



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 Week 5	AM: Banana slices and rice cakes PM: Cornflakes cereal	AM: Apple wedges and carrot sticks PM: Cucumber sticks and cheddar cheese	AM: Wholemeal toast fingers with mashed avocado PM: Pear slices and crackers	AM: Cornflakes cereal PM: Banana slices and rice cakes	AM: Cucumber sticks and cheddar cheese PM: Apple wedges and carrot sticks
Week 2 Week 6	AM: Rice pops cereal PM: Celery sticks and cream cheese	AM: Apple slices and grapes PM: Wholemeal toast with baked beans	AM: Wheat biscuit PM: Orange segments and crackers	AM: Celery sticks and cream cheese PM: Rice pops cereal	AM: Wholemeal toast with baked beans PM: Apple slices and grapes
Week 3 Week 7	AM: Pineapple chunks and rice cakes PM: Pepper strips and hummus	AM: Porridge PM: Banana slices and wholemeal toast	AM: Pear slices and crackers PM: Wholemeal toast fingers with mashed avocado	AM: Pepper strips and hummus PM: Pineapple chunks and rice cakes	AM: Banana slices and wholemeal toast PM: Porridge
Week 4	AM: Plain yoghurt with berries PM: Cherry tomatoes and breadsticks	AM: broccoli florets and plums PM: Multigrain hoops cereal	AM: Orange segments and crackers PM: Wheat biscuit	AM: Cherry tomatoes and breadsticks PM: Plain yoghurt with berries	AM: Multigrain hoops cereal PM: broccoli florets and plums

