

Snack Menu – (Updated January 2026)

Parents – please give us your ideas for healthy and nutritious snacks. We must follow the national guidelines set out in “Setting The Table”. Allergy alternatives will be served as and where required. You can find these at www.healthscotland.com

1	AM snack	Main Course (Vegetarian Option)	Pudding	PM Snack/Light Meal
Mon	Crisp Bread, Soft Cheese with fruit	Pork meatballs, tomato fusilli pasta and mixed vegetable (Vegan meatballs, tomato sauce, mixed veg)	Fromage Frais and fruit	Wholemeal wraps with variety of fillings and fruit + Veg
Tue	Home baked fruit scone with fruit	Squash and sweet potato soup and wholemeal sandwiches	Fresh watermelon slices	Homemade sausage rolls with vegetables
Wed	Fruit Yoghurt with apple puree	Fish fingers, herb baked new potatoes, peas and sweetcorn (Vegetable and butter bean cakes, herb potatoes, peas and sweetcorn)	Custard and banana slices	Potato and Carrot Waffles and Beans
Thu	Breadsticks, Cheese Cubes, veg with Dip	Sticky plum Chicken, stir fry egg noodles, green beans (Tofu and vegetable stir fry noodles with green beans)	Pineapple fingers	Homemade vegetable muffins with fruit
Fri	Pitta, Peppers, Carrots with Humous	Beef chilli, steamed rice and sweetcorn (Vegetable and five bean chilli, rice and sweetcorn)	Fresh fruit salad	Homemade Pizza
2	AM snack	Main Course (Vegetarian Option)	Pudding	PM Snack/Light Meal
Mon	Plain rice cake with cucumber and tomato slices	Herb Roast chicken breast in a tomato sauce with steamed rice, green beans (Spiced red lentil casserole, steamed rice and green beans)	Selection of melon	Wholemeal pitta pockets with fillings and apple
Tue	Greek Yoghurt with Berries	Macaroni cheese, garden peas and sweetcorn	Fresh fruit salad	Vegetable Spring Rolls with veg and Dip
Wed	Plain rich tea biscuit with selection of fruit	Carrot and Lentil soup and wholemeal sandwiches	Pineapple Fingers	Cheesy wholemeal pasta bake with peas
Thu	Pancake with Spread and fruit	Beef bolognese, conchiglie pasta, broccoli (Vegetable and black bean ragu, conchiglie pasta, broccoli)	Rice pudding with raisins	Homemade vegetable muffins with fruit
Fri	Melba toast with Soft Cheese with fruit	Homemade salmon fish fingers, new potatoes and mixed vegetables (Quorn nuggets, new potatoes, mixed veg)	Fromage Frais and fruit	Wholemeal bagels with Variety of Fillings and fruit
3	AM snack	Main Course (Vegetarian Option)	Pudding	PM Snack/Light Meal
Mon	Crackers with Soft Cheese and cucumber	Chicken and leek puff pastry pie, roast potatoes and broccoli (Root vegetable pie, roast potatoes broccoli)	Variety of melon	Cheese twists with a Salsa Dip + Veg
Tue	Fruit Yogurt with Berries	Tomato soup and wholemeal sandwiches	Fresh fruit Salad	Tomato, pepper and courgette pasta bake
Wed	Toasted English Muffin with Spread and fruit	Fish cakes, steamed potatoes, peas and carrots (Falafel, steamed potatoes, peas and carrots)	Fromage Frais	Cheese on wholemeal toast with tomato slices
Thu	Breadsticks, Cheese Cubes, Cucumber with Dip	Braised beef mince, root veg mash and green beans (Vegetable and Quorn casserole, potatoes with green beans)	Homemade Free from Apple Strudel	Vegetable fingers with beans
Fri	Pancake with spread with watermelon	Chinese chicken curry, steamed rice, cauliflower (Vegetable and chickpea Chinese curry, steamed rice and cauliflower)	Fresh fruit salad	Finger Rolls with a Variety of Fillings with fruit
4	AM snack	Main Course (Vegetarian Option)	Pudding	PM Snack/Light Meal
Mon	Breadsticks, Cheese Cubes, Cucumber with Dip	Fish goujons, baby new potatoes, baked beans and peas (Vegetable nuggets, baby potatoes, baked beans and peas)	Custard with banana	Homemade pizza and veggie sticks
Tue	Plain rice cakes with natural yoghurt dip	Grilled chicken, vegetable spiced rice, corn on the cob (Paprika roast vegetables, taco wraps, spiced veg rice, corn on the cob)	Pineapple Fingers	Tomato, red pepper and spinach pin wheels with steamed broccoli
Wed	Homebake apple and banana muffins with fruit	Beef lasagne with garlic bread, green beans (Haricot beans & vegetables in rich tomato sauce, garlic bread, green beans)	Yogurt and fruit	Vegetable rice salad
Thu	Wraps, Carrots, Peppers with Dip	Chicken in gravy with mash potato, carrots and broccoli (Cheesy baked potato and baked beans with broccoli)	Watermelon slices	Spaghetti hoops on wholemeal toast
Fri	Cracker with soft cheese spread and fruit selection	Cauliflower soup and wholemeal sandwiches	Fresh fruit salad	Chicken Goujons with Veg