

## **INFORMATION FOR PARENTS ABOUT DAILY SNACKS**

The school provides daily snacks for the children in the morning and afternoon. In addition to the list of foods below, water is served with each snack and is available for children to self-serve throughout the day.

Snacks provided to the children contain the following ingredients (allergens in bold):

### *Nairns' Oatcakes*

- **Wholegrain Oats** (90%),
- Sunflower Oil,
- Sustainable Palm Fruit Oil,
- Sea Salt,
- Raising Agent: Sodium Bicarbonate

### *Hummus*

- Cooked Chickpeas
- Water
- Sunflower Oil
- Tahini (sesame seeds)
- Lemon Juice
- Sea Salt
- Garlic

### *Cheese*

- **Cows' Milk**

### *Vegan Cheese*

- Water
- Coconut oil
- Modified Potato Starch
- Sea Salt
- Olive Extract
- Flavouring & Colours:
  - Carotenes
  - Paprika Extract

### *A selection of Fruit and Vegetables*

- Banana
- Carrot
- Cantaloupe melon
- Cucumber
- Galia melon
- Honeydew melon
- Oranges
- Pear
- Pineapple
- Satsumas
- Tangerines
- Tomatoes
- Watermelon