



	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Yogurt with a selection of berries	Choice of healthy cereals	Create your own sandwich Tuna, cheese or chicken	Popcorn	Fruity Friday
Week 2	Crackers, rice cakes or oatcakes with cheese	Organic yogurt with fresh fruit	Wholemeal toast	Breadsticks with vegetables & dip	Fruity Friday
Week 3	Pancake	Corn on the cob	Breadsticks with vegetables & dip	Sweet potato wedges	Fruity Friday

Fresh fruit and/or vegetables are offered daily along with milk or water.

This menu is created using nutritional guidance for 3-5 year olds. In the near future we will incorporate parental & child suggestions.

On forest visits, trip days and cultural celebrations this menu maybe subject to change.



A selection of fresh fruits and/or vegetables are offered daily. Milk or water are provided. This snack menu is created using a range of child and parental suggestions in addition to nutritional guidance for 3-5 year olds. On forest visits, trip days and cultural celebrations the above maybe subject to change.