

## Healthy eating at Caterpillars

At Caterpillars, we encourage children and families to have a healthy diet and provide lots of ideas on our newsletters, Facebook page and website.

Children have access to fresh water during the day and fresh milk at snack and lunch times. Snack is around 10am and 2pm, and lunch is at 12 noon.



During mealtimes, we all sit together and chat in a family environment. From September 2020, we will be re-starting school lunches for £2.00 per day.

Lunch Menu

Embracing vegetables!

        	<p>Monday</p> <ul style="list-style-type: none"> <li>• Beans on toast with mushrooms</li> <li>• Fruit</li> </ul> <p>Tuesday</p> <ul style="list-style-type: none"> <li>• Vegetable rice</li> <li>• Yoghurt</li> </ul> <p>Wednesday</p> <ul style="list-style-type: none"> <li>• Homemade vegetable pizzas</li> <li>• Apple sponge</li> </ul> <p>Thursday</p> <ul style="list-style-type: none"> <li>• Vegetable tart with coleslaw</li> <li>• Yoghurt</li> </ul> <p>Friday</p> <ul style="list-style-type: none"> <li>• Vegetable pasta bake</li> <li>• Fruit and jelly</li> </ul>	        
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If you would like any additional advice on healthy eating, contact your health visitor or follow the links below.

<https://www.nhs.uk/change4life/food-facts>

<https://www.foodforlife.org.uk/>

<https://www.firststepsnutrition.org/eating-well-resources>

<https://halff.org.uk/about-us/>