



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	½ slice wholemeal toast with a selection of seasonal fruit and vegetables.	Wholemeal pitta fingers with selection of seasonal fruit and vegetables.	½ crumpet, soft cheese, carrot and cucumber sticks.	Flatbread fingers with seasonal fruit and vegetables.	Cereal, semi-skimmed milk and seasonal fruit and vegetables.
WEEK 2	3 mini breadsticks, sliced/ grated cheese and seasonal fruit and vegetables.	½ muffin, plain yogurt and seasonal fruit.	½ slice white toast with seasonal fruit and vegetables.	1 cracker with seasonal fruit and vegetables.	1 rice cake, cottage cheese with seasonal fruit and vegetables.
WEEK 3	Small wholemeal tuna and sweetcorn wrap with seasonal fruit and vegetables.	1 potato cake with grated cheese and seasonal fruit and vegetables.	½ white bagel with seasonal fruit and vegetables.	Cereal, semi-skimmed milk and seasonal fruit and vegetables.	1 butter puff and seasonal fruit and vegetables.

This menu is a guide as to what your child will eat during Playgroup and Playgroup Plus sessions. Menus are rotated on a 3-week basis.

From time to time there may be substitute food items, e.g. seasonal fruit or themed food, depending on the topic of Playgroup and Playgroup Plus.

Fresh fruit or vegetables will be served with every snack. Cereal will be rotated from a selection of: Cornflakes, Weetabix and Rice Krispies. Only drinks of milk or water will be offered with snacks. Spread is Vitilite.

Any special dietary, religious or cultural requirements will be adhered to, and substitutes will be given when necessary or parents will be asked to provide suitable alternatives.

Snack times are:

Morning session: 10.00 – 10.15 a.m.

Afternoon session: 2:15 – 2:30 p.m.

FOOD	ALLERGENS	FOOD	ALLERGENS
Wholemeal/50-50/White toast with Vitilite	Wheat, soya, gluten, milk	Crackers, butter puffs, cornish wafers	Wheat
Muffins	Wheat, soya	Breadsticks	Wheat, gluten, sesame, milk
Crumpets	Wheat, gluten	Weetabix	Wheat, barley
White bagel	Wheat, gluten	Corn Flakes	Barley
Wholemeal wrap, baguette, finger rolls	Wheat	Rice Krispies	Barley
Wholemeal pitta bread	Wheat, milk	Plain yogurt	Milk
Rice cakes	Milk, sesame, soya	Soft/sliced/grated cheese	Milk
Potato cakes	Wheat, milk	Fresh fruit and vegetable/fruit in juice	Nil

Seasonal Fruit and Vegetables

Blackberries
Carrots
Apples
Tomatoes
Bananas
Green and Red Peppers
Raspberries
Cucumber
Oranges





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WEEK 2	3 mini breadsticks, sliced/ grated cheese and seasonal fruit and vegetables.	½ muffin, plain yogurt and seasonal fruit.	½ slice white toast with seasonal fruit and vegetables.	1 cracker with seasonal fruit and vegetables.	1 rice cake, cottage cheese with seasonal fruit and vegetables.
WEEK 3	Small wholemeal tuna and sweetcorn wrap with seasonal fruit and vegetables.	1 potato cake with grated cheese and seasonal fruit and vegetables.	½ white bagel with seasonal fruit and vegetables.	Cereal, semi-skimmed milk and seasonal fruit and vegetables.	1 butter puff and seasonal fruit and vegetables.

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White bagel	Wheat, gluten	Corn Flakes	Barley
Wholemeal wrap, baguette, finger rolls	Wheat	Rice Krispies	Barley
Wholemeal pitta bread	Wheat, milk	Plain yogurt	Milk
Rice cakes	Milk, sesame, soya	Soft/sliced/grated cheese	Milk
Potato cakes	Wheat, milk	Fresh fruit and vegetable/fruit in juice	Nil

Seasonal Fruit and Vegetables

Blackberries
Carrots
Apples
Tomatoes
Bananas
Green and Red Peppers
Raspberries
Cucumber
Oranges
Strawberries
Kiwi

