



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: Cornflakes cereal PM: Breadsticks with cherry tomatoes	AM: Crackers and plums PM: Wholemeal toast with butter and pears	AM: Rice pops cereal PM: Apples and mango	AM: Breadsticks with cherry tomatoes PM: Cornflakes cereal	AM: Wholemeal toast with butter and pears PM: Crackers and plum
Week 2 Week 6	AM: Crumpet with cheese PM: Wheat bisks cereal	AM: Rice cake and cucumber PM: Tangerines and grapes	AM: Wholemeal pitta bread with hummus PM: Olives and cucumber	AM: Wheat bisks cereal PM: Crumpet with cheese	AM: Tangerines and grapes PM: Rice cake and cucumber
Week 3	AM: Multigrain hoops cereal PM: Crackers with light cheese spread	AM: Wholemeal toast with blueberries PM: Garden peas with carrot	AM: Apples and mango PM: Rice pops cereal	AM: Crackers with light cheese spread PM: Multigrain hoops cereal	AM: Garden peas with carrot PM: Wholemeal toast with blueberries
Week 4	AM: Breadstick with peppers PM: Cornflakes cereal	AM: Wheat bisks cereal PM: Pineapple with banana	AM: Olives and cucumber PM: Wholemeal pitta bread with hummus	AM: Cornflakes cereal PM: Breadstick with peppers	AM: Pineapple with banana PM: Wheat bisks cereal

