

## Snack Menu

| Week 1                       |                                    |                                       |                                         |                               |                                     |
|------------------------------|------------------------------------|---------------------------------------|-----------------------------------------|-------------------------------|-------------------------------------|
|                              | Monday                             | Tuesday                               | Wednesday                               | Thursday                      | Friday                              |
| <b>Morning</b><br>10-10.30am | Oranges & apples                   | Carrot & cucumber sticks with houmous | Bananas & grapes                        | Rice cakes with cheese spread | Selection of fruit                  |
| <b>Afternoon</b><br>2-2.30pm | Crackers & cheese                  | Toast                                 | Selection of fruit & vegetables sticks  | Nectarines & plums            | Breadsticks, vegetable sticks & dip |
| Week 2                       |                                    |                                       |                                         |                               |                                     |
| <b>Morning</b><br>10-10.30am | Strawberries, blueberries & apples | Rice cakes & cream cheese             | Pears & peaches                         | Bananas & apples              | Oranges & grapes                    |
| <b>Afternoon</b><br>2-2.30pm | Toast                              | Pineapple & oranges                   | Breadsticks, vegetable sticks & houmous | Crackers & cheese             | Crumpets                            |

