

Gresford Governors' Clubs & Playgroup

Snack Menu - 2022-2023

September-February	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1 (5th Sept)	½ Slice wholemeal toast with a selection of seasonal fruit & veg.	Wholemeal pitta fingers with selection of seasonal fruit & veg.	½ crumpet, soft cheese, carrot & cucumber sticks	Flat bread fingers Seasonal fruit & veg	Cereal Semi skimmed milk seasonal fruit
WEEK 2 (12th Sept)	3 mini breadsticks Hard cheese Seasonal fruit & veg	½ muffin Plain yogurt Seasonal fruit	½ slice white toast Seasonal fruit & vegetables	1 cracker seasonal fruit & vegetables	1 Rice cake Cottage cheese seasonal fruit & veg.
WEEK 3 (19th Sept)	Small Wholemeal tuna & sweetcorn wrap, seasonal fruit & veg.	1 Potato cake Grated cheese Seasonal fruit & veg	½ White bagel Seasonal fruit & veg	Cereal Semi skimmed milk, Seasonal fruit & veg	1 Butter puff Seasonal fruit & veg

Seasonal Fruit & Veg (Autumn – Winter)

Blackberries

Carrots

Apples

Tomatoes

Bananas

Green and Red Peppers

Raspberries

Cucumber

Oranges

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 maybe 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.

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.

Only drinks of milk or water will be offered with snacks.

Spread is low fat olive-based spread.

Snacks times are:

Morning session 10 – 10.15 am

Afternoon session 2.15 – 2.30 pm (approx.)

FOOD	ALLERGEN CONTENT
Wholemeal/50-50/white toast with low fat olive spread.	Wheat, Soya, Gluten, Milk
Muffins	Wheat, Soya
Crumpets	Wheat, Gluten
White Bagel	Wheat, Gluten
Wholemeal Wrap, Baguette, Finger Rolls	Wheat
Wholemeal Pitta Bread	Wheat, Milk
Rice Cakes	Milk, Sesame, Soya
Potato Cakes	Wheat, Milk
Crackers, Butter Puffs, Cornish Wafers	Wheat
Breadsticks	Wheat, Gluten, Sesame, Milk
Cereal: Weetabix	Wheat, Barley
Corn Flakes	Barley
Rice Krispies	Barley
Plain Yogurt	Milk
Soft/Hard Cheese	Milk
Fresh Fruit & Vegetables	-
Tinned Fruit in Juice	-

Please advise a Playgroup member of staff if your child/children have any food allergies or dietary need.