

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.

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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.



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Tea menu – Week 3

Monday

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

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



Tuesday

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

Cereals (wheat)
Dairy (buttermilk)
Fish



Wednesday

Toasted bagels topped with cream cheese served with cherry tomatoes

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



Thursday

Buttered crackers and cheese served with cucumber sticks.

Cereals (wheat)
Dairy (milk)



Friday

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

Cereals (wheat)
Dairy (milk)



Snack menu

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