

## Early Years Snacks – 2020/2021

WEEK 1&3		Snack	Allergens
<b>Monday</b>	<i>AM</i>	2 bread sticks with red pepper houmous (25g), 2 cherry tomatoes and ½ apple	<b>Bread sticks</b> :Barley, Wheat and Gluten <b>Houmous: Sesame seeds</b> <b>Cherry tomato: nil</b> <b>Apple: nil</b>
	<i>PM</i>	Blueberry and Avocado muffin ½ apple	<b>Muffin:</b> Gluten and Wheat Egg milk <b>Apple: nil</b>
<b>Tuesday</b>	<i>AM</i>	2 Bread sticks, small block of cheese (20g) and small pot of plain yogurt with 3 carrot sticks	<b>Bread stick</b> : Barley, Wheat and Gluten <b>Cheese: Milk</b> <b>Plain Yogurt : Milk</b> <b>Carrot: nil</b>
	<i>PM</i>	2x Cream Cracker , Babybel (20g) of cheese and grapes (x5).	<b>Cream cracker</b> : Barley, Wheat and Gluten <b>Cheese: Milk</b> <b>Grapes: nil</b>
<b>Wednesday</b>	<i>AM</i>	½ Fruit Scone with Spread and ½ Orange	<b>Scone:</b> <i>Gluten/ Milk/ Egg/ Sulphur Dioxide</i> <i>Vitalite</i> : nil Orange: nil
	<i>PM</i>	2 Cream crackers with spread or soft cheese, small tangerine or ½ apple	<b>Cream Cracker:</b> Barley, Wheat and Gluten <b>Vitalite</b> : <i>nil</i> <b>Soft Cheese:</b> <i>Milk</i> <b>Tangerine:</b> <i>nil</i> <b>Apple:</b> <i>nil</i>
<b>Thursday</b>	<i>AM</i>	2 bread sticks with red pepper houmous (25g), 2 cherry tomatoes and ½ apple	<b>Houmous: Sesame seeds</b> <b>Breadstick:</b> Barley, Wheat and Gluten <b>Cherry tomato: nil</b> <b>Apple: nil</b>
	<i>PM</i>	Blueberry and Avocado muffin ½ apple	<b>Muffin:</b> Gluten and Wheat Egg milk <b>Apple: nil</b>
<b>Friday</b>	<i>AM</i>	2 Bread sticks, small block of cheese (20g) and small pot of plain yogurt with 3 carrot sticks	<b>Bread stick:</b> Barley, Wheat and Gluten <b>Cheese: Milk</b> <b>Plain Yogurt : Milk</b> <b>Carrot: nil</b>
	<i>PM</i>	2x Cream Cracker , Babybel (20g) of cheese and grapes (x5).	<b>Cream cracker</b> : <i>Wheat</i> <b>Cheese: Milk</b> <b>Grapes: nil</b>

Updated: 17/08/20 \*Menus are subject to change - small changes may be made throughout the school year. Please refer to date above to ensure you have the up to date menu

## Early Years Snacks – 2020/2021

WEEK 2&4		Snack	Allergens
<b>Monday</b>	<i>AM</i>	1 Cream Cracker with red pepper houmous (25g), ½ banana or grapes x5 (child handful)	<b>Cream cracker:</b> Barley, Wheat and Gluten <b>Houmous:</b> Sesame seeds <b>Banana:</b> nil <b>Grapes:</b> nil
	<i>PM</i>	½ Fruit Scone with spread and grapes ( x5)	<b>Scone:</b> Gluten/ Milk/ Egg/ Sulphur Dioxide <b>vitalite:</b> nil <b>Grapes:</b> nil
<b>Tuesday</b>	<i>AM</i>	1 pancake with spread and ½ pear	<b>Pancake :</b> Gluten, Egg, Milk <b>Vitalite:</b> nil <b>Pear:</b> nil
	<i>PM</i>	½ Pitta bread, small pot of roasted red pepper houmous (25g) and 3 veg sticks (Carrot/Pepper) _	<b>Pitta bread:</b> Gluten&wheat <b>Houmous :</b> Sesame <b>Carrot:</b> nil <b>Pepper:</b> nil
<b>Wednesday</b>	<i>AM</i>	2 Bread sticks, small block of cheese (20g) and small pot of plain yogurt with 3 carrot sticks	<b>Bread stick:</b> :Barley, Wheat and Gluten <b>Cheese:</b> Milk <b>Plain Yogurt :</b> Milk <b>Carrot:</b> nil
	<i>PM</i>	2 Cream crackers with spread or soft cheese, small tangerine or ½ apple	<b>Cream Cracker:</b> Barley, Wheat and Gluten <b>Vilalite :</b> nil <b>Soft Cheese:</b> Milk <b>Tangerine:</b> nil <b>Apple:</b> nil
<b>Thursday</b>	<i>AM</i>	1 Cream Cracker with red pepper houmous (25g), ½ banana or grapes x5 (child handful)	<b>Cream cracker:</b> Barley, Wheat and Gluten <b>Houmous:</b> Sesame seeds <b>Banana:</b> nil <b>Grapes:</b> nil
	<i>PM</i>	½ Fruit Scone with spread and grapes ( x5)	<b>Scone:</b> Gluten/ Milk/ Egg/ Sulphur Dioxide <b>Vitalite :</b> nil
<b>Friday</b>	<i>AM</i>	1 pancake_with spread and ½ pear	<b>Pancake:</b> Gluten, Egg, Milk <b>Vitalite:</b> nil <b>Pear:</b> nil
	<i>PM</i>	½ Pitta bread, small pot of roasted red pepper houmous (25g) and 3 veg sticks (Carrot/Pepper) _	<b>Pitta bread:</b> Gluten&wheat <b>Houmous :</b> Sesame <b>Carrot:</b> nil <b>Pepper:</b> nil

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