

Highgate Day Nursery and Pre-school

Room - Babies Between 6 months and 12 months

Menu - WEEK 1

<u>Meal</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<u>Breakfast - Served 8.00am-8.30am</u>	Wholemeal toast & dairy free butter OWN cereal with formula milk from home	Wholemeal toast & dairy free butter OWN cereal with formula milk from home	Wholemeal toast & dairy free butter OWN cereal with formula milk from home	Wholemeal toast & dairy free butter OWN cereal with formula milk from home	Wholemeal toast & dairy free butter OWN cereal with formula milk from home
<u>Lunch</u>	Homemade vegetable soup Fresh fruit	Chicken casserole with boiled potatoes Mashed banana	Shepherds pie, fresh vegetables (tomato based puree). Fruit puree	Mixed bean and root vegetable stew with peach & herb couscous. Mashed banana	Spaghetti bolognaise Fruit puree & semolina (with water or milk)
<u>Light Tea</u>	Puree selection and introducing finger foods Water to drink and / or own formula feed	Puree selection and introducing finger foods Water to drink and / or own formula feed	Puree selection and introducing finger foods Water to drink and / or own formula feed	Puree selection and introducing finger foods Water to drink and / or own formula feed	Puree selection and introducing finger foods Water to drink and / or own formula feed

NOTE - Bottles as instructed by parents

This menu is subject to babies specific weaning schedule - we will consult with parents regarding introduction of new foods.

Highgate Day Nursery and Pre-school

Room - Tweenies

Menu - WEEK 1

<u>Meal</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<u>Breakfast - Served 8.00am-8.30am</u>	Wholemeal toast & milk (Children who do not have breakfast at home can bring in their own cereal)	Wholemeal toast & milk (Children who do not have breakfast at home can bring in their own cereal)	Wholemeal toast & milk (Children who do not have breakfast at home can bring in their own cereal)	Wholemeal toast & milk (Children who do not have breakfast at home can bring in their own cereal)	Wholemeal toast & milk (Children who do not have breakfast at home can bring in their own cereal)
<u>Lunch</u>	Cheese, potato & onion pie with beans / tomatoes. Fruit crumble & custard	Sausage casserole with boiled potatoes Natural yoghurt & fruit	Shepherds pie, fresh vegetables and gravy. Jelly & fruit	Mixed bean and root vegetable stew with peach & herb couscous. Rice pudding with sultanas	Spaghetti bolognaise Carrot cake
<u>Light Tea</u>	Pancakes with savoury or sweet filling. Fruit & vegetable stick Water to drink	French bread & topping Flapjack Cucumber, tomatoes Water	Crumpets with assorted toppings. Rice crispy cake Fruit Water	Wholemeal wraps with cheese spread & lettuce Cucumber Assorted cakes Water	Crackers or sandwiches (variety of fillings) Scone & jam Fresh fruit Water

NOTE - Snacks and tea maybe subject to change of days

Highgate Day Nursery and Pre-school**Room - Toddlers****Menu - WEEK 1**

<u>Meal</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<u>Breakfast - Served 8.00am-8.30am</u>	Wholemeal toast & milk (Children who do not have breakfast at home can bring in their own cereal)	Wholemeal toast & milk (Children who do not have breakfast at home can bring in their own cereal)	Wholemeal toast & milk (Children who do not have breakfast at home can bring in their own cereal)	Wholemeal toast & milk (Children who do not have breakfast at home can bring in their own cereal)	Wholemeal toast & milk (Children who do not have breakfast at home can bring in their own cereal)
<u>Lunch</u>	Cheese, potato & onion pie with beans / tomatoes. Fruit crumble & custard	Sausage casserole with boiled potatoes Natural yoghurt & fruit	Shepherds pie, fresh vegetables and gravy. Jelly & fruit	Mixed bean and root vegetable stew with peach & herb couscous. Rice pudding with sultanas	Spaghetti bolognaise Carrot cake
<u>Mid-afternoon Snack</u>	Rice cake selection Drink	Cheese crackers Drink	Bread sticks Drink	Cheese straws Drink	Fruit smoothie Drink
<u>Light Tea</u>	Pancakes with savoury or sweet filling. Fruit & vegetable stick Water to drink	French bread & topping Flapjack Cucumber, tomatoes Water	Crumpets with assorted toppings. Rice crispy cake Fruit Water	Wholemeal wraps with cheese spread & lettuce Cucumber Assorted cakes Water	Crackers or sandwiches (variety of fillings) Scone & jam Fresh fruit Water

NOTE - Snacks and tea maybe subject to change of days

Highgate Day Nursery and Pre-school

Room - Pre-school

Menu - WEEK 1

<u>Meal</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<u>Breakfast - Served 8.00am-8.30am</u>	Wholemeal toast & milk (Children who do not have breakfast at home can bring in their own cereal)	Wholemeal toast & milk (Children who do not have breakfast at home can bring in their own cereal)	Wholemeal toast & milk (Children who do not have breakfast at home can bring in their own cereal)	Wholemeal toast & milk (Children who do not have breakfast at home can bring in their own cereal)	Wholemeal toast & milk (Children who do not have breakfast at home can bring in their own cereal)
<u>Lunch</u>	Cheese, potato & onion pie with beans / tomatoes. Fruit	Sausage casserole with boiled potatoes Natural yoghurt dip & fruit	Shepherds pie, fresh vegetables and gravy. Fruit	Mixed bean and root vegetable stew with peach & herb couscous. Fruit & Natural yoghurt dip	Spaghetti bolognaise Carrot cake
<u>Mid-afternoon Snack</u>	Rice cake selection Drink	Cheese crackers Drink	Bread sticks Drink	Cheese straws Drink	Fruit smoothie Drink
<u>Light Tea</u>	Pancakes with savoury or sweet filling. Fruit & vegetable sticks Water to drink	French bread & topping Flapjack Cucumber, tomatoes Water	Crumpets with assorted toppings. Rice crispy cake Fruit Water	Wholemeal wraps with cheese spread & lettuce Cucumber Assorted cakes Water	Crackers or sandwiches (variety of fillings) Scone & jam Water

NOTE - Snacks and tea maybe subject to change of days

Highgate Day Nursery and Pre-school

Room - Babies Between 6 months and 12 months

Menu - WEEK 2

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
<u>Breakfast - Served 8.00am-8.30am</u>	Wholemeal toast & dairy free butter OWN cereal with formula milk from home	Wholemeal toast & dairy free butter OWN cereal with formula milk from home	Wholemeal toast & dairy free butter OWN cereal with formula milk from home	Wholemeal toast & dairy free butter OWN cereal with formula milk from home	Wholemeal toast & dairy free butter OWN cereal with formula milk from home
<u>Lunch</u>	Napolitano Pasta Surprise Fresh fruit	Shepherd pie, fresh vegetables with a tomato based sauce. Fruit puree	Chicken casserole with fresh vegetables Mashed banana	Hearty vegetable soup Fruit puree surprise	Bolognaise based sauce with potatoes or rice. Fruit puree & crumble
<u>Light Tea</u>	Puree selection and introducing finger foods Water to drink and / or own formula feed	Puree selection and introducing finger foods Water to drink and / or own formula feed	Puree selection and introducing finger foods Water to drink and / or own formula feed	Puree selection and introducing finger foods Water to drink and / or own formula feed	Puree selection and introducing finger foods Water to drink and / or own formula feed

NOTE - Bottles as instructed by parents

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Highgate Day Nursery and Pre-school

Room - Tweenies

Menu - WEEK 2

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
<u>Breakfast - Served 8.00am-8.30am</u>	Wholemeal toast & milk (Children who do not have breakfast at home can bring in their own cereal)	Wholemeal toast & milk (Children who do not have breakfast at home can bring in their own cereal)	Wholemeal toast & milk (Children who do not have breakfast at home can bring in their own cereal)	Wholemeal toast & milk (Children who do not have breakfast at home can bring in their own cereal)	Wholemeal toast & milk (Children who do not have breakfast at home can bring in their own cereal)
<u>Lunch</u>	Tuna, sweet corn & macaroni Fruit fool / or banana custard	Shepherds pie, fresh vegetables & gravy Rice pudding & jam	Jacket potato with beans & cheese Jelly & fruit	Hearty vegetable soup Banana & raisin flap jack	Chilli con carne & brown rice Fruit crumble & custard
<u>Light Tea</u>	Crackers / wholemeal sandwiches - selection of fillings. Cucumber & tomatoes Flap jack Water to drink	Warm crumpets & cheese spread Fresh Fruit Fruit scones Water to drink	Croissant with savoury or sweet filling Fresh fruit Cake selection Water to drink	Pitta base pizza with cheese & tomato Fresh fruit platter Water to drink	Muffins & honey Tomato & cucumber Banana Water to drink

NOTE - Snacks and tea maybe subject to change of days

Highgate Day Nursery and Pre-school

Room - Toddlers

Menu - WEEK 2

<u>Meal</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<u>Breakfast - Served 8.00am-8.30am</u>	Wholemeal toast & milk (Children who do not have breakfast at home can bring in their own cereal)	Wholemeal toast & milk (Children who do not have breakfast at home can bring in their own cereal)	Wholemeal toast & milk (Children who do not have breakfast at home can bring in their own cereal)	Wholemeal toast & milk (Children who do not have breakfast at home can bring in their own cereal)	Wholemeal toast & milk (Children who do not have breakfast at home can bring in their own cereal)
<u>Lunch</u>	Tuna, sweet corn & macaroni Fruit fool / or banana custard	Shepherds pie, fresh vegetables & gravy Rice pudding & jam	Jacket potato with beans & cheese Jelly & fruit	Hearty vegetable soup Banana & raisin flap jack	Chilli con carne & brown rice Fruit crumble & custard
<u>Mid-afternoon Snack</u>	Cheese straws Drink	Plain popcorn Drink	Cheese Crackers Drink	Fruit juice lolly Drink	Rice cakes Drink

<u>Light Tea</u>	Crackers / wholemeal sandwiches - selection of fillings. Flap jack Cucumber & tomatoes Water to drink	Warm crumpets & cheese spread Fresh fruit Fruit scones Water to drink	Croissant with savoury or sweet filling Fresh fruit Cake selection Water to drink	Pitta base pizza with cheese & tomato Fresh fruit platter Water to drink	Muffins & honey Tomato & cucumber Banana Water to drink
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Highgate Day Nursery and Pre-school

Room - Pre-school

Menu - WEEK 2

<u>Meal</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<u>Breakfast - Served 8.00am-8.30am</u>	Wholemeal toast & milk (Children who do not have breakfast at home can bring in their own cereal)	Wholemeal toast & milk (Children who do not have breakfast at home can bring in their own cereal)	Wholemeal toast & milk (Children who do not have breakfast at home can bring in their own cereal)	Wholemeal toast & milk (Children who do not have breakfast at home can bring in their own cereal)	Wholemeal toast & milk (Children who do not have breakfast at home can bring in their own cereal)
<u>Lunch</u>	Tuna, sweet corn & macaroni Fruit & natural yoghurt dip	Shepherds pie, fresh vegetables & gravy Fruit selection	Jacket potato with beans & cheese Fruit	Hearty vegetable soup Banana & raisin flap jack	Chilli con carne & brown rice Fruit

<u>Mid-afternoon Snack</u>	Cheese straws Drink	Plain popcorn Drink	Cheese Crackers Drink	Fruit juice lolly Drink	Rice cakes Drink
<u>Light Tea</u>	Crackers / wholemeal sandwiches - selection of fillings. Flap jack Cucumber & tomatoes Water to drink	Warm crumpets & cheese spread Fruit scones Water to drink	Croissant with savoury or sweet filling Cucumber & tomatoes Cake selection Water to drink	Pitta base pizza with cheese & tomato Fresh fruit platter Water to drink	Muffins & honey Tomato & cucumber Banana Water to drink

NOTE - Snacks and tea maybe subject to change of days

Highgate Day Nursery and Pre-school

Room - Babies Between 6 months and 12 months

Menu - WEEK 3

<u>Meal</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<u>Breakfast - Served 8.00am-8.30am</u>	Wholemeal toast & dairy free butter OWN cereal with formula milk from home	Wholemeal toast & dairy free butter OWN cereal with formula milk from home	Wholemeal toast & dairy free butter OWN cereal with formula milk from home	Wholemeal toast & dairy free butter OWN cereal with formula milk from home	Wholemeal toast & dairy free butter OWN cereal with formula milk from home

<u>Lunch</u>	Ratatouille with pasta or Vegetable soup Fruit puree	Chicken casserole with rice Fruit puree	Mixed bean and root vegetable stew with peach & herb couscous. Mashed banana	Cottage pie with fresh vegetables (tomato based sauce) Peach Semolina	Tasty tuna & sweet corn pasta or tuna fish pie Mashed banana
<u>Light Tea</u>	Puree selection and introducing finger foods Water to drink and / or own formula feed	Puree selection and introducing finger foods Water to drink and / or own formula feed	Puree selection and introducing finger foods Water to drink and / or own formula feed	Puree selection and introducing finger foods Water to drink and / or own formula feed	Puree selection and introducing finger foods Water to drink and / or own formula feed

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Highgate Day Nursery and Pre-school

Room - Tweenies

Menu - WEEK 3

<u>Meal</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<u>Breakfast - Served 8.00am-8.30am</u>	Wholemeal toast & milk (Children who do not have breakfast at home can bring in their own cereal)	Wholemeal toast & milk (Children who do not have breakfast at home can bring in their own cereal)	Wholemeal toast & milk (Children who do not have breakfast at home can bring in their own cereal)	Wholemeal toast & milk (Children who do not have breakfast at home can bring in their own cereal)	Wholemeal toast & milk (Children who do not have breakfast at home can bring in their own cereal)

<u>Lunch</u>	Jacket potato, beans with cheese Perfect peaches	Chicken or vegetable curry with brown / white rice OR chicken casserole Coconut cake & custard	Mixed bean & root vegetable stew with peach herb cous cous Banana & cinnamon rice pudding	Cottage pie with mixed vegetables & gravy Jelly & fruit	Tasty tuna & cheese pasta bake Banana & custard
<u>Light Tea</u>	Wraps with cheese spread, cucumber & lettuce Cake selection Fruit Water to drink	Fruit bread with butter Cucumber & carrot sticks Banana Water to drink	Pancakes with choice of filling (savoury or sweet) Fresh fruit Water to drink	Crackers or sandwiches with selection of filling (savoury or sweet) Tomatoes Swiss Roll Water to drink	Pitta bread with savoury fillings Flapjack Tomatoes& cucumber Water to dink

NOTE - Snacks and tea maybe subject to change of days

Highgate Day Nursery and Pre-school

Room - Toddlers

Menu - WEEK 3

<u>Meal</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<u>Breakfast - Served 8.00am-8.30am</u>	Wholemeal toast & milk (Children who do not have breakfast at home can bring in their own cereal)	Wholemeal toast & milk (Children who do not have breakfast at home can bring in their own cereal)	Wholemeal toast & milk (Children who do not have breakfast at home can bring in their own cereal)	Wholemeal toast & milk (Children who do not have breakfast at home can bring in their own cereal)	Wholemeal toast & milk (Children who do not have breakfast at home can bring in their own cereal)

<u>Lunch</u>	Jacket potato, beans with cheese	Chicken or vegetable curry with brown / white rice OR chicken casserole	Mixed bean & root vegetable stew with peach herb cous cous	Cottage pie with mixed vegetables & gravy	Tasty tuna & cheese pasta bake
	Perfect peaches	Coconut cake & custard	Banana & cinnamon rice pudding	Jelly & fruit	Banana & custard
<u>Mid-afternoon Snack</u>	Unsalted pretzel sticks	Rice cakes	Cheerio's	Fruit smoothie	Variety of bread sticks
	Drink	Drink	Milk		Drink
<u>Light Tea</u>	Wraps with cheese spread, cucumber & lettuce	Fruit bread with butter	Pancakes with choice of filling (savoury or sweet)	Crackers or sandwiches with selection of filling (savoury or sweet)	Pitta bread with savoury fillings
	Cake selection Fruit Water to drink	Cucumber & carrot sticks Banana Water to drink	Fresh fruit Water to drink	Tomatoes Swiss Roll Water to drink	Flapjack Tomatoes & cucumber Water to drink

NOTE - Snacks and tea maybe subject to change of days

Highgate Day Nursery and Pre-school

Room - Pre-school

Menu - WEEK 3

<u>Meal</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<u>Breakfast - Served 8.00am-8.30am</u>	Wholemeal toast & milk (Children who do not have breakfast at home can bring in their own cereal)	Wholemeal toast & milk (Children who do not have breakfast at home can bring in their own cereal)	Wholemeal toast & milk (Children who do not have breakfast at home can bring in their own cereal)	Wholemeal toast & milk (Children who do not have breakfast at home can bring in their own cereal)	Wholemeal toast & milk (Children who do not have breakfast at home can bring in their own cereal)

<u>Lunch</u>	Jacket potato, beans with cheese Fruit	Chicken or vegetable curry with brown / white rice OR chicken casserole Coconut cake	Mixed bean & root vegetable stew with peach herb cous cous Fruit & natural yoghurt dip	Cottage pie with mixed vegetables & gravy Flapjack	Tasty tuna & cheese pasta bake Banana
<u>Mid-afternoon Snack</u>	Unsalted pretzel sticks Drink	Rice cakes Drink	Cheerio's Milk	Fruit smoothie	Variety of bread sticks Drink
<u>Tea</u>	Wraps with cheese spread, cucumber & lettuce Cake selection Fruit Water to drink	Fruit bread with butter Cucumber & carrot sticks Banana Water to drink	Pancakes with choice of filling (savoury or sweet) Fresh fruit Water to drink	Crackers or sandwiches with selection of filling (savoury or sweet) Tomatoes Swiss Roll Water to drink	Pitta bread with savoury fillings Flapjack Tomatoes& cucumber Water to drink

NOTE - Snacks and tea maybe subject to change of days

Highgate Day Nursery and Pre-school

Room - Babies Between 6 months and 12 months

Menu - WEEK 4

<u>Meal</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
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<u>Breakfast - Served 8.00am-8.30am</u>	Wholemeal toast & dairy free butter OWN cereal with formula milk from home	Wholemeal toast & dairy free butter OWN cereal with formula milk from home	Wholemeal toast & dairy free butter OWN cereal with formula milk from home	Wholemeal toast & dairy free butter OWN cereal with formula milk from home	Wholemeal toast & dairy free butter OWN cereal with formula milk from home
<u>Lunch</u>	From 9 mths - Spaghetti with cheese sauce and ham (6-9 mths alternative given) Fruit puree	Chicken soup with pasta and vegetables Fruit puree	Fish pie with sweet corn Mashed banana & semolina	Chicken casserole wit rice Puree fruit	Tasty vegetable bake Fruit medley or mashed banana
<u>Light Tea</u>	Puree selection and introducing finger foods Water to drink and / or own formula feed	Puree selection and introducing finger foods Water to drink and / or own formula feed	Puree selection and introducing finger foods Water to drink and / or own formula feed	Puree selection and introducing finger foods Water to drink and / or own formula feed	Puree selection and introducing finger foods Water to drink and / or own formula feed

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Highgate Day Nursery and Pre-school

Room - Tweenies

Menu - WEEK 4

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
<u>Breakfast - Served 8.00am-8.30am</u>	Wholemeal toast & milk (Children who do not have breakfast at home can bring in their own cereal)	Wholemeal toast & milk (Children who do not have breakfast at home can bring in their own cereal)	Wholemeal toast & milk (Children who do not have breakfast at home can bring in their own cereal)	Wholemeal toast & milk (Children who do not have breakfast at home can bring in their own cereal)	Wholemeal toast & milk (Children who do not have breakfast at home can bring in their own cereal)
<u>Lunch</u>	Spaghetti with cheese sauce, broccoli and ham Natural yoghurt & fruit puree	Chicken Soup with pasta and vegetables Carrot cake	Fish pie with sweet corn & parsley sauce Fruit cocktail	Sausage casserole with potatoes Rock cake	Jacket potatoes and chilli Jelly & fruit OR banana and custard
<u>Tea</u>	Sandwiches / crackers Cucumber & carrot sticks Fresh fruit	Crumpets with jam Tomato & cucumber Water	Wraps with cheese spread and lettuce Cake Fruit Water	Fruit bread / tea cakes with butter and jam Tomatoes & cucumber OPTIONAL - cheese cubes	Pitta bread with cheese & tomato Cake Fruit Water

NOTE - Snacks and tea maybe subject to change of days

Highgate Day Nursery and Pre-school

Room - Toddlers

Menu - WEEK 4

<u>Meal</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<u>Breakfast - Served 8.00am-8.30am</u>	Wholemeal toast & milk (Children who do not have breakfast at home can bring in their own cereal)	Wholemeal toast & milk (Children who do not have breakfast at home can bring in their own cereal)	Wholemeal toast & milk (Children who do not have breakfast at home can bring in their own cereal)	Wholemeal toast & milk (Children who do not have breakfast at home can bring in their own cereal)	Wholemeal toast & milk (Children who do not have breakfast at home can bring in their own cereal)
<u>Lunch</u>	Spaghetti with cheese sauce, broccoli and ham Natural yoghurt & fruit puree	Chicken Soup with pasta and vegetables Carrot cake	Fish pie with sweet corn & parsley sauce Fruit cocktail	Sausage casserole with potatoes Rock cake	Jacket potatoes and chilli Jelly & fruit OR banana and custard
<u>Mid-afternoon Snack</u>	Rice cakes Drink	Bread sticks Drink	Cracker bread Drink	Cheese sticks & celery Drink	Plain popcorn Milk
<u>Tea</u>	Sandwiches / crackers Cucumber & carrot sticks Fresh fruit	Crumpets with jam Tomato & cucumber Water	Wraps with cheese spread and lettuce Cake Fruit Water	Fruit bread / tea cakes with butter and jam Tomatoes & cucumber OPTIONAL - cheese cubes	Pitta bread with cheese & tomato Cake Fruit Water

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Highgate Day Nursery and Pre-school

Room - Pre-school

Menu - WEEK 4

<u>Meal</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<u>Breakfast - Served 8.00am-8.30am</u>	Wholemeal toast & milk (Children who do not have breakfast at home can bring in their own cereal)	Wholemeal toast & milk (Children who do not have breakfast at home can bring in their own cereal)	Wholemeal toast & milk (Children who do not have breakfast at home can bring in their own cereal)	Wholemeal toast & milk (Children who do not have breakfast at home can bring in their own cereal)	Wholemeal toast & milk (Children who do not have breakfast at home can bring in their own cereal)
<u>Lunch</u>	Spaghetti with cheese sauce, broccoli and ham Fruit platter & yoghurt dip	Chicken Soup with pasta and vegetables Carrot cake	Fish pie with sweet corn & parsley sauce Fruit platter	Sausage casserole with potatoes Rock cake	Jacket potatoes and chilli Fruit platter
<u>Mid-afternoon Snack</u>	Rice cakes Drink	Bread sticks Drink	Cracker bread Drink	Cheese sticks & celery OR cheerios Drink	Plain popcorn Milk
<u>Tea</u>	Sandwiches / crackers Cucumber & carrot sticks Fresh fruit Water to drink	Crumpets with jam Tomato & cucumber Water to drink	Wraps with cheese spread and lettuce Cake Fruit Water to drink	Fruit bread / tea cakes with butter and jam Tomatoes & cucumber Water to drink	Pitta bread with cheese & tomato Scones Fruit Water to drink

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