



# Our Snack Menu

Fruits and Vegetables Carbohydrates Protein Milk and Dairy  
Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 8am – 8:30am	Wheat biscuits with raisins and milk	Banana on wholemeal toast with spread	Porridge (with milk) and mashed mixed berries	Hardboiled egg quarters with toast fingers and seasonal fruit or veg	Shredded wheat and milk with raisins
	Milk or Water	Milk or Water	Milk or Water	Milk or Water	Milk or Water
Morning Snack 10am – 10:30am	Pitta bread fingers with tuna pate and carrot sticks	Cream Cheese hummus, Breadsticks, and orange slices.	Crackers with cheese cubes and Cucumber sticks	Plain popcorn, orange slices, and Apple slices	Hardboiled egg quarters and a cucumber slices and carrot sticks
	Milk or Water	Milk or Water	Milk or Water	Milk or Water	Milk or Water
Afternoon Snack 3:15pm – 3:45pm	fresh seasonal fruit	fresh seasonal fruit	fresh seasonal fruit	fresh seasonal fruit	fresh seasonal fruit
	Milk or Water	Milk or Water	Milk or Water	Milk or Water	Milk or Water

- Fresh drinking water is available throughout the day
- Allergens of all foods can be found displayed in the kitchen. Please request this information from the staff if required
- All meals are homemade. Please ask us for the recipes if you would like to try making them for your family at home



# Our Snack Menu

Fruits and Vegetables Carbohydrates Protein Milk and Dairy  
Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 8am – 8:30am	Porridge with mashed banana.	Wheat biscuits with milk and mixed berries	Banana and bagels	Shredded wheat and milk with raisins	butter toast fingers and banana.
	Milk or Water	Milk or Water	Milk or Water	Milk or Water	Milk or Water
Morning Snack 10am – 10:30am	Fresh Berries, with toast fingers, and Apple Chia Jam dip	Spinach Avocado dip with breadsticks and pepper sticks.	Pineapple chunks, cheese cubes, and Crackers	Rice cakes with Mackerel Cream cheese dip and Pepper sticks	Cream Cheese Beetroot Dip, carrot sticks and breadsticks.
	Milk or Water	Milk or Water	Milk or Water	Milk or Water	Milk or Water
Afternoon Snack 3:15pm – 3:45pm	fresh seasonal fruit	fresh seasonal fruit	fresh seasonal fruit	fresh seasonal fruit	fresh seasonal fruit
	Milk or Water	Milk or Water	Milk or Water	Milk or Water	Milk or Water

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- All meals are homemade. Please ask us for the recipes if you would like to try making them for your family at home