



	Monday	Tuesday	Wednesday	Thursday (am)	Thursday (pm)	Friday
Week 1	Pitta bread and houmous Carrot sticks Raisins	Toast with soft cheese Apple Satsuma	Buttered crumpets Cheese cubes Cherry tomatoes	Bread sticks with houmous Grapes Apple	Buttered crackers Cheese cubes Apple	Rice cakes and soft cheese Cucumber Banana
Week 2	Buttered Crumpets Banana Carrot sticks	Buttered toast Cheese cubes Apple	Bagel with soft cheese Grapes Cucumber	Rice cakes and soft cheese Apple Banana	Bread sticks with houmous Banana Grapes	Buttered Crackers Cheese cubes Raisins
Week 3	Toast with soft cheese Banana Satsuma	Buttered Crumpets Cheese cubes Apple	Pitta bread and houmous Carrot sticks Raisins	Buttered toast Cheese cubes Cherry tomatoes	Crackers and soft cheese Cucumber Grapes	Rice cakes and soft cheese Cucumber Apple
Week 4	Buttered toast Cheese cubes Grapes	Bagel with soft cheese Raisins Carrot sticks	Buttered crumpets Cheese cubes Banana	Bread sticks with houmous Grapes Cucumber	Toast with soft cheese Apple Satsuma	Buttered Crackers Cheese cubes Banana