

A SAMPLE SNACK LIST FOR A TERM

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	TOAST	FRUIT	YOGHURTS	CEREAL	FRUIT
2	MUFFINS	FRUIT	SAUSAGE ROLLS	BREADSTICKS AND DIPS	FRUIT
3	BAGELS	FRUIT	CHEESE STRINGS	CRISPS	FRUIT
4	TOAST	FRUIT	CEREAL BARS	TUC AND PHILLI CHEESE SPREAD	FRUIT
5	MUFFINS	FRUIT	YOGHURTS	SPAGHETTI HOOPS	FRUIT
6	BAGELS	FRUIT	PIZZAS	SNACK A JACKS	FRUIT

There are so many other Alternative Sugar Free Snacks we give to the children here are some more which may include: -

Cream Crackers	Melba Toast	Potato Cakes	Dutch Crisp Breads	Meats
Rice Cakes	Crispbreads	Pitta Bread	Crispbreads	Sausages
Sliced Veg and Dips	Crumpets	Sandwiches	Pikelets	

Water is on offer throughout the session from a water dispenser and Milk and Water are on offer at Snack Time.