



Little Acorns

Snack Menu (Week 1)

	Time of day	Fruit and vegetables	Carbohydrate	Protein	Milk and dairy
Monday	Morning snack	Apple Banana	Wholemeal toast		Cheese Milk
	Afternoon snack	Carrot sticks Pear	Breadsticks	Houmous	Milk
Tuesday	Morning snack	Orange Grapes	Rice cakes		Cream cheese Milk
	Afternoon snack	Banana Pear	Wholemeal toast		Cheese Milk
Wednesday	Morning snack	Grapes Apple	Breadsticks	Houmous	Milk
	Afternoon snack	Tomatoes Cucumber	Pitta Bread	Mackerel pate	Milk
Thursday	Morning snack	Sweetcorn Broccoli	Pasta	Mackerel pate	Cream cheese Milk
	Afternoon snack	Setting closes at 11.45am			
Friday	Morning snack	Cucumber Carrot sticks	Breadsticks		Cream cheese Milk
	Afternoon snack	Apple Grapes	Crackers		Milk Cheese

Fruit served at snack time is fresh only.