

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 AM	Toasted English muffin with dairy free spread	Pears and grapes	Breadsticks, hummus	Apples and oranges	Wholemeal toasts, dairy free spread and Marmite
PM	Melon	Crumpets and dairy free spread	Cucumber and tomatoes	Crackers and cream cheese	Carrot and pepper sticks
Allergens	Wheat	Wheat	Wheat	Wheat, cows milk	Wheat
Week 2 AM	Crackers with dairy free spread. Olives	Plain yoghurt and banana	Tortilla wrap, dairy free cheese and tomatoes	Carrot and mixed pepper sticks with caramelised onion hummus	Oat cakes, cheese and chive dip and cucumber sticks
PM	Apples	Toasted bagel with cream cheese	Pears	Breadsticks	Satsumas
Allergens	Wheat	Wheat, cows milk	Wheat	Wheat	Gluten, cows milk
Week 3 AM	Warm wholemeal pitta and mashed avocado	Apples and grapes	Rice cakes with red pepper hummus	Watermelon	Breadsticks with sour cream and chive dip
PM	Oranges and pineapple	Wholemeal toast with banana	Cheese with tomatoes and cucumber sticks	Crackers and Marmite	Pears
Allergens	Wheat	Wheat		Wheat	Wheat, cows milk

Drinks: Fresh water, cows milk and Oat milk will be offered at snack times.