



Week beginning: / /

Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack 10am	Morning Snack 10am	Morning Snack 10am	Morning Snack 10am	Morning Snack 10am
Apple slices Mild cheddar sticks	Banana coins Dollop of Greek yoghurt	Sliced pear sticks Malt loaf (fingers) spread with unsalted butter	Cucumber sticks Plain oat cake	Melon wedges Wholemeal breadstick
Lunch 12:30pm	Lunch 12:30pm	Lunch 12:30pm	Lunch 12:30pm	Lunch 12:30pm
Hard-boiled egg (quartered lengthways), wholemeal pitta strips, hummus and pepper sticks.	Cooked, cooled pasta twists with a small amount of olive oil stirred though served with peas and carrot (sticks) and grated mild cheddar.	A wholemeal wrap filled with cream cheese and grated carrots.	Flaked tinned salmon, cold new potatoes (quartered), green beans, and a wedge of orange.	Cottage cheese served with breadsticks (for dipping), sliced beetroot, and strawberries.
Strawberries (halved)	Apple slices	Melon slices	Blueberries (halved)	Mango cubes
Afternoon Snack 3:45pm	Afternoon Snack 3:45pm	Afternoon Snack 3:45pm	Afternoon Snack 3:45pm	Afternoon Snack 3:45pm
A wholemeal bagel slice with mashed banana and a sprinkle of sunflower seeds and sliced strawberries.	Brown rice cakes topped with a slice of turkey or a thin layer of sugar-free jam. Served with grapes (quartered lengthways).	Home baked blackberry muffins served with a dollop of Greek yoghurt and a drizzle of honey. Served with apple sticks.	Toasted crumpet with a small amount of butter and a slice of ham. Served with a small plum (pitted).	Home baked cheesy courgette scone served warm/at room temperature with sliced blackberries.