


Autumn – Winter Snack & Tea Menu 2018 - 2019

			MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1/10/18 29/10/18 26/11/18	15/10/18 12/11/18 24/12/18 & 2-4/1/49 (Hol. Club) 14/1/19 11/2/19 11/3/19	Morning	Fruit & vegetable selection Breadstick	Fruit & vegetable selection Porridge / cereal	Fruit & vegetable selection Crumpet & spread	Fruit & vegetable selection Plain bagel & spread	Fruit & vegetable selection Rice cake & houmous
28/1/19 25/2/19 25/3/19		Afternoon	Wholemeal pitta & soft cheese Cucumber, tomato & carrot	Rye cracker & cottage cheese pineapple & pepper	Bread stick Apple & banana	English muffin & egg Vegetable sticks	Wholemeal toast & spread Satsuma & pear
		Tea	Crackers with cottage cheese & fruit	Baked beans on toast	Toasted cheesy tortilla wraps & vegetable sticks	Cold meat / tuna sandwich	Crackerbread, yoghurt & fruit
8/10/18 5/11/18 3/12/18 7/1/19 4/2/19 4/3/19 1/4/19	22/10/18 (Hol. Club) 19/11/18 17/12/18 21/1/19 18/2/19 (Hol. Club) 18/3/19	Morning	Fruit & vegetable selection Rice cake & houmous	Fruit & vegetable selection Wholemeal toast & spread	Fruit & vegetable selection Bread stick	Fruit & vegetable selection Wholemeal pitta & sour cream dip	Fruit & vegetable selection Porridge / cereal
		Afternoon	Crumpet & spread Grapes & plum	Cracker & cottage cheese Cucumber & carrots	English muffin & soft cheese Tomato & grapes	Oat cakes, apple & pepper	Bagels & soft cheese
		Tea	Cold meat sandwich	Cereal, yoghurt & fruit	Boiled egg & toast	Tuna wraps	Soup & bread

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. For further information please see Sarah E or Patricia.