

Nursery - Snacks and Teas from 4th September 2023

<u>Week 1</u>				
<u>Day</u>	<u>Morning Snack</u>	<u>Afternoon Snack</u>	<u>Tea</u>	<u>Pudding</u>
Monday	Breadsticks, humous, pepper	Satsumas, apple, strawberries	Bagels with ham, cheese, carrot and cucumber sticks	Fruit
Alternatives – Dietaries	Free from cracker/breadstick; vegan mayonnaise		Free from bagels; vegan alternative; vegan cheese	
Tuesday	Banana, maltloaf, pear	Rice cakes, melon	Spaghetti on toast with pepper sticks	Yoghurt
Alternatives – Dietaries	Free from fruit loaf		Free from bread; baked beans	Free from yoghurt
Wednesday	Rice cakes, apple	Blueberries, mango, banana	Crumpets with cream cheese, jam, tomatoes and beetroot	Fruit
Alternatives – Dietaries			Free from crumpets; vegan cheese	
Thursday	Crackers, cheese, grapes	Tzatziki, breadsticks, carrot	Hot dogs (normal and vegetarian), rolls, lettuce, pepper sticks and celery	Yoghurt
Alternatives – Dietaries	Free from crackers; vegan cheese	Free from breadsticks/crackers; vegan mayonnaise	Free from rolls	Free from yoghurt
Friday	Melon, plum, orange	Pineapple, maltloaf, pear	Sandwiches with egg, tuna, cucumber and tomatoes	Fruit
Alternatives – Dietaries		Free from fruit loaf	Free from bread	

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<u>Week 2</u>				
<u>Day</u>	<u>Morning Snack</u>	<u>Afternoon Snack</u>	<u>Tea</u>	<u>Pudding</u>
Monday	Apple, pear, plum	Maltloaf, orange, grapes	Sandwiches with ham, tuna, beetroot and carrot	Yoghurt
Alternatives – Dietaries		Free from fruit loaf	Free from bread; vegan alternative	Free from yoghurt
Tuesday	Carrot, cucumber, cream cheese	Mango, banana, breadstick	Pizzas (made by the children) with mixed lettuce	Fruit
Alternatives – Dietaries	Vegan cream cheese	Free from breadstick/cracker	Free from bread; vegan cheese	
Wednesday	Strawberries, peach, mango	Apple, grapes, banana	Bread rolls with ham, jam, mixed lettuce, carrot sticks	Yoghurt
Alternatives – Dietaries			Free from bread roll; free from alternative	Free from yoghurt
Thursday	Celery, pepper, breadsticks	Watermelon, raspberries, pear	Scrambled egg on toast with tomatoes	Fruit
Alternatives – Dietaries	Free from breadstick/cracker		Free from bread	
Friday	Grapes, orange, banana	Cheese, crackers, apple	Croissants with jam, cream cheese, pepper and carrot sticks	Yoghurt
Alternatives – Dietaries		Free from cracker; vegan cheese	Free from croissant/bread; vegan cream cheese	Free from yoghurt

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<u>Week 3</u>				
<u>Day</u>	<u>Morning Snack</u>	<u>Afternoon Snack</u>	<u>Tea</u>	<u>Pudding</u>
Monday Alternatives – Dietaries	Mango, banana, grapes	Rice cakes, apple	Beans on toast with cucumber sticks Free from bread	Fruit
Tuesday Alternatives – Dietaries	Watermelon, raspberries, orange	Banana, maltloaf, pear Free from fruit loaf	Sandwiches with tuna mayonnaise, cheese, pepper and carrot sticks Free from bread; free from alternative; vegan cheese	Yoghurt Free from yoghurt
Wednesday Alternatives – Dietaries	Cheese, crackers, apple Free from cheese; vegan crackers	Melon, plum, blueberries	Sausage and cheese rolls (made by the children) with mixed lettuce, cucumber and tomato Free from bread will be used	Fruit
Thursday Alternatives – Dietaries	Apple, banana, breadstick	Carrot, cucumber, cream cheese Vegan cream cheese	Sandwiches with ham, cheese, beetroot, celery Free from bread; free from alternative; vegan cheese	Yoghurt Free from yogurt
Friday Alternatives – Dietaries	Maltloaf, pear, grapes Free from fruit loaf	Apple, orange, plum	Crackers with grapes, cheese slices, tomato, cucumber and carrot sticks Free from crackers; vegan cheese	Fruit

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<u>Week 4</u>				
<u>Day</u>	<u>Morning Snack</u>	<u>Afternoon Snack</u>	<u>Tea</u>	<u>Pudding</u>
Monday Alternatives – Dietaries	Rice cakes, melon	Breadsticks, humous, pepper sticks Free from breadsticks; vegan mayonnaise	Sandwiches with egg mayonnaise, ham, beetroot and tomato Free from bread; vegan mayonnaise; free from alternative	Yoghurt Free from yoghurt
Tuesday Alternatives – Dietaries	Blueberries, mango, banana	Celery, pepper, breadstick Free from breadsticks	Cheese on toast with carrot sticks Free from bread; vegan cheese	Fruit
Wednesday Alternatives – Dietaries	Tzatziki, breadsticks, carrot Vegan mayonnaise; free from breadsticks	Strawberries, peach, mango	Wraps with tuna mayonnaise, cheese, celery, pepper sticks Free from wraps; free from alternative; vegan mayonnaise; vegan cheese	Yoghurt Free from yoghurt
Thursday Alternatives – Dietaries	Pineapple, maltloaf, pear Free from fruit loaf	Grapes, orange, banana	Pitta bread with ham, cheese, tomatoes Free from pitta bread; free from alternative; vegan cheese	Fruit
Friday Alternatives – Dietaries	Satsumas, apple, strawberries	Crackers, cheese, grapes Free from crackers; vegan cheese	Scones with cream cheese and jam, cucumber and pepper sticks Free from scones/bakery product; vegan cream cheese	Yoghurt Free from yoghurt