereals (wheat)
Dairy (milk)



Wednesday

Reduced salt and sugar baked beans on wholemeal buttered toast served with carrot sticks

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



Thursday

Rolled soft wholemeal wraps filled with a choice of ham and cheese served with salad and sliced peppers

Cereals (wheat)
Dairy (milk)



Friday

Lightly toasted crumpets spread with a choice of Marmite, sugar free fruit jam and cream cheese served with cherry tomatoes

Cereals ((wheat and barley and gluten and oats and rye)
Dairy (milk)
Celery



Snack menu

Daily snack consists of fruit such as: apples, bananas, pears, plums, oranges, grapes, strawberries, blueberries, raspberries, honeydew melon, pineapple and watermelon served alongside a dry snack such as: breadsticks, oatcakes, crackerbreads, crackers, rice cakes, buttered sreen malt loaf, cream crackers, banana biscotti, strawberry biscotti.

Cereals (wheat, barley, oats), **E**ggs, **S**ulphur Dioxide,
Dairy (milk),



This is served with a cup of cold milk or water.



Scan here for more information about our daily lunch menu.

WISE OWLS AT MAIDENHEAD DAY NURSERY

BREAKFAST, SNACK AND TEA MENU

ALL MEALS SERVED ARE ADAPTED TO SUIT INDIVIDUAL DIETARY REQUIREMENTS

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. **C**ereals (wheat, barley, oats) **D**airy (buttermilk), **S**oybeans (soya)



Tea menu - Week 2

Monday

Warm spaghetti hoops on freshly toasted buttered wholemeal bread served with carrot batons.

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



Tuesday

Toasted muffins with a choice of sugar free fruit jam and cream cheese served with cucumber sticks

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



Wednesday

Toasted wholemeal sandwiches with a choice of tuna and cream cheese filling served with cherry tomatoes

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



Thursday

Wholemeal sandwiches with a choice of cheddar cheese and sugar free fruit jam served with cucumber sticks

Cereals (wheat)
Dairy (milk)
Soybeans (Soya)



Friday

Toasted bagels topped with cream cheese served with cherry tomatoes

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



Snack menu

Daily snack consists of fruit such as: apples, bananas, pears, plums, oranges, grapes, strawberries, blueberries, raspberries, honeydew melon, pineapple and watermelon served alongside a dry snack such as: breadsticks, oatcakes, crackerbreads, crackers, rice cakes, buttered sreen malt loaf, cream crackers, banana biscotti, strawberry biscotti.

Cereals (wheat, barley, oats), **E**ggs, **S**ulphur Dioxide,
Dairy (milk),



This is served with a cup of cold milk or water.



Scan here for more information about our daily lunch menu.

WEANING BABIES 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 menu designed to help babies transition to solids.

ALL MEALS SERVED ARE ADAPTED TO SUIT INDIVIDUAL DIETARY REQUIREMENTS

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)

Main and Pudding – Week 1

Monday

Carrot and sweet potato puree

Apple puree

Tuesday

Broccoli and potato puree

Banana

Wednesday

Carrot and pepper puree

Fruit yogurt

Dairy (milk)

Thursday

Parsnip and Potato puree

Pear Puree

Friday

Carrot and butternut squash puree

Watermelon



Main and Pudding – Week 2

Monday

Parsnip and pea puree

Watermelon

Tuesday

Potato and parsnip puree

Apple and pear puree

Wednesday

Sweet potato and carrot puree

Apple and blueberry puree

Thursday

Courgette and cauliflower puree

Fruit yoghurt

Dairy (milk)

Friday

Carrot and sweet potato

Banana



Scan here for more information about our daily lunch menu.