

Snack Menu Term 1 Sept/Oct 2023

WK Beg: 04.09.23 Kitchen check/snack	Monday Summer/Rosie	Tuesday Robyn/Toni	Wednesday Deb	Thursday Sherri/Sally	Friday Lisa/Lucy
Nursery only	N 21/20 2B 3T	21/20 4B 5T	22/20 3B 6T	17/16 5B 6T	13/12 4B 4T
Am breakfast 8.15 Apple/Orange juice	Cereals/Toast	Waffles & fruit	Cereals/Toast	Toast & jam	Cereals/Toast
AM snack 10/10.30 Milk or water	Pasta & sauce Cheese topping	Beans on Toast	Fruit Platter	Cheese and crackers	Fish fingers and peas
PM Snack 3.15 Milk or water	Ham, chicken, breadsticks	Pizza Slice	Yogurt, apple & grapes	Rice cakes & cheese spread	Bagels
	Fresh fruit	available daily			

4 Food areas: 1 Fruit & Vegetables, 2 Breads, cereals & potatoes, 3 Dairy and 4 Meat, fish, eggs & pulses

NB Fruit & vegetables may vary according to seasonal changes - all products low fat/sugar where possible & wholemeal bread

Snack Menu Term 1 Sept/Oct 2023

WK Beg:11.09.23	Monday Summer/Rosie	Tuesday Robyn/Toni	Wednesday Deb	Thursday Sherri/Sally	Friday Lisa/Lucy
Nursery	21/20 2B 3T	21/20 4B 5T	22/20 3B 6T	17/16 5B 6T	13/12 4B 4T
Playgroup start	17/7 4B 4T	14/11 8B 7T	17/11 4B 9T	14/11 5B 4T	11/7 2B 1T
Am breakfast 8.15 Apple/Orange juice	Croissant	Cereals & Toast	Beans on Toast	Cereals & Toast	Waffles & fruit
AM snack 10.30 Milk or water	Cheese and crackers	Mini sausages & garlic bread	Pasta & sauce Cheese topping	Fruit platter	Help yourself mini wraps
PM Snack 3.15 Milk or water	Pasta and cheese	Bagel	Cheese & biscuits	Pizza Slice	Yogurt, apple & grapes
	Fresh fruit	available daily			

4 Food areas: 1 Fruit & Vegetables, 2 Breads, cereals & potatoes, 3 Dairy and 4 Meat, fish, eggs & pulses

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Snack Menu Term 1 Sept/Oct 2023

WK Beg: 18.09.23 Healthy Eating	Monday Summer/Rosie	Tuesday Robyn/Toni	Wednesday Deb	Thursday Sherri/Sally	Friday Lisa/Lucy
Nursery	21/20 2B 3T	21/20 4B 5T	22/20 3B 6T	17/16 5B 6T	13/12 4B 4T
Playgroup	17/7 4B 4T	14/11 8B 7T	17/11 4B 9T	14/11 5B 4T	11/7 2B 1T
Am breakfast 8.15 Apple/Orange juice Water	Cereals & Toast	waffle & fresh fruit	Granola, yogurt and fruit	Beans on toast	Croissants
AM snack 10.15 Milk or water	Cheese & crackers	Sherri's group's healthy snack PG Ham/Cheese/Chicken sandwiches	Lisa's group's healthy snack PG Fish fingers with peas	Garden Fruit/Veg Platter	Robyn's group's healthy snack PG Sausages and beans
PM Snack 3.15 Milk or water	Bagel	Spaghetti hoops on toast	Sausage rolls and garlic bread	Make your own mini wraps	Crumpets
	Fresh fruit	available daily			

4 Food areas: **1 Fruit & Vegetables**, **2 Breads, cereals & potatoes**, **3 Dairy** and **4 Meat, fish, eggs & pulses**

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Snack Menu Term 1 Sept/Oct 2023

WK Beg: 25.09.23	Monday Summer/Rosie	Tuesday Robyn/Toni	Wednesday Deb	Thursday Sherri/Sally	Friday Lisa/Lucy
Nursery	21/20 2B 3T	21/20 4B 5T	22/20 3B 6T	17/16 5B 6T	13/12 4B 4T
Playgroup	17/7 4B 4T	14/11 8B 7T	17/11 4B 9T	14/11 5B 4T	11/7 2B 1T
Am breakfast 8.15 Apple/Orange juice	Toasted Bagel & jam	Cereals/Toast	Pancakes & fruit	Cereals & toast	Granola & Yogurt
AM snack 10.15 Milk or water	Chicken drummers & beans	Cheese and crackers	Fruit platter	Pizza Slice	Fish cakes and peas
PM Snack 3.15 Milk or water	Pasta & sauce	Mini sausages & garlic bread	Beans on toast	Fruit platter	Breadstick, apple & cheese
	Fresh fruit	available daily			

4 Food areas: 1 Fruit & Vegetables, 2 Breads, cereals & potatoes, 3 Dairy and 4 Meat, fish, eggs & pulses

NB Fruit & vegetables may vary according to seasonal changes - all products low fat/sugar where possible & wholemeal bread

Snack Menu Term 1 Sept/Oct 2023

WK Beg: 02.10.23 Nursery Harvest Wed 4 th October	Monday Summer/Rosie	Tuesday Robyn/Toni	Wednesday Deb Harvest All N	Thursday Sherri/Sally	Friday Lisa/Lucy
Nursery	21/20 2B 3T	21/20 4B 5T	22/20 3B 6T	17/16 5B 6T	13/12 4B 4T
Playgroup	17/7 4B 4T	14/11 8B 7T	17/11 4B 9T	14/11 5B 4T	11/7 2B 1T
Am breakfast 8.00 Apple/Orange juice	Cereals & Toast	Waffles & fruit	Croissants	Porridge & fruit	Beans on Toast
AM snack 10.15 Milk or water	Cheese & crackers	Fruit/veg platter	Breadstick, apples, carrots, cucumber cheese	Chicken drummers & beans	Yogurt and fruit
PM Snack 3.15 Milk or water	Chicken drummers & peas	Ham/Chicken cucumber and carrot sticks	Fruit platter	Pizza slice	Rice cake & spreads
	Fresh fruit	available daily			

4 Food areas: 1 **Fruit & Vegetables**, 2 **Breads, cereals & potatoes**, 3 **Dairy** and 4 **Meat, fish, eggs & pulses**

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Snack Menu Term 1 Sept/Oct 2023

WK Beg: 09.10.23	Monday Summer/Rosie	Tuesday Robyn/Toni	Wednesday Deb	Thursday Sherri/Sally	Friday Lisa/Lucy
Nursery	21/20 2B 3T	21/20 4B 5T	22/20 3B 6T	17/16 5B 6T	13/12 4B 4T
Playgroup	17/7 4B 4T	14/11 8B 7T	17/11 4B 9T	14/11 5B 4T	11/7 2B 1T
Am breakfast 8.15 Apple/Orange juice	Cereals/Toast	Waffles & fruit	Porridge/Toast	Toast & jam	Weetabix & Banana
AM snack 10.30 Milk or water	Pasta & sauce Cheese topping	Beans on Toast	Fruit Platter	Cheese and crackers	Fish fingers and peas
PM Snack 3.15 Milk or water	Ham, chicken, breadsticks	Pizza Slice	Yogurt, apple & grapes	Rice cakes & cheese spread	Bagels
	Fresh fruit	available daily			

4 Food areas: 1 Fruit & Vegetables, 2 Breads, cereals & potatoes, 3 Dairy and 4 Meat, fish, eggs & pulses

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Snack Menu Term 1 Sept/Oct 2023

WK Beg 16.10.23	Monday Summer/Rosie	Tuesday Robyn/Toni	Wednesday Deb	Thursday Sherri/Sally	Friday Lisa/Lucy
Nursery	21/20 2B 3T	21/20 4B 5T	22/20 3B 6T	17/16 5B 6T	13/12 4B 4T
Playgroup	17/7 4B 4T	14/11 8B 7T	17/11 4B 9T	14/11 5B 4T	11/7 2B 1T
Am breakfast 8.15 Apple/Orange juice	Croissant	Porridge & fruit	Beans on Toast	Cereals & Toast	Waffles & fruit
AM snack 10.30 Milk or water	Cheese and crackers	Mini sausages & garlic bread	Pasta & sauce Cheese topping	Fruit platter	Pizza Slice
PM Snack 3.15 Milk or water	Pasta and cheese	Crumpets	Cheese & biscuits	Pizza Slice	Yogurt, apple & grapes
	Fresh fruit	available daily			

4 Food areas: 1 Fruit & Vegetables, 2 Breads, cereals & potatoes, 3 Dairy and 4 Meat, fish, eggs & pulses

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Snack Menu Term 1 Sept/Oct 2023

WK Beg: 23.10.23 Hol Club	Monday Summer	Tuesday Robyn	Wednesday	Thursday Kelly	Friday Hayley
Am breakfast 8.15 Apple/Orange juice	Cereals & Toast	waffle & fresh fruit	Granola, yogurt and fruit	Beans on toast	Croissants
AM snack 10.30 Milk or water	Cheese & crackers	Ham/Cheese/Chicken sandwiches	Fish fingers with peas	Garden Fruit/Veg Platter	Sausages and beans
PM Snack 3.15 Milk or water	Bagel	Spaghetti hoops on toast	Sausage rolls and garlic bread	Make your own mini wraps	Crumpets
	Fresh fruit	available daily			

4 Food areas: 1 Fruit & Vegetables, 2 Breads, cereals & potatoes, 3 Dairy and 4 Meat, fish, eggs & pulses

NB Fruit & vegetables may vary according to seasonal changes - all products low fat/sugar where possible & wholemeal bread