

Stompers Menu-2025-26

	Monday	Tuesday	Wednesday	Thursday	Friday
AM	Rice cake with sliced apples	Pitta with cucumber fingers and optional hummus	Crispbread with cheese (or cheese spread) and grapes	Toasted Muffin with cheese (or cheese spread) and pear	Toast with Satsuma segments
PM	Tortilla wraps with choice of ham or hummus & cucumber sticks	Plain Greek Yoghurt and berries	Toast with banana fingers	Rice cakes with Melon	Crispbread and Fruit selection

Early Bird	All children attending the early bird session and arriving before 8:15am will be offered a choice of cereal or toast and fruit (children arriving after 8.15am will be offered breakfast but this may not be the full range on offer due to time constraints). Further information will be provided daily via you child's care diary which can be found on Tapestry.
Night Owl	All children attending the night owl sessions and still in setting at 3.45pm will be offered a small snack consisting of a carb-based item and fruit/vegetable. This may vary throughout the week depending on availability but will be roughly in line with our normal daily snacks. Further information will be provided daily via you child's care diary which can be found on Tapestry.

- All snacks are prepared with consideration to allergies/ intolerances and other food requirements that we have been made aware of.
If you have any questions or concerns, please speak to a member of staff.
- All snacks are prepared according to safer eating guidance; this includes following food hygiene and safe preparation guidance for under 5's.

*Berries will usually be one or more of the following: Strawberries, raspberries, blueberries. These may be fresh or frozen and will be dependent on availability (time of year).

* We provide dairy free spread as an option with toast, rice cakes and crispbread etc.

Further information can be found using the following links.

[Best Start in Life health advice - NHS](#)

[Preparing food safely for babies - Best Start in Life - NHS](#)

[Baby and toddler meal ideas - NHS](#)

Other information including the settings policies can be accessed via your Tapestry online account under the documents tab (cannot be accessed via the app)