

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
	AM: Multigrain hoops	AM Wheat biscuit	AM: Crackers with butter	AM: Rice Pops Cereal and	AM: Wholemeal toast
Week 1	cereal and banana	and seasonal fruit	and tangerine	banana	with butter and grapes
	PM: Crackers with	PM: Rice Pops Cereal	PM: Wholemeal toast with	PM: Crackers with butter	PM: Multigrain hoops
	butter and tangerine	and seasonal fruit	butter and grapes	and tangerine	cereal and seasonal fruit
Week 2	AM: Wholemeal toast	AM Multigrain hoops	AM: Rice Pops Cereal and	AM: Breadsticks with	AM: Crackers with baked
	with carrot sticks	cereal and apple	seasonal fruit	cherry tomatoes	beans
	PM: Breadsticks with	PM: Crackers with baked	PM: Wholemeal pitta	PM: Wholemeal toast with	PM: Multigrain hoops
	cherry tomatoes	beans	bread with hummus	carrot sticks	cereal and apple
Week 3	AM: Porridge and	AM: Crackers with	AM: Wheat biscuit and	AM: Cornflakes cereal and	AM: Rice cake with apple
	banana	Cheddar cheese slice	banana	melon slices	PM: Porridge and banana
	PM: Rice cake with	and grapes	PM: Breadsticks and	PM: Crackers with	
	apple	PM: Cornflakes cereal	seasonal fruit	Cheddar cheese slice and	
		and melon slices		grapes	
	AM: Rice Pops Cereal	AM: Crackers with	AM: Wholemeal toast with	AM: Wheat biscuit cereal	AM: Breadsticks with
Week 4	and seasonal fruit	baked beans	pepper sticks	with seasonal fruit	cherry tomatoes
	PM: Wholemeal pitta	PM: Multigrain hoops	PM: Breadsticks with	PM Crackers with baked	PM: Wholemeal toast with
	bread with hummus	cereal and apple	cherry tomatoes	beans	pepper sticks
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