



# 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
<b>Week 1</b> <b>Week 5</b>	<b>AM:</b> Cornflakes cereal <b>PM:</b> Breadsticks with cherry tomatoes	<b>AM:</b> Crackers and plums <b>PM:</b> Wholemeal toast with butter and pears	<b>AM:</b> Rice pops cereal <b>PM:</b> Apples and mango	<b>AM:</b> Breadsticks with cherry tomatoes <b>PM:</b> Cornflakes cereal	<b>AM:</b> Wholemeal toast with butter and pears <b>PM:</b> Crackers and plum
<b>Week 2</b> <b>Week 6</b>	<b>AM:</b> Crumpet with cheese <b>PM:</b> Wheat bisks cereal	<b>AM:</b> Rice cake and cucumber <b>PM:</b> Tangerines and grapes	<b>AM:</b> Wholemeal pitta bread with hummus <b>PM:</b> Olives and cucumber	<b>AM:</b> Wheat bisks cereal <b>PM:</b> Crumpet with cheese	<b>AM:</b> Tangerines and grapes <b>PM:</b> : Rice cake and cucumber
<b>Week 3</b>	<b>AM:</b> Multigrain hoops cereal <b>PM:</b> Crackers with light cheese spread	<b>AM:</b> Wholemeal toast with blueberries <b>PM:</b> Garden peas with carrot	<b>AM:</b> Apples and mango <b>PM:</b> Rice pops cereal	<b>AM:</b> Crackers with light cheese spread <b>PM:</b> : Multigrain hoops cereal	<b>AM:</b> Garden peas with carrot <b>PM:</b> Wholemeal toast with blueberries
<b>Week 4</b>	<b>AM:</b> Breadstick with peppers <b>PM:</b> Cornflakes cereal	<b>AM:</b> Wheat bisks cereal <b>PM:</b> Pineapple with banana	<b>AM:</b> Olives and cucumber <b>PM:</b> Wholemeal pitta bread with hummus	<b>AM:</b> Cornflakes cereal <b>PM:</b> Breadstick with peppers	<b>AM:</b> Pineapple with banana <b>PM:</b> Wheat bisks cereal

