

Morning Snacks

School Subscription Menu - 26 / 27

Morning Snacks

Week 1

Tomato cream cheese sandwich

Healthy secrets

- ✓ Rich in dietary fibre which supports healthy digestion and helps children feel satisfied for longer.
- ✓ The veggie sauce is rich in Vitamin A for healthy vision, skin and immune function.
- ✓ High in Calcium for strong bones and teeth.
- ✓ Wholegrains contain prebiotic fibres that help feed beneficial gut bacteria.
- ✓ Rich in protein for growth and repair.

Ingredients



wholewheat bread



cream cheese



tomato



carrot



onion



olive oil



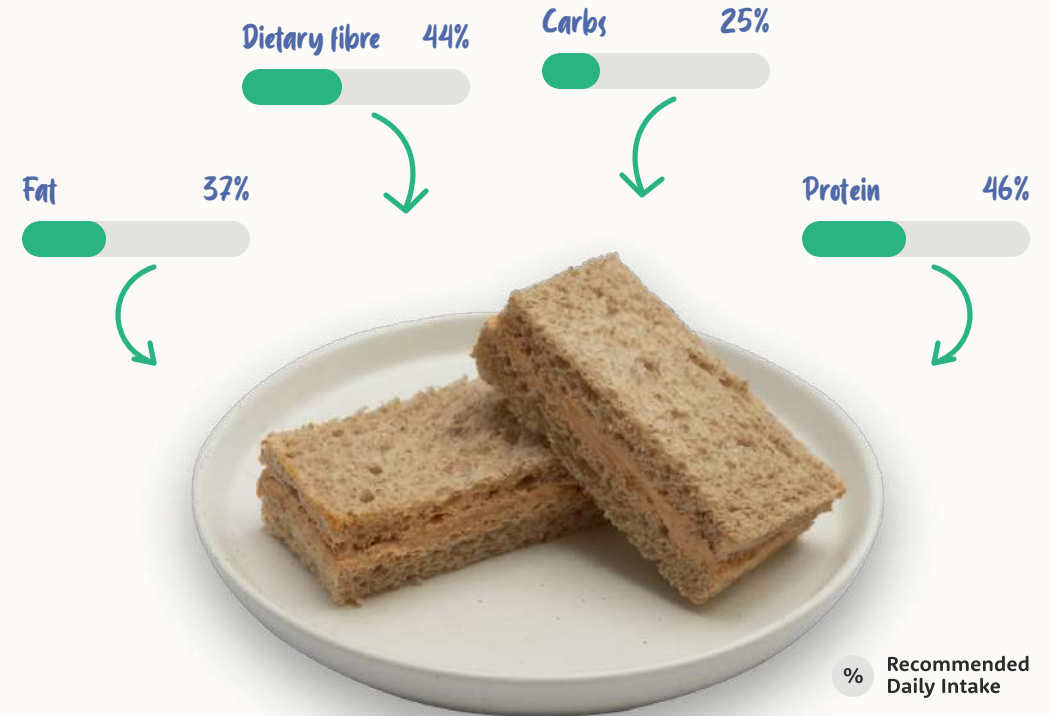
garlic



jaggery



mixed herbs



Fun facts:

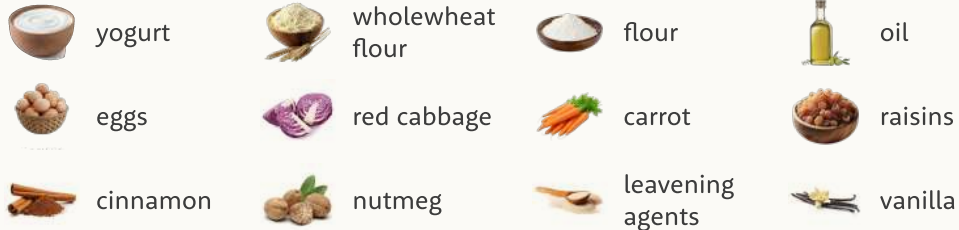
Did you know that the vibrant colour of veg is connected to the nutrients we need to thrive: for instance betacarotene gives the bright orange hue, and is the nutrient that keeps eyes healthy. Lycopene, the antioxidant in tomatoes, gives them their bright red colour, and helps protect us from cell damage.

High fiber muffin (with hidden veg)

Healthy secrets

- ✓ High in Choline, an important nutrient for brain development and memory.
- ✓ Supports gut health due to the presence of probiotics and fibre rich ingredients.
- ✓ Rich in antioxidants from cabbage, carrot and raisins that help prevent against oxidative stress.

Ingredients



Fun facts:

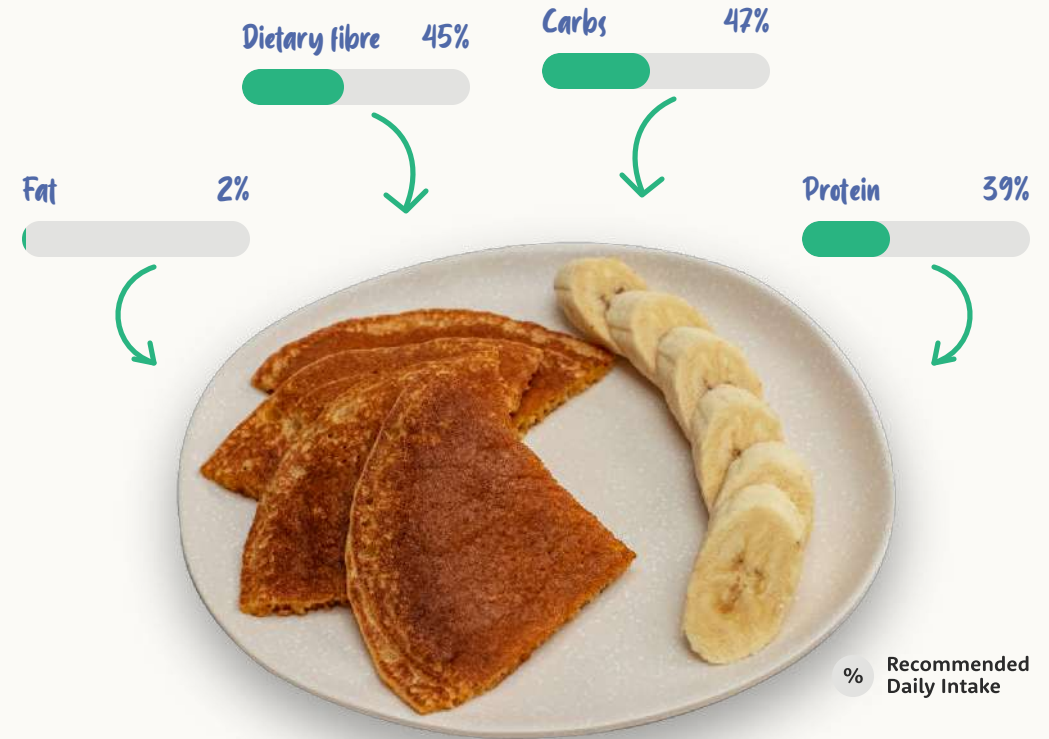
Red cabbage can act like a science experiment! Its natural pigments change colour depending on acidity, turning pink in acidic foods, and blue-green in alkaline foods.

Sweet potato pancake + Fresh fruit

Healthy secrets

- ✓ High in slow-release carbs.
- ✓ Contains only slow-release natural sugars.
- ✓ High in Iron.
- ✓ Very high in Vitamin A to support vision and immune system function.
- ✓ Very high in essential minerals including Manganese, Selenium, Copper, Zinc, Magnesium & Potassium.

Ingredients



Fun facts:

Who needs sugar when you can sweeten naturally with sweet veg like sweet potato, pumpkin or beetroot! Adding veggies also makes the texture of pancakes moist without the addition of fat.

Scratch made granola + mango yogurt

Healthy secrets

- ✓ Extremely high in Manganese, Copper, Zinc, Magnesium, Phosphorus, Calcium & Potassium- this breakfast is a mineral powerhouse!
- ✓ High in Dietary Fibre.
- ✓ Very high in Tryptophan, the satiety protein that keeps us fuller for longer, and mentally alert through the morning.
- ✓ Jaggery is a great detoxing agent, eases constipation and helps regulate hormones.

Ingredients



yogurt



mango



jaggery



oats



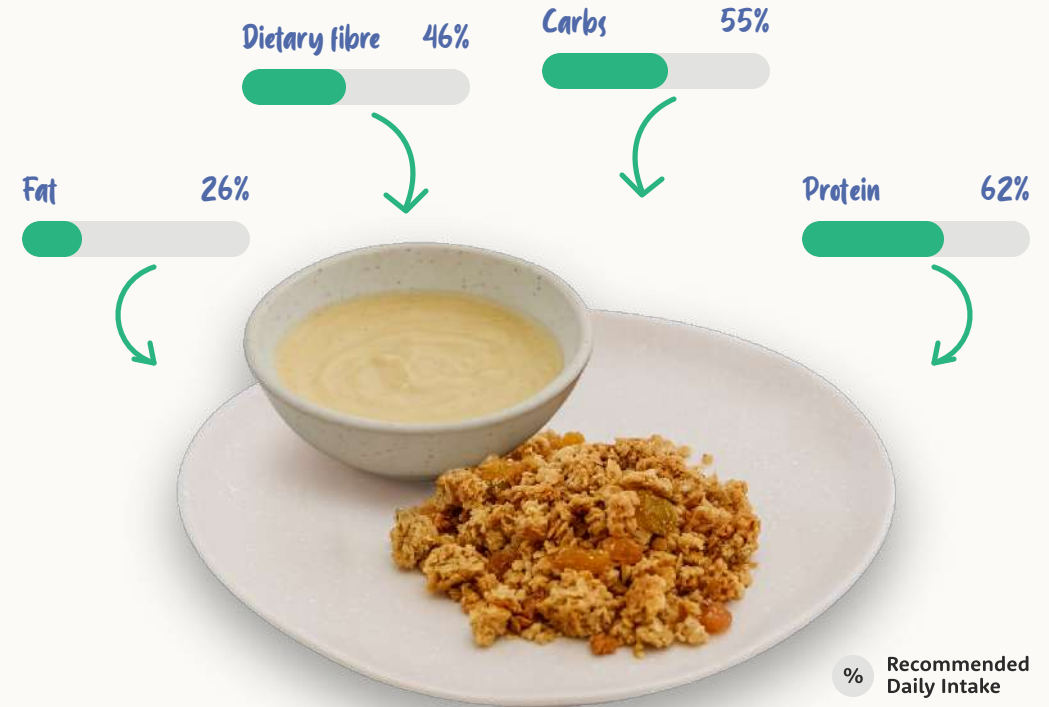
butter



raisins



honey



Fun facts:

Did you know that carbs are the body's preferred source of fuel, especially for the brain and the central nervous system? In the absence of carbs the body would be forced to break down protein from muscles and other tissues or stored fat for energy.

Morning Snacks

Week 2

High fiber biscuit

Healthy secrets

- ✓ A surprisingly high protein treat, thanks to the addition of cheese, which also adds calcium, important for growing bones and teeth.
- ✓ High in dietary fibre for good gut health.
- ✓ High in B vitamins, Iron and Magnesium — all vital for a host of biological processes.
- ✓ Jaggery retains minerals such as Iron and Potassium, while its naturally rich, caramel flavour means even a tiny amount builds great flavour!

Ingredients



wholewheat flour



butter



jaggery



cream cheese



parmesan



apple cider vinegar



leavening agents



Fun facts:

Adding sweet and savoury together creates a flavour balance that makes foods taste more interesting, without adding much of either flavour!

Labneh sandwich

Healthy secrets

- ✓ High in Dietary Fiber, a crucial nutrient for good gut health.
- ✓ High in probiotics for good gut health.
- ✓ High in Choline for healthy liver and brain function.
- ✓ High in vitamins E, K and B complex for healthy skin, nails, hair, bone density and healthy nervous system function.
- ✓ High in Calcium.
- ✓ Very high in essential minerals including Manganese, Magnesium, Copper, Zinc and Selenium.

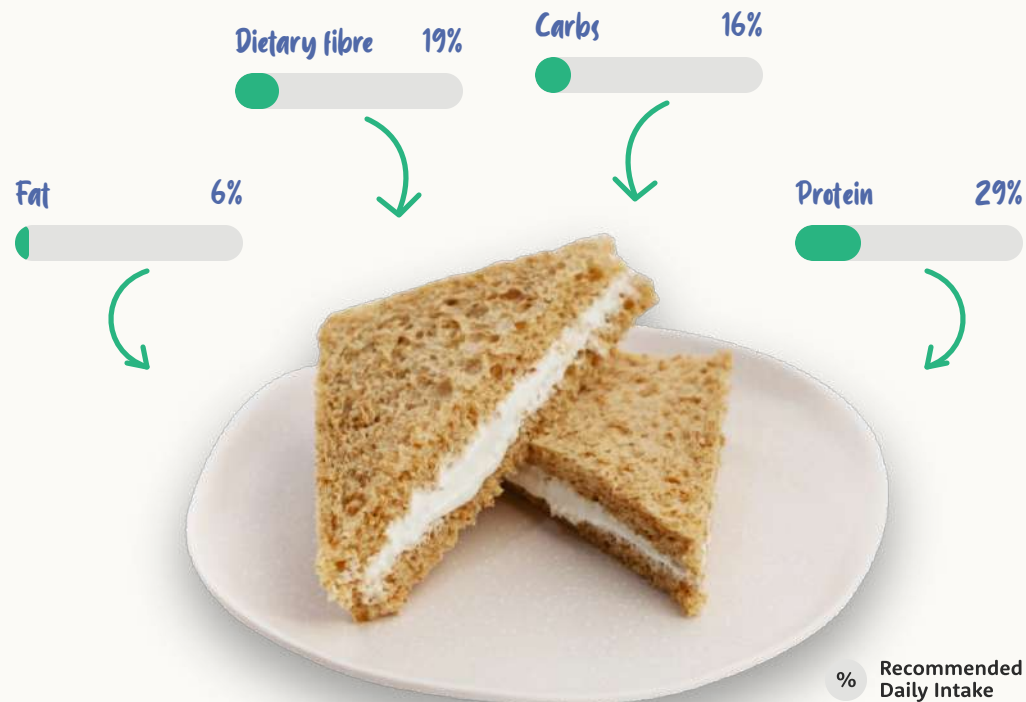
Ingredients



wholewheat
bread



labneh



Fun facts:

If there were a battle of spreadable cheeses, labneh would win hands down: it contains more protein and probiotic cultures and none of the chemical stabilizers found in other creamy cheeses.

Hearty squash loaf

Healthy secrets

- ✓ Very high in Vitamin C.
- ✓ A good source of slow-release carbs to keep us mentally alert through the morning.
- ✓ Very high in Vitamins B1, 2, 3, 6 and 9 which play a vital role as antioxidants beneficial in free radical scavenging.
- ✓ High in dietary fibre which controls blood sugar levels and helps maintain bowel health.
- ✓ Contains only slow-release sugars.

Ingredients



wholewheat
flour



all
purpose
flour



bottle
gourd



jaggery



milk



butter



egg



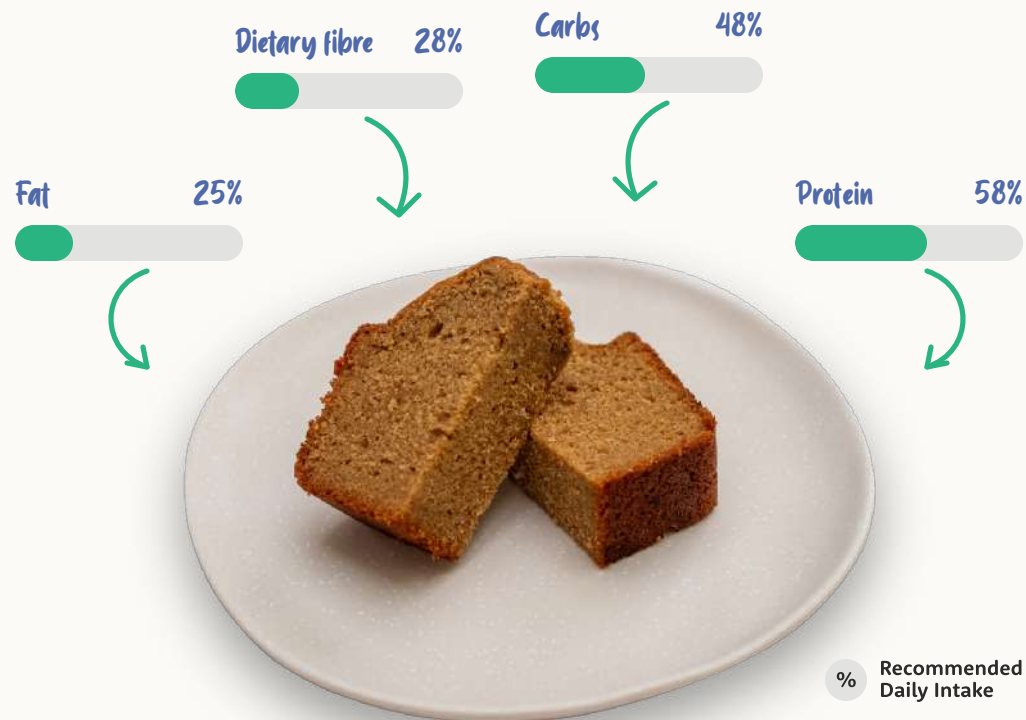
baking
powder



salt



cinnamon



Fun facts:

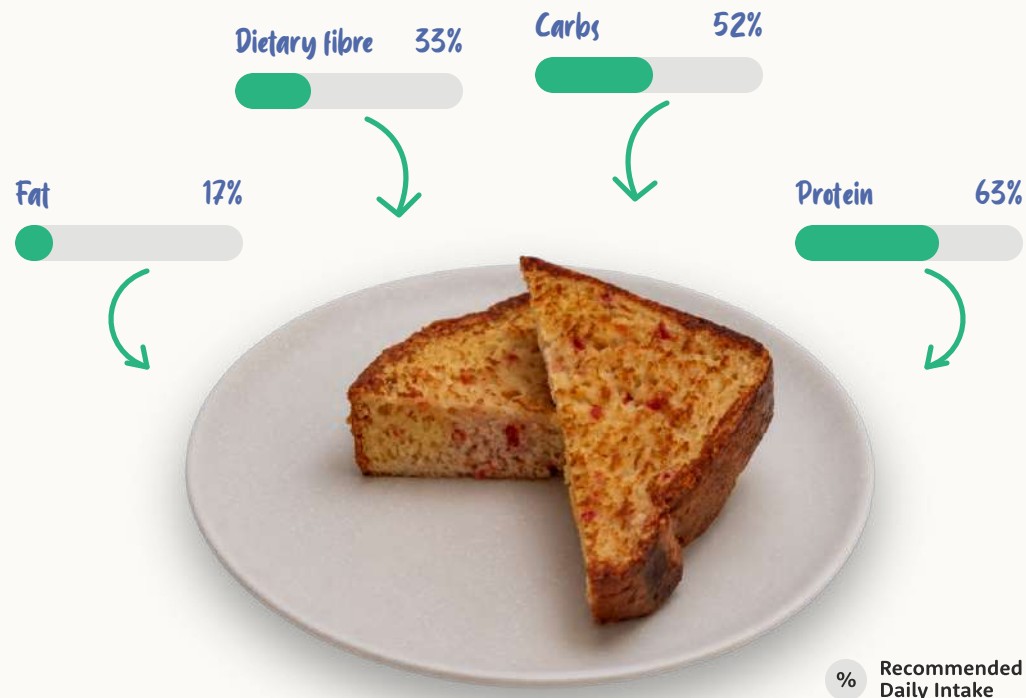
Carb containing foods like our high fiber breads made from wholegrains, fruit & vegetables have a variety of nutrients in them that promote optimal growth and development.

Beetroot eggy bread

Healthy secrets

- ✓ Beet is rich in nitrates, which convert to nitric oxide to relax blood vessels and boost circulation.
- ✓ Very high in fat soluble vitamins K and E to support healthy skin, hair, nails and blood clotting.
- ✓ High in slow-release carbs for sustained energy through the morning.
- ✓ Extremely high in essential minerals including Manganese, Selenium, Copper, Zinc, Phosphorus and Magnesium.

Ingredients



Fun facts:

Did you know that adding fiber rich vegetables to baked goods is a great way to lower the glycemic response? Not only does our scratch made brioche contain beetroot, it also has loads of egg in it. Adding protein is another way to blunt blood sugar response and encourage slow and steady energy release.

Morning Snacks

Week 3

Cucumber & cream cheese sandwich

Healthy secrets

- ✓ Very high in Manganese for fat and carb metabolism, calcium absorption and blood sugar regulation.
- ✓ High in Iron.
- ✓ Very high in Selenium, a powerful antioxidant, and important for thyroid health.
- ✓ High in Calcium.

Ingredients



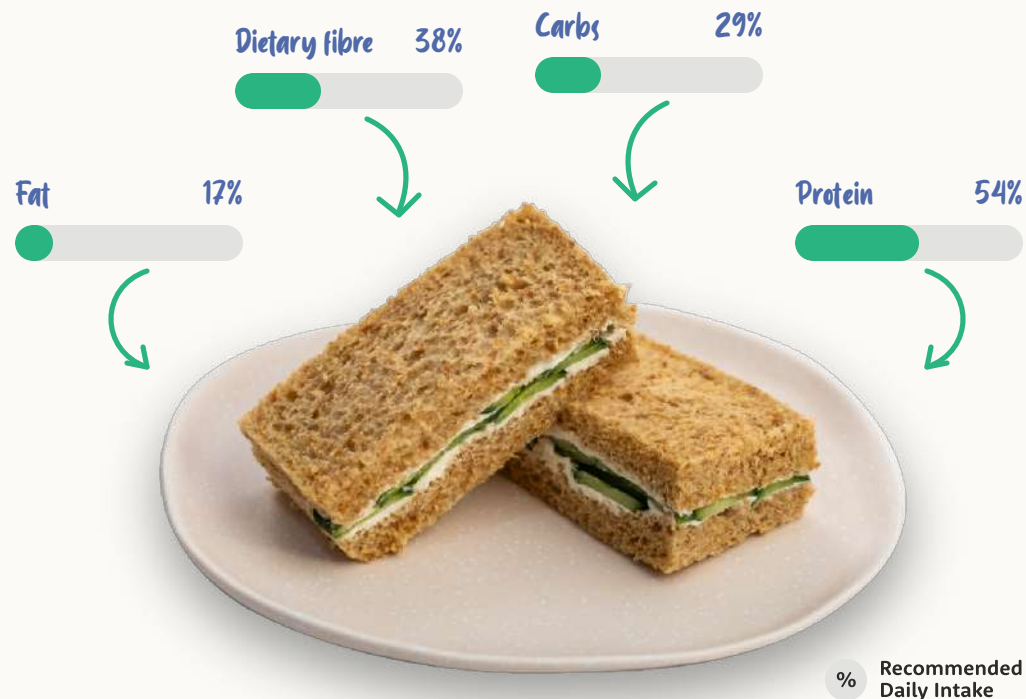
wholewheat
bread



cream
cheese



cucumber



Fun facts:

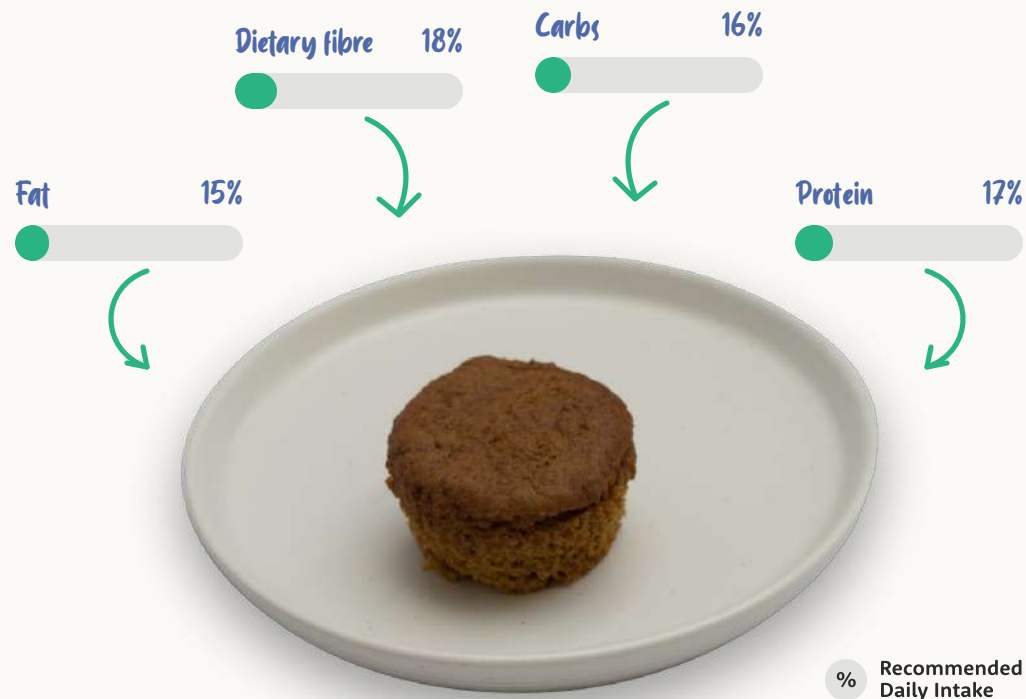
Did you know that cucumbers contain a special kind of phytonutrient called lignans that may help prevent osteoporosis, heart disease and some cancers.

Pumpkin maple muffin

Healthy secrets

- ✓ Packed with vitamins A, C and E that support the immune system, heart health and overall wellbeing.
- ✓ High in dietary fibre for good gut motility.
- ✓ High in slow-release carbs to avoid the mid-afternoon slump.

Ingredients



Fun facts:

We love to include sweet vegetables in our muffin and cake batters to add natural sweetness and make a soft crumb.

Oat flapjack + yogurt

Healthy secrets

- ✓ Very high in essential minerals including Calcium, Manganese, Potassium & Phosphorus.
- ✓ High in dietary fiber, a crucial nutrient for good gut health.
- ✓ Natural sugars with a good dose of fiber keep moods balanced.
- ✓ Jaggery is a great detoxing agent, eases constipation, and helps regulate hormones.

Ingredients



oats



butter



jaggery



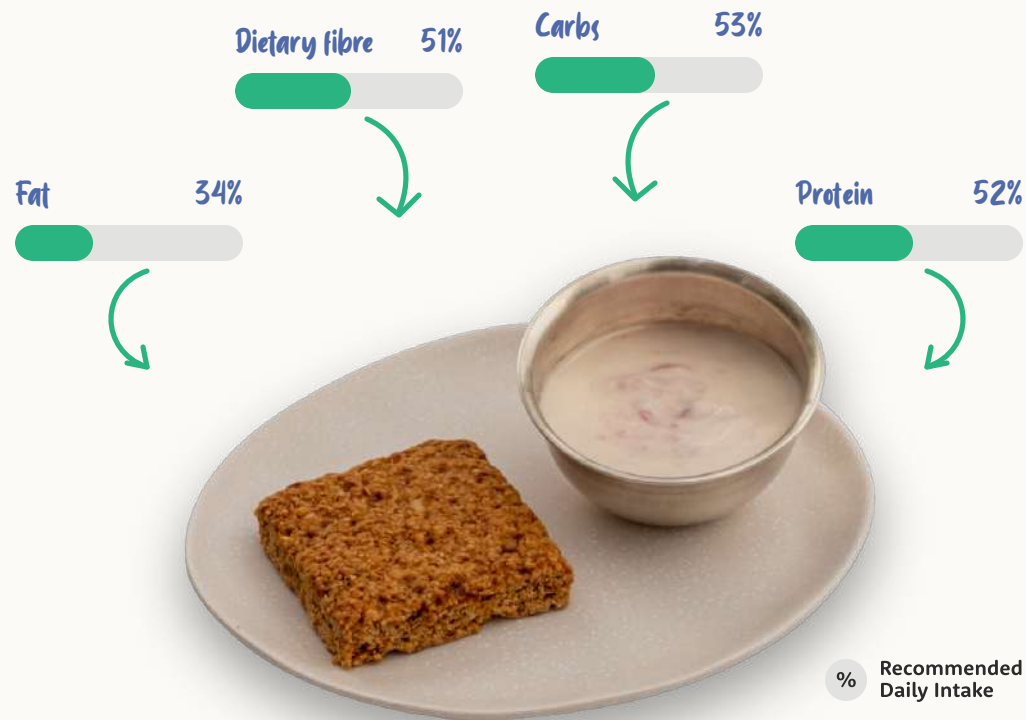
golden
syrup (min.
for
binding)



yogurt



honey



Fun facts:

Think of this snack as a scratch-made, wholegrain take on a traditional Weetabix breakfast — combining oats and dairy for sustained energy, fiber and protein.

Carrot eggy bread

Healthy secrets

- ✓ High in slow release carbs for sustained energy through the morning.
- ✓ Contains rarer nutrients Biotin and Iodine.
- ✓ Very high in fat soluble vitamins K and E to support healthy skin, hair, nails and blood clotting.
- ✓ Extremely high in essential minerals including Manganese, Selenium, Copper, Zinc, Phosphorus and Magnesium.

Ingredients



carrot



milk



wholewheat
flour



all
purpose
flour



egg



oil



yeast



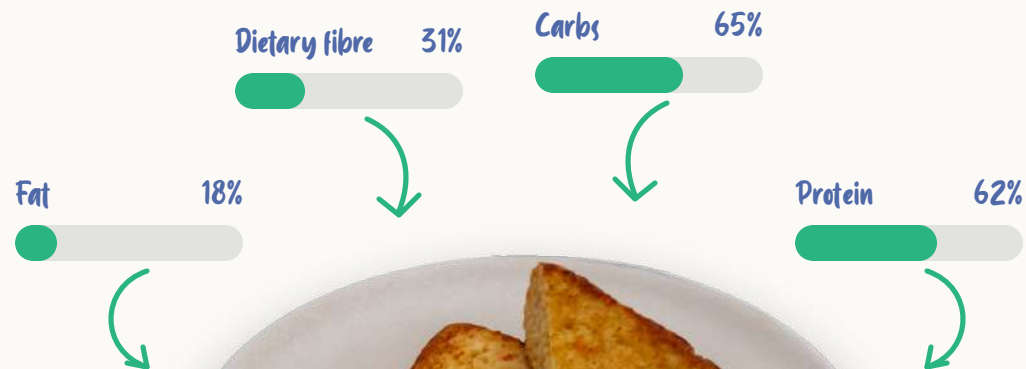
cinnamon



salt



sugar
(eaten by
yeast)



% Recommended
Daily Intake



Fun facts:

Did you know that adding fiber rich vegetables to baked goods is a great way to lower the glycemic response? Not only does our scratch made brioche contain carrot, it also has loads of egg in it. Adding protein is another way to blunt blood sugar response and encourage slow and steady energy release.