



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

