


Autumn - Winter Snack & Tea Menu 2019 - 2020

		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
7/10 4/11 2/12 6/1 3/2 2/3 30/3 (Hol.Club)	21/10 (Hol.Club) 18/11 16/12 20/1 17/2 (Hol.Club) 16/3	Morning	Toasted English muffin & spread Fruit & vegetable selection	Crumpet & spread Fruit & vegetable selection	Banana pancake	Yoghurt, cereal topping & fruit	Wholemeal toast & spread Fruit & vegetable selection				
		Afternoon	Plain bagel & soft cheese Pepper & cucumber	Rice cake & houmous Carrot sticks & cucumber	Oatcake & tzatziki with carrot sticks	Wholemeal pitta & cheese sticks Apple & tomato	Banana bread Fruit & vegetable selection				
		Tea	Hard boiled egg and wholemeal toast	Meat sandwich	Tortilla wrap with soft cheese filling and cucumber sticks	Tuna calzone	Homemade winter vegetable soup and wholemeal bread				
14/10 11/11 9/12 13/1 10/2 9/3	28/10 25/11 23/12 (Hol.Club) 27/1 24/2 23/3	Morning	Wholemeal toast & spread Fruit & vegetable selection	Crumpet & spread Fruit & vegetable selection	English muffin pizza Fruit & vegetable selection	Porridge Fruit & vegetable selection	French toast				
		Afternoon	Cracker or breadstick Fruit & vegetable selection	Plain bagel & soft cheese Carrot & melon	Wholemeal pitta with cheese sticks Apple & tomato	Oatcake & tzatziki with carrot sticks	Rice cake & houmous Fruit & vegetable selection				
		Tea	Beans on toast	Tuna sandwich	Tortilla wrap with chicken	Homemade winter vegetable soup and wholemeal bread	Cheese and tomato calzone				

Occasionally menu choices will be swapped around; however the overall balance will remain the same. This menu has been put together using the voluntary food and drink guidelines for early years settings – Eat Better Start Better. For further information please see a member of staff.