



# 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> Rice cake and Garden peas	<b>AM:</b> Rice pops cereal <b>PM:</b> Carrot sticks and crackers	<b>AM:</b> Wheat biscuit <b>PM:</b> Orange segments and crackers	<b>AM:</b> Rice cake and Garden peas <b>PM:</b> Cornflakes cereal	<b>AM:</b> Carrot sticks and crackers <b>PM:</b> Rice pops cereal
<b>Week 2</b> <b>Week 6</b>	<b>AM:</b> Multigrain hoops cereal <b>PM:</b> Banana slices and wholemeal toast	<b>AM:</b> Apple slices and breadsticks <b>PM:</b> Cornflakes cereal	<b>AM:</b> Wholemeal toast and olives <b>PM :</b> Pear slices and crackers	<b>AM:</b> Banana slices and wholemeal toast <b>PM:</b> Multigrain hoops cereal	<b>AM:</b> Cornflakes cereal <b>PM:</b> Apple slices and breadsticks
<b>Week 3</b> <b>Week 7</b>	<b>AM:</b> Rice pops cereal <b>PM:</b> Grapes and crackers	<b>AM:</b> Cucumber sticks and breadsticks <b>PM:</b> Multigrain hoops cereal	<b>AM:</b> Pear slices and crackers <b>PM:</b> Wholemeal toast and olives	<b>AM:</b> Grapes and crackers <b>PM:</b> Rice pops cereal	<b>AM:</b> Multigrain hoops cereal <b>PM:</b> Cucumber sticks and breadsticks
<b>Week 4</b>	<b>AM:</b> Pitta bread with cheese sticks <b>PM:</b> Cherry tomatoes and rice cake	<b>AM:</b> Melon <b>PM:</b> Multigrain hoops cereal	<b>AM:</b> Orange segments and crackers <b>PM:</b> Wheat biscuit	<b>AM:</b> Cherry tomatoes and rice cake <b>PM:</b> Pitta bread with cheese sticks	<b>AM:</b> Multigrain hoops cereal <b>PM:</b> Melon

