



## **Food and drink at Clwb Penmorfa**

### **Amser Cinio**

We sit down to lunch in playgroup at 11:45am and the children share their lunch time with the staff. Plates and cutlery are provided, and children are encouraged to put their food on plates.

### **Healthy packed lunch**

We operate the Healthy Pre-School Scheme. If your child stays for lunch they must bring a healthy packed lunch or buy a school dinner. An example of a healthy packed lunch is a sandwich, a piece of fruit, a drink of water and one small pudding. An example of a pudding is a small pot of custard or a small fairy cake. We ask that there are no fizzy drinks, glass bottles, lollipops, sweets or large bars of chocolate in them. We ask that children take home what they leave at lunch time (except for yoghurt pots - they get so messy!) in order that you know what they have eaten.

### **School dinners**

We offer the option of buying a school lunch from Denbighshire County Council School Meal Service. The cost of this is currently £2.75 a day but is subject to change. Please contact us for an up to date price. Their daily meal can be found at <http://www.denbighshireschoolmeals.co.uk/primary-menus/> We have Parent Pay in place so payment can be made via this. If you wish for your child to have a school dinner please inform a member of staff in the morning so that a meal can be ordered. Unfortunately, we are no longer able to heat food and ask that if you do want your child to have a hot meal, you either buy a school dinner or you are welcome to come in and heat the meal yourself.

### **Amser snac**

We ensure that children wash their hands before asking them to pour themselves a drink and select a snack. They then sit down with their friends and a member of staff to enjoy this snack.

### **Our menu**

We provide choice of: Milk or water At least 3 pieces of seasonal fruit or vegetables Occasionally this is supplemented with crackers and cheese,

breadsticks and dips, beans or cous cous. Please ensure you complete the section about allergies in the Agreement.

### **Water**

Water is available to children throughout the day. Children can pour themselves a cup of water from our red jug.

### **After school club snack**

We have snack between 4.30pm and 4.45pm. We provide a light snack for example, macaroni cheese, beans on toast