

Spring - Summer Snack & Tea Menu 2021

		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
		Morning	Toasted muffin Fruit & vegetable selection	Crumpet & spread Fruit & vegetable selection	Wholemeal toast and spread Fruit & vegetable selection	Cracker or breadstick Fruit & vegetable selection	Yogurt with cereal topping 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	Cracker or breadstick Satsuma & cucumber				
		Tea	Tuna and pasta salad	Cheese scone & spread Fruit selection	Cheese salad wrap	Pizza margherita	Sausage roll				
		Morning	Wholemeal toast Fruit & vegetable selection	Malt loaf & spread Fruit & vegetable selection	Crumpet & spread Fruit & vegetable selection	Toasted muffin Fruit & vegetable selection	Yogurt w cereal topping Fruit and veg selection				
		Afternoon	Cracker or breadstick Fruit & vegetable selection	Wholemeal pitta & tzatziki Fruit & vegetable selection	Plain bagel & soft cheese Carrot & melon	Oatcake & cheese sticks Peppers & cucumber	Rice cake & houmous Fruit & vegetable selection				
		Tea	Cold meat sandwich	Chicken pasta salad	Tortilla wrap with chicken & salad filling	Calzone	quiche				

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.