



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: Rice pops cereal PM: Bagel and cream cheese	AM: Wholemeal toast and tangerine PM: Watermelon and crackers	AM Cornflakes cereal PM: Breadsticks and plums	AM: Bagel and cream cheese PM: Rice pops cereal	AM: Watermelon and crackers PM: Wholemeal toast and tangerine
Week 2 Week 6	AM: Multigrain hoops cereal PM: Orange and crackers	AM: Melon and Rice cake PM: Wholemeal toast and grapes	AM: Breadsticks and plums PM: Cornflakes cereal	AM: Orange and crackers PM: Multigrain hoops cereal	AM: Wholemeal toast and grapes PM: Melon and rice cake
Week 3 Week 7	AM: Apple slices and crackers PM: Rice pops cereal	AM: Banana and wheat biscuits PM: Carrot sticks and breadsticks	AM: Strawberries and wholemeal toast PM: Sweetcorn and crackers	AM: Rice pops cereal PM: Apple slices and crackers	AM: Carrot sticks and breadsticks PM: Banana and wheat biscuits
Week 4	AM: Pear slices and rice cakes PM: Multigrain hoops cereal	AM: Orange segments and breadsticks PM: Peaches and banana	AM: Blueberries and yogurt PM: Strawberries and wholemeal toast	AM: Multigrain hoops cereal PM: Pear slices and rice cakes	AM: Peaches and banana PM: Orange segments and breadsticks

