

Tickton Pre-school and Play Pals weekly snacks (Morning and afternoon snacks.)

At our healthy daily snack bar we offer children two different varieties of fruit and vegetable and one starchy food. We have milk and water available for children during snack times and freshwater is available all day.

We will always encourage children to try all foods on offer. We offer a 'changing' weekly menu in line with the below listed foods so that children who attend 1 / 2 sessions per week will try a wide variety of foods.

Fruits and Vegetables

Pears, Bananas, Oranges, Grapes, Peas, Fresh Figs, Blueberries, Mango, Raspberries, Lychee, Passion Fruit, Melon, Red Pepper, Avocado, Dragon Fruit, Pomegranate, Guava, Cucumber, Radish, Carrot, Tender Leaf Salad, Cherry Tomato's.

Starchy Foods

Organic Rice Cakes, Chapattis, Wholemeal Bread/Rolls/Naan, Melba Toast, Pitta, Oat Cakes

Milk and Dairy & Non-Dairy

Milk, Cheese, Natural Yoghurt. Soya Milk/Cheese and Yoghurt



We follow the voluntary food and drink guidelines from the 'School Food Trust' www.childrensfoodtrust.org.uk
We provide for any dietary requirements requested