



Our Snack Menu

Fruits and Vegetables Carbohydrates Protein Milk and Dairy
Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 8am – 8:30am	butter toast fingers and apple	Wheat biscuits with milk and mixed berries	Apple and bagels	Shredded wheat and milk with raisins	butter toast fingers and apple
	Milk or Water	Milk or Water	Milk or Water	Milk or Water	Milk or Water
Morning Snack 10am – 10:30am	Pineapple chunks, cheese cubes, and Crackers.	Fresh Berries, with toast fingers, and Apple Chia Jam dip	Cream Cheese Beetroot Dip, carrot sticks and Rice Cakes	Hardboiled egg quarters and a cucumber slices and carrot sticks	Spinach Avocado dip with breadsticks and pepper 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	Wheat biscuits with raisins and milk	Apple on wholemeal toast with spread	Wheat biscuits with raisins and milk	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	Breadsticks with Mackerel Cream cheese dip and Pepper sticks	Rice cakes, orange slices, and Apple slices
	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