



## The Stanger School of Montessori

A Montessori Education (M.E.U.K) accredited First School

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### Meals and Snacks

Food at Stanger Montessori is always fresh and healthy, with vegetables and fruits always on offer for both break and lunchtimes. Children are also encouraged to try "new" foods such as eddoes and "roots food" from the Caribbean, as well as religious traditional foods such as Jewish falafel.



Children are free to choose when they need a break time snack, which they select and prepare themselves. They also delight in setting up the tables for lunch and selecting and serving their own choice of food on offer.

Some snacks, meal time accompaniments and Special '*Montessori Lunches*' are assisted by the children. For example, bread rolls, freshly pressed apple juice.

Our termly [meal planner](#) indicates the type of meals that the children will experience this term.

### Home

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