



C = Celery



G = Gluten



M = Milk



= Sesame Seeds



L = Lactose



S = Soya



F = Fish

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Fruity Toasted Tea Cakes (G/S) Cucumber & Carrot sticks Watermelon Wedges Breadsticks (G) and cheesy dip (M/L)	Cheesy Sub Rolls (G/S) Sweetcorn and tomatoes Orange Segments & Blueberries Tortillas with salsa dip (G/C)	French Baguette & Cheese (G/S) Olives Seasonal berries Bread sticks & Humus (S) (G)	Cheese Wraps (G/F) Chopped peppers Apple and pear slices Carrot Sticks & Humus (S)	Cream cheese & Jam Bagels (G/S) (M/L) Cherry tomatoes Pineapple sticks Tortillas with salsa dip (G/C)
Week 2	Cheesy Filled Pitta Breads (G/S/L/D) Fresh Chopped Salad Rice Cakes Apples and Satsumas	Cheese Wraps (G/F) Chopped peppers Apple and pear slices Carrot Sticks & Humus (S)	Fruity Toasted Tea Cakes (G/S) Cucumber & Carrot sticks Watermelon Wedges Breadsticks (G) and cheesy dip (M/L)	Cheesy Sub Rolls (G/S) Sweetcorn and tomatoes Orange Segments & Blueberries Tortillas with salsa dip (G/C)	French Baguette & Cheese (G/S) Olives Seasonal berries Bread sticks & Humus (S) (G)
Week 3	Cheese Wraps (G/F) Chopped peppers Apple and pear slices Carrot Sticks & Humus (S)	Cream cheese & Jam Bagels (G/S) (M/L) Cherry tomatoes Pineapple sticks Tortillas with salsa dip (G/C)	Cheesy Sub Rolls (G/S) Sweetcorn and tomatoes Orange Segments & Blueberries Tortillas with salsa dip (G/C)	Fruity Toasted Tea Cakes (G/S) Cucumber & Carrot sticks Watermelon Wedges Breadsticks (G) and cheesy dip (M/L)	Cheesy Filled Pitta Breads (G/S/L/D) Fresh Chopped Salad Rice Cakes Apples and Satsumas

All of our clubs operate a No Nut policy on the menus.

All other allergens are listed.

Our teatime menu is a light snack only not a full meal, this is because we have limited facilities within the clubs which do not allow for preparation of meals.

All of our clubs and nurseries offer a fresh fruit bowl and fresh drinking water which is accessible to children at all times.

Breakfast Every Day

Selection of toast, crumpets, savoury muffins or pancakes (G/S/L). Served with savoury spread, jam or butter (C)
 A selection of low sugar cereal (G) with milk, or milk alternative (L/M)