

Nursery - Snacks and Teas from 2nd September 2024

<u>Week 1</u>				
<u>Day</u>	<u>Morning Snack</u>	<u>Afternoon Snack</u>	<u>Tea</u>	<u>Pudding</u>
Monday	Banana, maltloaf, pear	Cheese, crackers, grapes	Sausage and cheese rolls (made by the children) with mixed lettuce, cucumber and tomato	Yoghurt
Alternatives – Dietaries	Free from fruit loaf	Free from crackers; free from cheese (vegan)	Free from bread; free from cheese (vegan)	Free from yoghurt
Tuesday	Breadsticks, carrot, cucumber, cream cheese	Mango, banana, apple	Sandwiches with tuna and sweetcorn mayonnaise, cheese, pepper and carrot sticks	Fruit
Alternatives – Dietaries	Free from breadsticks; free from cream cheese (vegan)		Free from bread; vegan mayonnaise; free from cheese (vegan)	
Wednesday	Rice cakes, apple	Melon, raspberries, orange	Beans on toast with cucumber slices	Yoghurt
Alternatives – Dietaries			Free from bread	Free from yoghurt
Thursday	Grapes, orange, plum	Peach, pear, breadsticks	Sandwiches with ham, cheese, mixed lettuce, beetroot	Fruit
Alternatives – Dietaries		Free from breadsticks	Free from bread; free from alternative; free from cheese (vegan)	
Friday	Melon, rice cakes, blueberries	Maltloaf, banana, grapes	Crustless vegetable quiche, pepper and tomato sticks	Yoghurt
Alternatives – Dietaries		Free from fruit loaf	Vegan quiche	Free from yoghurt

Nursery - Snacks and Teas from 2nd September 2024

<u>Week 2</u>				
<u>Day</u>	<u>Morning Snack</u>	<u>Afternoon Snack</u>	<u>Tea</u>	<u>Pudding</u>
Monday Alternatives – Dietaries	Rice cakes, apple	Pineapple, maltloaf, pear Free from fruit loaf	Bagels with ham, cheese, carrot and cucumber sticks Free from bagels; free from alternative; free from cheese (vegan)	Fruit
Tuesday Alternatives – Dietaries	Tzatziki, breadsticks, carrot Free from breadsticks; vegan mayonnaise	Blueberries, peach, banana	Spaghetti on toast with pepper sticks Free from bread; baked beans	Yoghurt Free from yoghurt
Wednesday Alternatives – Dietaries	Crackers, cheese, apple Free from crackers; free from cheese (vegan)	Satsumas, grapes, strawberries	Crumpets with cream cheese, jam, tomato and beetroot Free from crumpets; free from cheese (vegan)	Fruit
Thursday Alternatives – Dietaries	Breadsticks, humous, pepper Free from breadsticks; vegan mayonnaise	Melon, plum, orange	Hot dogs (normal and vegetarian), rolls, lettuce, pepper sticks Free from rolls	Yoghurt Free from yoghurt
Friday Alternatives – Dietaries	Satsumas, maltloaf, banana Free from fruit loaf	Rice cakes, apple	Sandwiches with egg mayonnaise, tuna, cucumber sticks and tomato Free from bread	Fruit

Nursery - Snacks and Teas from 2nd September 2024

<u>Week 3</u>				
<u>Day</u>	<u>Morning Snack</u>	<u>Afternoon Snack</u>	<u>Tea</u>	<u>Pudding</u>
Monday Alternatives – Dietaries	Tomato, pepper, breadsticks Free from breadsticks	Crackers, cheese, apple Free from crackers; free from cheese (vegan)	Wraps with tuna mayonnaise, ham, pepper sticks Free from wraps; free from alternative; vegan mayonnaise; free from cheese (vegan)	Yoghurt Free from yoghurt
Tuesday Alternatives – Dietaries	Pineapple, maltloaf, pear Free from fruit loaf	Tzatziki, breadsticks, carrot Vegan mayonnaise; free from breadsticks	Cheese on toast with carrot sticks Free from bread; free from cheese (vegan)	Fruit
Wednesday Alternatives – Dietaries	Satsumas, apple, strawberries	Grapes, orange, banana	Sandwiches with egg mayonnaise, cheese, beetroot and tomato Free from bread; vegan mayonnaise; free from cheese (vegan)	Yoghurt Free from yoghurt
Thursday Alternatives – Dietaries	Crackers, cream cheese, cucumber Free from crackers; free from cheese (vegan)	Fruit loaf, pear, banana Free from fruit loaf	Pitta bread with ham, cheese, beetroot, tomato Free from pitta bread; free from alternative; free from cheese (vegan)	Fruit
Friday Alternatives – Dietaries	Rice cakes, melon	Breadsticks, humous, pepper Free from breadsticks; vegan mayonnaise	Tomato soup, bread roll, carrot and cucumber sticks Free from bread roll	Yoghurt Free from yoghurt

Nursery - Snacks and Teas from 2nd September 2024

<u>Week 4</u>				
<u>Day</u>	<u>Morning Snack</u>	<u>Afternoon Snack</u>	<u>Tea</u>	<u>Pudding</u>
Monday Alternatives – Dietaries	Watermelon, raspberries, pear	Mango, apple, breadsticks Free from breadsticks	Scrambled egg on toast with tomato Free from bread	Fruit
Tuesday Alternatives – Dietaries	Cheese, crackers, apple Free from crackers; free from cheese (vegan)	Grapes, orange, banana	Crustless vegetable quiche, mixed lettuce, pepper and tomato Vegan quiche	Yoghurt Free from yoghurt
Wednesday Alternatives – Dietaries	Maltloaf, orange, grapes Free from fruit loaf	Strawberries, peach, mango	Pizzas (made by the children) with mixed lettuce Free from bread; free from cheese (vegan)	Fruit
Thursday Alternatives – Dietaries	Apple, cucumber, banana	Rice cake, pear, plum	Bread rolls with ham, tuna and sweetcorn mayonnaise, mixed lettuce, carrot sticks Free from bread roll; free from alternative; free from mayonnaise	Yoghurt Free from yoghurt
Friday Alternatives – Dietaries	Tomato, pepper, breadsticks Free from breadsticks	Crackers, carrot, cucumber, cream cheese Free from crackers free from cheese (vegan)	Sandwiches with ham, cheese, carrot and cucumber sticks Free from bread; free from alternative; free from cheese (vegan)	Fruit