Snack Menu

\*ALLERGENS\* Week 1

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday |
| Toast with spread/jam  Cereals containing gluten  milk | Subrolls and cheese  Cereals containing gluten, milk | Toasted muffins  Cereals containing gluten, soya, milk | Pancakes with spread/Jam  Cereals containing gluten, eggs, milk | Scones with spread/Jam  Cereals containing gluten, milk, eggs |
| Oranges, sliced apple with natural yoghurt  milk, traces of nuts | Strawberries, cheese cubes, breadsticks  Milk, cereals containing gluten | Apple, melon, ham bites  Cereals containing gluten, milk | Carrot sticks, sweetcorn and breadsticks  Cereals containing gluten, may contain nuts | Rice cake, selection of fruits  Free from rice cakes |

Week 2

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday |
| Toasted Bagels with spread  Cereals containing gluten, soya, milk | Toast with Philadelphia  Cereals containing gluten  milk | Scones with spread  Cereals containing gluten, milk, eggs | Toasted bagels with spread  Cereals containing gluten, soya, milk | Pancakes with spread/jam  Cereals containing gluten, eggs, milk |
| Cream crackers with spread, fruit  Cereals containing gluten, milk | Rice cakes, sliced apple and banana  Free from rice cakes | Yoghurt dip sliced pear breadsticks  milk, traces of nuts, cereals containing gluten | Strawberries banana crispbread  Milk, cereals containing gluten | Vegetable sticks with natural yoghurt  Nuts, milk |

Week 3

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday |
| Toasted muffins with spread/jam  Cereals containing gluten, soya, milk | Pancakes with spread/jam  Cereals containing gluten  milk | Toast & banana  Cereals containing gluten, milk | Scones with spread  Cereals containing gluten, milk, eggs | Toasted Bagels with spread  Cereals containing gluten, soya, milk |
| Selection of fruit | Vegetable sticks with yoghurt dip  Nuts, milk | Rice cakes strawberries pineapple  Free from rice cakes | Breadsticks cheese cubes  Cereals containing gluten, nuts, milk, | Banana, orange, ham bites  Cereals containing gluten, milk |

Week 4

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday |
| Subrolls with cheese  Cereals containing gluten, milk | Scones with spread/jam  Cereals containing gluten, milk, eggs | Pancakes with spread/jam  Cereals containing gluten, milk | Toasted muffins with spread  Cereals containing gluten, soya, milk | Pitta bread with Philadelphia  Milk, cereals containing gluten |
| Vegetable sticks yoghurt dip  Nuts, milk | Cream crackers with spread and apples  Cereals containing gluten, milk | Cheese cubes sweetcorn and rice cakes  Milk, free from rice cakes | Pineapple, melon breadsticks  Cereals containing gluten, nuts | Selection of fruit  Crispbread with spread  Milk, cereals containing gluten |