

4 weekly snack menu

providing 10 percent of a child's recommended nutritional requirements at each snacktime

ALWAYS CHECK ALLERGY LIST

TERM: AUTUMN 2021

WEEK 1 6/9/21	MON	TUES	WEDS	THURS	FRI	
AM	pitta fingers cucumber	crackers grapes	rice cake humous	breadstick apple	yoghurt pear	
PM	banana	_____	cheese sticks tomato	carrot sticks	chopped mixed fruit	
	WATER MILK	WATER MILK	WATER MILK	WATER MILK	WATER MILK	

WEEK 2 13/09/21	MON	TUES	WEDS	THURS	FRI	
AM	yoghurt pear	pitta fingers cucumber	crackers grapes	rice cake humous	breadstick apple	
PM	chopped mixed fruit	_____	banana	cheese sticks tomato	carrot sticks	
	WATER MILK	WATER MILK	WATER MILK	WATER MILK	WATER MILK	

WEEK 3 20/09/21	MON	TUES	WEDS	THUR	FRI	
AM	breadstick apple	yoghurt pear	pitta fingers cucumber	crackers grapes	rice cake humous	
PM	carrot sticks	_____	chopped mixed fruit	banana	cheese sticks tomatoes	
	WATER MILK	WATER MILK	WATER MILK	WATER MILK	WATER MILK	

WEEK 4 27/09/21	MON	TUES	WEDS	THUR	FRI	
AM	rice cake humous	breadstick apple	yoghurt pear	pitta fingers cucumber	crackers grapes	
PM	cheese sticks tomato	_____	carrot sticks	chopped mixed fruit	banana	
	WATER MILK	WATER MILK	WATER MILK	WATER MILK	WATER MILK	