

Autumn – Winter Snack & Tea Menu 2021/2022

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
29 Nov 13 Dec 03 Jan 17 Jan 31 Jan 14 Feb 28 Feb 14 March	Morning	Porridge Fruit & vegetable selection	Muffins Fruit & vegetable selection	Crumpets Fruit & vegetable selection	Toast Fruit & vegetable selection	Bagels Fruit & vegetable selection
	Afternoon	Crackers/breadsticks with cheese Fruit & veg selection	Bagels with cream cheese Fruit & veg selection	Fruit loaf Fruit & veg selection	Teacakes Fruit & veg selection	Rice cakes Fruit & veg selection
	Tea	Tuna sweetcorn pasta	Cooked meat sandwich	Cheese quiche	Home made pizza	Beans on toast
22 Nov 06 Dec 20 Dec 10 Jan 24 Jan 07 Feb 21 Feb 07 March	Morning	Porridge Fruit & vegetable selection	Muffins Fruit & vegetable selection	Crumpet & spread Fruit & vegetable selection	Toast Fruit & vegetable selection	Bagels Fruit and veg selection
	Afternoon	Oatcakes & cheese Fruit & vegetable selection	Scotch pancakes Fruit & vegetable selection	Fruit loaf Carrot & melon	Fruit scones Peppers & cucumber	Pitta slices Fruit & vegetable selection
	Tea	Chicken sweetcorn pasta	Cheese scone	Vegetable soup and bread roll.	Home made pizza	Beans on toast

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.