

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.

ALL MEALS SERVED ARE ADAPTED TO SUIT INDIVIDUAL DIETARY REQUIREMENTS

Breakfast menu

We offer a choice of cereals including Weetabix, Shreddies or Rice Crispies served with fresh milk. Children can have up to two helpings.



Tea menu – Week 1

Monday

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



Tuesday

Crackerbread served with ham slices or sugar-free strawberry jam and a side of sliced peppers



Wednesday

Baked beans in tomato sauce (reduced sugar and salt), served on slices of wholemeal toast, with a side of carrot sticks



Thursday

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



Friday

Lightly toasted crumpets served with a choice of toppings including Marmite, sugar-free jam or cream cheese alongside cherry tomatoes



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.

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



Scan here for more information about our daily lunch menu.

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Tea menu – Week 2

Monday

Warm spaghetti hoops served on freshly toasted wholemeal bread alongside carrot sticks



Tuesday

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



Wednesday

Toasted wholemeal sandwiches with a choice of tuna or cheese and served with cherry tomatoes.



Thursday

Sandwiches with a choice of cheddar cheese or sugar-free jam served with cucumber sticks



Friday

Toasted bagels topped with cream cheese and served with cherry tomatoes



Snack menu

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



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