



# Snack Menu



**1**

**Mon**

Heinz Beans on Wholemeal Toast

**Tues**

Whole-Wheat Bagels with cream cheese or hummus

**Weds**

Whole-Wheat Wraps with a choice of fillings.

**Thurs**

Pasta Bake cheese and peppers or sweet tomato

**Fri**

Soup with part baked rolls

**2**

**Mon**

Soup with part baked rolls

**Tues**

Pitta Pockets filled with Turkey, mozzarella, and tomatoes

**Weds**

Crudités Platter: Cucumber, Tomato, Carrots and Pepper Slices with Hummus & Whole-Wheat Crackers

**Thurs**

Whole-Wheat Pitta Chips with Hummus or Tomato Salsa Dip

**Fri**

Pizza's wraps with Tomato Salsa and Shredded Cheese

**3**

**Mon**

Crudités Platter: Cucumber, Tomato, Carrots and Pepper Slices with Hummus & Whole-Wheat Crackers

**Tues**

Pizza's wraps with Tomato Salsa and Shredded Cheese

**Weds**

Whole-Wheat Pitta Chips with Hummus or Tomato Salsa Dip

**Thurs**

Whole-Wheat Bagels with cream cheese or hummus

**Fri**

Heinz Beans on Wholemeal Toast

**4**

**Mon**

Heinz Beans on Wholemeal Toast

**Tues**

Pasta Bake cheese and peppers or sweet tomato

**Weds**

Soup with part baked rolls

**Thurs**

Whole-Wheat Wraps with a choice of fillings

**Fri**

Fruit Melody: Banana, Orange, Apple, Strawberry Platter with Fruit Flavoured Yoghurt

*All served with a selection of sliced vegetables*

*Fresh water & juice*

*At 5pm a selection on sliced fruit will be put out..*