



HEALTHY SNACK MENU 2025

WEEK 1

MONDAY AM	TUESDAY AM	WEDNESDAY AM	THURSDAY AM	FRIDAY AM
Apple & Pear served with milk or water	Cucumber & bread sticks and Dip served with milk or water	Banana and Grapes served with milk or water	Rice cake and strawberries served with milk or water	Wholemeal toast with margarine and peppers served with milk or water
MONDAY PM	TUESDAY PM	WEDNESDAY PM	THURSDAY PM	FRIDAY PM
Crackers, cream cheese and cucumber served with milk or water	Kiwi and pancake served with milk or water	Breadsticks, tomatoes and peanut butter served with milk or water	Apple and Blueberries served with milk or water	Melon selection served with milk or water

WEEK 2

MONDAY AM	TUESDAY AM	WEDNESDAY AM	THURSDAY AM	FRIDAY AM
Pitta bread, carrot sticks and dip served with milk or water	Pears and apples served with milk or water	Crackers and cream cheese, cucumber served with milk or water	Natural yoghurt and blueberries served with milk or water	Wholemeal toast with margarine and strawberries served with milk or water
MONDAY PM	TUESDAY PM	WEDNESDAY PM	THURSDAY PM	FRIDAY PM
Banana and grapes served with milk or water	Breadsticks, tomatoes and dip served with milk or water	Orange and melon served with milk or water	celery sticks with peanut butter served with milk or water	Pineapple and grapes served with milk or water

WEEK 3

MONDAY AM	TUESDAY AM	WEDNESDAY AM	THURSDAY AM	FRIDAY AM
Cucumber & Carrot sticks and Dip served with milk or water	Peanut butter on toast with banana served with milk or water	Toasted tortilla, baby corn and dip served with milk or water	Apple and Blueberries served with milk or water	Porridge with Banana served with milk or water
MONDAY PM	TUESDAY PM	WEDNESDAY PM	THURSDAY PM	FRIDAY PM
Kiwi and orange served with milk or water	Carrot and celery stick's and dip served with milk or water	Pineapple and rice cake served with milk or water	Crackers, cream cheese and cucumber served with milk or water	Wholemeal toast with margarine and peppers served with milk or water