
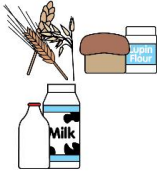
















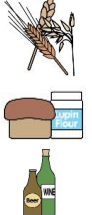



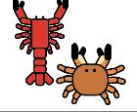
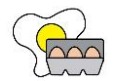
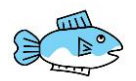
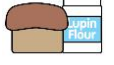










# Autumn/Winter 4 week mid-morning snack menu\* (Autumn/Winter)

\*May vary slightly due to availability of fresh produce

	Week 1	Allergens	Week 2	Allergens	Week 3	Allergens	Week 4	Allergens
<b>Monday</b>	English muffins & butter Grapes		Crackers & cream cheese Red pepper sticks		Bagels & Butter Satsumas		English muffins & butter Banana chunks	
<b>Tuesday</b>	Marmite sarnies Banana chunks		Strawberry jam finger sarnies Cherry tomatoes		Bread & Hummus Sugar snap peas		Bread & cheddar cheese Pear slices	
<b>Wednesday</b>	Bagels & butter Orange slices		Breadsticks Kiwi fruit Carrot sticks		Corn cakes & Cream cheese Tomatoes		Strawberry jam sarnies Carrot sticks Grapes	
<b>Thursday</b>	Breadsticks Hummus Cucumber sticks		Rice cakes & Cream cheese Apple slices		Breadsticks & Cream cheese Cucumber sticks		Crackers & Cheddar cheese Apple slices	
<b>Friday</b>	Crackers & cream cheese Apple slices		Breadsticks & Strawberry jam Peach slices		Honey finger sarnies Pineapple wedges Apple slices		Breadsticks & Hummus Satsumas	

													
Celery	Cereals with gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide

