

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

Cheese

- **Cows' Milk**

Vegan Cheese

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

Guacamole

- Avocado
- Lime
- Olive Oil

Hummus

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

A selection of Fruit and Vegetables:

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