



Rainbow Stop Playgroup Snack Menu

<u>Snack Menu</u>	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 Main snack (Alternating weeks)	Pancakes & toast. Orange and apple.	Crackers & toasted muffin, with cheese. Raspberries & apples.	Pancakes & ham sandwiches. Blueberries & banana.	Toast & scrambled eggs. Grapes & apples.	Breadsticks & bagels. Melon & oranges.
Week 1 Top up snack	Yoghurts & biscuits.	Brioche, banana & biscuit.	Breadsticks, orange wedge and biscuit.	Custard & biscuit.	Ham/cheese sandwich & biscuit.
Week 2 Main snack	Croissants & wheaten bread. Oranges & apples.	Crackers & bagels with cheese. Strawberries & raspberries.	Wraps & breadsticks with ham and cheese. Blueberries & banana.	Spaghetti hoops, toast & crackers. Melon & orange wedges.	Pancakes & Toast. Apples & grapes.
Week 2 Top up snack	Yoghurts & biscuit.	Ham/cheese sandwich and biscuit.	Pineapple, custard & biscuit.	Breadsticks, apple & biscuit.	Brioche, banana & biscuit.

Children will be provided with water or milk options to drink during daily snacks, in line with our Healthy Eating Policy.

Snack options will be subject to change based on what choice is available, we will also update our snack menu in line with children's preferences.