Snack Menu

Week 1				
Monday	Tuesday	Wednesday	Thursday	Friday
Oranges & apples	Carrot & cucumber sticks with houmous	Bananas & grapes	Rice cakes with cheese spread	Selection of fruit
Crackers & cheese	Toast	Selection of fruit &	Nectarines & plums	Breadsticks,
		vegetables sticks		vegetable sticks & dip
Week 2				
Strawberries,	Rice cakes & cream	Pears & peaches	Bananas & apples	Oranges & grapes
blueberries & apples	cheese			
Toast	Pineapple & oranges	Breadsticks, vegetable sticks &	Crackers & cheese	Crumpets
	Oranges & apples Crackers & cheese Strawberries, blueberries & apples	Monday Oranges & apples Carrot & cucumber sticks with houmous Crackers & cheese Toast Wee Strawberries, blueberries & apples Carrot & cucumber sticks with houmous Rice cakes & cream cheese	Monday Oranges & apples Carrot & cucumber sticks with houmous Crackers & cheese Toast Selection of fruit & vegetables sticks Week 2 Strawberries, blueberries & apples Toast Pineapple & oranges Breadsticks,	MondayTuesdayWednesdayThursdayOranges & applesCarrot & cucumber sticks with houmousBananas & grapes sticks with cheese spreadCrackers & cheeseToastSelection of fruit & vegetables sticksNectarines & plumsWeek 2Strawberries, blueberries & applesRice cakes & cream cheesePears & peaches Bananas & applesToastPineapple & orangesBreadsticks, vegetable sticks &Crackers & cheese







