



Little Acorns

Snack Menu (2)

	Time of day	Fruit and vegetables	Carbohydrate	Protein	Milk and dairy
Monday	Morning snack	Cucumber Tomatoes	Pitta bread	Eggs	Milk
	Afternoon snack	Apple Grapes	Breadsticks		Cheese Milk
Tuesday	Morning snack	Melon Banana	Wholemeal bread		Cheese Milk
	Afternoon snack	Grapes Apple	Breadsticks	Houmous	Milk
Wednesday	Morning snack	Pear Banana	Crackers		Cream cheese Milk
	Afternoon snack	Broccoli Sweetcorn	Pasta		Cheese Milk
Thursday	Morning snack	Carrots Pear	Breadsticks	Houmous	Milk
	Afternoon snack	Setting closes at 11.45am			
Friday	Morning snack	Cucumber Tomatoes	Crumpets	Ham	Milk
	Afternoon snack	Apple Grapes	Wholemeal bread		Milk Cheese

Fruit served at snack time is fresh only.