



Northern Lights Pre-School & Out of School Club

"Committed to safeguarding and promoting the welfare of children and young people".



| Snack Menu | Monday | Tuesday | Wednesday | Thursday | Friday |
|---------------|---|--|--|---|---|
| Week 1 | AM: Wheat biscuit cereal and tangerine PM: Crackers with hummus and blueberries-apple | AM: Wholemeal toast with butter and banana PM: Cornflakes cereal and melon slices | AM: Breadsticks with cream cheese and blueberries-apple PM: Wholemeal toast with butter and tangerine | AM: Cornflakes cereal and melon slices PM: Wheat biscuit cereal and banana | AM: Crackers with hummus and cucumber sticks PM: Breadsticks with cream cheese and carrot sticks |
| Week 2 | AM: Natural yoghurt and strawberries PM: Carrot sticks with cream cheese and tangerine | AM: Rice Pops Cereal and apple PM: Porridge and banana | AM: Crackers with baked beans PM: Natural yoghurt and strawberries | AM: Carrot sticks with cream cheese and tangerine PM: Rice Pops Cereal and apple | AM: Porridge and banana PM: Crackers with baked beans |
| Week 3 | AM: Wholemeal toast with butter and watermelon PM: Breadsticks and broccoli | AM: Crackers with Cheddar cheese slice and grapes PM: Rice cake with apple | AM: Wheat biscuit and banana PM: Wholemeal toast with butter and watermelon | AM: Breadsticks and broccoli PM: Crackers with Cheddar cheese slice and grapes | AM: Rice cake with apple PM: Wheat biscuit and banana |
| Week 4 | AM: Multigrain hoops cereal and apricot PM: Wheat biscuit cereal with apples | AM: Breadsticks and cream cheese with cherry tomatoes PM: Crackers with baked beans | AM: Wholemeal toast with pepper sticks PM: Multigrain hoops cereal and apricot | AM: Wheat biscuit cereal with apples PM: Breadsticks and cream cheese with cherry tomatoes | AM: Crackers with baked beans PM: Wholemeal toast with pepper sticks |

