Snack Menu

A choice of cow’s milk, oat milk or water is available at snack time.

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| **Week 1** | Monday | Tuesday | Wednesday | Thursday | Friday |
| **Am** | Pear  Cucumber  Crackers  (contains gluten) | Carrot  Apple  Breadsticks  (contains gluten) | Apple  Melon  Pitta slices  (contains gluten, may contain milk) | Pear  Carrot  Breadsticks  (contains gluten) | Cucumber  Apple  Rice cakes  (contains milk) |

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| **Week 2** | Monday | Tuesday | Wednesday | Thursday | Friday |
| **Am** | Pear  Cucumber  Rice cakes  (may contain Soya, Celery,  Wheat, Milk, Barley, Mustard,  Cereals Containing Gluten) | Apple  Melon  Pitta slices  (contains gluten,  may contain milk) | Apple  Pear  Breadsticks  (contains gluten) | Cucumber  Carrot  Crackers  (contains gluten) | Pear  Apple  Breadsticks  (contains gluten) |

**Please note: If there is a celebration i.e. a child’s birthday, cake may be offered for snack in addition.**

**Fruit selections are subject to deliveries as, so this menu is for guidance only.**

**Alternatives are offered in line with children’s allergies / intolerances.**

**Gluten Free snacks available are rice cakes (may contain) or baby snacks (packaging to be checked)**

**This menu was devised with the help of Eat Better, Start Better: the food and drink guidelines and DfE Food and Nutrition Guidance.**