

HAPPY BUNNIES SNACK MENU

At Happy Bunnies Pre-School we believe that our daily snacks should include a variety of Vitamin rich fruit and vegetables and a variety of starchy foods of which Wholegrain varieties are included. The bread products we provide contain lower Salt content. And we provide spreads that are rich in Mono-unsaturated and Poly-unsaturated fats and avoid Low Fat or 'Light' varieties. We may offer different fruits or vegetables when they are in season. We may offer yogurt which will be less than 15g of Sugar per 100g of product and Low Fat versions will be avoided. If we provide any new foods which differ to the Menu we will provide ALLERGEN advice.

EXAMPLES OF FRUITS

Apples

Bananas

Pears

Grapes

Strawberries

EXAMPLES OF VEGETABLES

Cucumber

Carrot

Pepper

Tomato

STARCHY FOODS

CREAM CRACKERS-TESCO Contains <0.6g Salt Per Cracker.

ALLERGENS- May contain Wheat Flour, Milk and Barley.

BREADSTICKS-TESCO Contains 0.1g Salt Per Breadstick.

ALLERGENS-May contain Sesame Seeds and cereals containing Gluten for example Wheat and Barley.

MEDIUM SLICED WHITE BREAD-TESCO contains 0.4g Salt per slice.

ALLERGENS- Wheat and Soya.

WHOLEMEAL MEDIUM SLICED BREAD-TESCO Contains 0.3g Salt per slice.

ALLERGENS-Wheat Flour, Wheat Gluten and Malted Rye Flour.

RICE SNAPS-TESCO Contains 0.2g Salt/1.5g Sugar Per 30g. Fortified with Vitamins and Iron.

ALLERGENS- Barley Malt Extract.

WHEAT BISCUITS (Wholegrain)-TESCO Contains 0.1g Salt/1.7g Sugar Per 2 Biscuits. Fortified with Vitamins and Iron.

ALLERGENS- Contains wheat and Malted Barley.

MALT WHEATS (Wholegrain)- TESCO Contains 0.2g Salt/4.2g Sugar Per 40g Serving. Fortified with Vitamins and Iron.

ALLERGENS- Wholewheat, Barley Malt Extract. May contain Peanuts and Nuts. Fortified with Vitamins and Iron.

CORNFLAKES-TESCO Contains 0.2g Salt/1.8g Sugar Per 30g Serving. Fortified with Vitamins and Iron.

ALLERGENS- Barley Malt Extract.

SPREADS

SUNFLOWER SPREAD-TESCO Contains <0.1g Sugar/0.1g Salt/4.6g Fat Per 2 Teaspoons (10g)

Omega 3 (ALA) 313mg Per Serving.

SOFT CHEESE-TESCO Contains 0.2g Salt/0.9g Sugar/ 8.2g Fat Per 30g Serving.

ALLERGENS- Contains Milk.

DRINKS

MILK-SEMI SKIMMED

WATER