



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 Pineapple PM: Apricot and crackers	AM Cornflakes cereal PM: Breadsticks and Strawberries	AM: Bagel and cream cheese PM: Rice pops cereal	AM: Apricot and crackers PM: Wholemeal toast and Pineapple
Week 2 Week 6	AM: Multigrain hoops cereal PM: Melon and crackers	AM: Cheddar cheese and Rice cake PM: Wholemeal toast and grapes	AM: Breadsticks and Strawberries PM: Cornflakes cereal	AM: Melon and crackers PM: Multigrain hoops cereal	AM: Wholemeal toast and grapes PM: Cheddar cheese and Rice cake
Week 3 Week 7	AM: Raspberry and crackers PM: Wheat biscuits	AM: Mango and banana PM: Pears and breadsticks	AM: Apple and blueberries PM: Garden peas and crackers	AM: Wheat biscuits PM: Raspberry and crackers	AM: Pears and breadsticks PM: Mango and banana
Week 4	AM: Wholemeal toast and carrot sticks PM: Multigrain hoops cereal	AM: Orange segments and breadsticks PM: Cucumber and cheese	AM: Garden peas and cracker PM Apple and blueberries	AM: Multigrain hoops cereal PM: Wholemeal toast and carrot sticks	AM: Cucumber and cheese PM: Orange segments and breadsticks

