



Week beginning: / /

Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack 10am	Morning Snack 10am	Morning Snack 10am	Morning Snack 10am	Morning Snack 10am
Apple slices Mild cheddar sticks	Banana coins Dollop of Greek yoghurt	Pear slices Cup of milk	Cucumber sticks Plain oat cake	Melon wedges Wholemeal breadstick
Lunch 12:30pm	Lunch 12:30pm	Lunch 12:30pm	Lunch 12:30pm	Lunch 12:30pm
Hard-boiled egg (quartered lengthways), wholemeal pitta strips, hummus and pepper sticks.	Cold fusilli pasta mixed with peas, sweetcorn, and small cubes of cooked chicken or tofu.	A wholemeal wrap filled with cream cheese and grated carrots.	Flaked tinned salmon, cold new potatoes (quartered), green beans, and a wedge of orange.	Cottage cheese served with breadsticks (for dipping), sliced beetroot, and strawberries.
Strawberries (halved)	Apple slices	Melon slices	Blueberries (halved)	Mango cubes
Afternoon Snack 4pm	Afternoon Snack 4pm	Afternoon Snack 4pm	Afternoon Snack 4pm	Afternoon Snack 4pm
A wholemeal bagel slice with mashed banana and a sprinkle of sunflower seeds.	Brown rice cakes topped with a slice of turkey or a thin layer of sugar-free jam.	Savoury Muffin: A cold, savoury veg muffin (pre-made) served with grapes (quartered lengthways).	Toasted crumpet with a small amount of butter and a slice of ham. Served with a small plum (pitted).	A slice of malt loaf (low added sugar) served with a cup of milk.