

















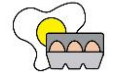
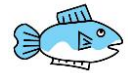
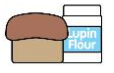










Autumn/Winter 4 week mid-morning snack menu* (Autumn/Winter)

*May vary slightly due to availability of fresh produce

	Week 1	Allergens	Week 2	Allergens	Week 3	Allergens	Week 4	Allergens
Monday	Create your own yoghurt pot		Plain popcorn Red pepper sticks		Plain popcorn Apple slices		Fruit pizza	
Tuesday	Marmite sarnies Banana chunks		Hummus finger sarnies Cucumber		Bread & Hummus Sugar snap peas		Bread & cheddar cheese Pear slices	
Wednesday	Berry yoghurt blend and honey		Create your own yoghurt pot		Create your own yoghurt pot		Plain popcorn Grapes	
Thursday	Breadsticks Hummus Cucumber sticks		Rice cakes & Hummus Apple slices		Berry yoghurt blend and honey		Create your own yoghurt pot	
Friday	Plain popcorn Apple slices		Breadsticks & fresh peach slices		Plain popcorn Pineapple wedges		Scrambled egg Red pepper sticks	

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

