



Snack Menu



Healthy Snacks

Our nutritionally snacks ensure our children are raring to go every day! We serve a delicious and nutritious 4 week rolling menu. Our wholesome and nourishing menus are specially designed to give your little one the very best start in life.

We believe that snack time should be a happy, relaxed time where children learn social skills, manners, good hygiene practise and healthy eating habits to last them a lifetime.

Children are encouraged to help preparation of snacks every day.
Please provide you child with a water bottle.

September - December 2021

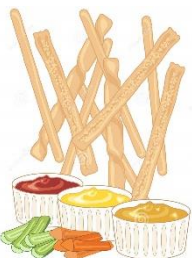
Week 1. (W/C 6th September, 4th October, 8th November, 6th December)

Monday	Tuesday	Wednesday	Thursday	Friday
Classic tomato pasta	Toast with a selection of spreads (Jam, butter, cheese)	Breadsticks with carrot and cucumber sticks with dips	Pitta bread fingers with houmous	Crackers and cheese/butter
Fresh fruit assortment	Fresh fruit assortment	Fresh fruit assortment	Fresh fruit assortment	Fresh fruit assortment



Week 2. (W/C 13th September, 11th October, 15th November, 13th December)

Monday	Tuesday	Wednesday	Thursday	Friday
Mini jack potatoes with Cheese/beans	Toasted pitta with hummus	Wraps with assorted vegetables	Cucumber and peppers with dips	Oatcakes/ rice cakes, veg platter with dips
Fresh fruit assortment	Fresh fruit assortment	Fresh fruit assortment	Fresh fruit assortment	Fresh fruit assortment



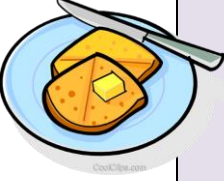


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ELIZABETH HOUSE
Your local community centre

Week 3. (W/C 20th September, 18th October, 22nd November)

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>Toasted Muffins</p>	<p>Wraps with spread, cream cheese topping or grated cheese</p>	<p>Scotch pancakes with spread</p>	<p>Crackers and cheese/butter</p>	<p>Breadsticks with carrot and cucumber sticks with dips</p>
<p>Fresh fruit assortment</p>	<p>Fresh fruit assortment</p>	<p>Fresh fruit assortment</p>	<p>Fresh fruit assortment</p>	<p>Fresh fruit assortment</p>

Week 4. (W/C 27th September, 1st November, 29th November)

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>Toasted Crumpets</p>	<p>Cucumber and peppers with dips</p>	<p>Pitta bread fingers with houmous</p>	<p>Scones with butter and Jam</p>	<p>Rice crackers with cream cheese and tomato</p>
<p>Fresh fruit assortment</p>	<p>Fresh fruit assortment</p>	<p>Fresh fruit assortment</p>	<p>Fresh fruit assortment</p>	<p>Fresh fruit assortment</p>

Dietary Requirements

Our snack menus are changed on a 4 week rolling rota.

We have a flexible approach and are happy to cater for a whole range of dietary requirements including:
Vegetarian, Vegan, Dairy Free, Gluten Free

We ask our parents and children to inform us of changes that could be made to the snack menus and take all suggestions and requirements on board. All snacks are prepared on site each day.

Special dietary/medical/religious or cultural requirements are catered for, tasting sessions are encouraged and above all food is fun as we encourage all children to share in the joy of fresh, tasty food eaten with friends in a relaxed social setting!