


Summer Snack & Tea Menu 2017

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
3/4 17/4 1/5 15/5 29/5 12/6 26/6 10/7 24/7 7/8 21/8 4/9 18/9 2/10 16/10 30/10	Morning	Rice cake Carrot sticks, celery, cucumber	Cereal Banana	Wholemeal toast & spread Orange & melon	Cracker / breadstick Apple & grapes	English muffin & cottage cheese Nectarine & orange	
	Afternoon	Crumpet & spread Peach & apple	Plain bagel & soft cheese Apple & cucumber	Bread stick & houmous Carrots & pepper	Wholemeal pitta Peach & banana	Cracker & soft cheese Fruit bowl selection	
	Tea	Cracker & soft cheese Fruit	Yoghurt & fruit	Tortilla wrap with grated carrot & soft cheese	Cold meat sandwich	Beans on toast	
	24/4 8/5 22/5 5/6 19/6 3/7 17/7 31/7 14/8 28/8 11/9 25/9 9/10 23/10	Morning	Cereal Grapes & satsuma	English muffin & egg Tomato & pepper	Wholemeal toast & spread Satsuma & banana	Crumpet & spread Grapes & melon	Cracker & houmous Fruit bowl selection
		Afternoon	Wholemeal toast & spread Banana & Cucumber	Bread stick Apple & melon	Plain bagel & soft cheese Cucumber & celery	Rice cake & houmous Peppers & cucumber	Wholemeal pitta Apple & grapes
		Tea	Rice cake & houmous Fruit	Toast & beans	Yoghurt & fruit	Cold meat sandwich	Cheese on toast / English muffin

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 Claire.