

Snack Menu – (Updated January 2023)

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

Wk 1	AM snack	Main Course (Vegetarian Option)	Pudding	PM snack
Mon	Crisp Bread, Soft Cheese with fruit (Schar Crisp Bread with fruit)	Beef chilli, rice and sweetcorn Vegetable chilli, rice and sweetcorn	Watermelon Slices/fruit salad	Wraps with variety of Fillings and fruit + Veg (Gluten Free Wraps with Fillings)
Tue	Yoghurt with Fruit (Plain KoKo Yoghurt)	Roast Chicken, mini, yorkie, roast potatoes and carrots Roast vegetable casserole in gravy	Homemade Sponge (Free From Cookies)	Sweet Potato and Carrot Waffles and Beans
Wed	Homebake: Scone with fruit (Asda Free From Teacake) Rooms to make	Vegetable soup and sandwiches	Custard and Banana (Free From Custard)	Cheese Wheels with a Salsa Dip + Veg (Free From Pastry with Free from Cheese)
Thu	Breadsticks, Cheese Cubes, veg with Dip (Schar Breadsticks, Free From Cheese Cubes)	Turkey sweet and sour, brown rice and green beans Cous stuffed pepper with green beans	Fromage Frais (KoKo Yoghurt)	Free From vegetable dippers + Veg batons
Fri	Pitta, Peppers, Carrots with Humous (BFree Pitta Bread)	Creamy basil pesto pasta with baked cod flakes and mixed vegetables Falafel bites, baby potatoes, mixed vegetables	Jelly and Fruit	Homemade Pizza (Homemade Free From pizza) Rooms to make
Wk 2	AM snack	Main Course (Vegetarian Option)	Pudding	PM snack
Mon	Digestive/Rich Tea Biscuit with fruit (Schar Digestive/Free From Custard Cream)	Braised mince, mash potatoes, skirlie and peas Butternut squash and broccoli pasta bake	Yoghurt with Fruit (Plain KoKo Yoghurt)	Macaroni + cheese (Dairy Free cheese on toast)
Tue	Pancake with Spread and fruit (Genius Pancake)	Pork Meatballs, Tomato & Pepper Sauce, Wholemeal Penne Pasta with Broccoli (Vegan Meatballs)	Pineapple Fingers	Bagels with Variety of Fillings and fruit (Genius Bagel with Fillings)
Wed	Melba toast with Soft Cheese with fruit (Gluten Free Oatcake with fruit)	Turkey and ham pie puff pastry, roast new potatoes and mixed vegetables	Homemade Free from Apple Strudel (with/without milk)	Fishcakes with Bread and Butter (Free From Gluten Free Fish cakes)
Thu	Homebake: with fruit (Free From FlapJack) Rooms to make	Sweet chilli glazed salmon, stir fry egg noodles and carrots Stuffed vegetable and cream cheese jacket potatoes	Custard with peaches	Vegetable Spring Rolls with veg and Dip (Free From Mozzarella Sticks and free from dip)
Fri	Greek Yoghurt with Berries (Plain KoKo Yoghurt)	Herbed chicken on tomato sauce with rice, pitta bread and sweetcorn Quorn pieces in tomato sauce with rice, pitta bread and sweetcorn	Ice cream and Wafer (Free From Ice Cream)	Vegetable Fingers and Beans (Free From Vegetable Dippers and beans)
Wk 3	AM snack	Main Course (Vegetarian Option)	Pudding	PM snack
Mon	Crackers with Soft Cheese and fruit (Schar Crackers with Free From Cheese)	Macaroni Cheese and Peas (Tomato and Vegetable Pasta)	Mixed fruit platter	Fish Fingers with Bread and Butter (Gluten Free Fish Fingers with Gluten Free Bread)
Tue	Homebake Cheese Twists with fruit (above with free from cheese/Free From Pastry for Gluten Free) Rooms to make	Tomato Soup and Sandwiches	Homemade Banana Loaf (Organix Oat Bar)	Scrambled eggs +Bread (Rice and vegetables)
Wed	Toasted English Muffin with Spread and fruit (BFree English Muffin)	Fish Goujons, butternut squash mash & cauliflower (Vegetable Goujons)	Fruit Crumble with Milk	Sausage rolls with beans (Free from sausages with Beans)
Thu	Breadsticks, Cheese Cubes, Cucumber with Dip (Schar Breadsticks, Free From Cheese Cubes)	Chicken casserole, steamed potatoes and carrots Sweetcorn and spring onion pancakes with steamed potatoes and carrots	Fromage Frais (KoKo Yoghurt)	Finger Rolls with a Variety of Fillings with fruit (Free From Roll with Fillings)
Fri	Fruit Loaf, Spread with Fruit (Genius Fruit Loaf/Free From Teacakes)	Lasagne, Garlic Bread and Green Beans (Vegetable Lasagne)	Custard and Peaches (Free From Custard)	Homemade Pizza with veg (Homemade Free From pizza) Rooms to make
Wk 4	AM snack	Main Course (Vegetarian Option)	Pudding	PM snack
Mon	Flavoured Rice Cakes with fruit (Organix Apple Rice Cakes)	Tikka Chicken, Brown Rice, Naan Bread & Sweetcorn (Sweet Potato & Spinach Curry)	Yogurt and fruit (koko yogurt)	Vegetable Soup with Crusty Bread (BFree White Baguette)
Tue	Toasted Waffles with Spread with fruit (Organix Oat Bar)	Beef hot pot, saute potatoes and garden peas Vegan burger, roast potatoes, peas	Pineapple Fingers	Chicken Goujons with Veg (Free From Chicken Goujons)
Wed	Malt Loaf with spread and Bananas (Genius Fruit Loaf)	Cheesy Chicken & broccoli Wholemeal Pasta Bake with green beans Puff pastry pizza with tomato and mozzarella	Rice pudding (Alpro Vanilla dessert)	Cocktail Sausages and Beans (Gluten Free Sausages + beans)
Thu	Wraps, Carrots, Peppers with Dip (Gluten Free Wraps)	Fish cakes, baby potatoes, mixed vegetables Vegan cauliflower pasta bake	Jelly and Fruit	Tomato and veg pasta bake
Fri	Homebake Gluten/Dairy Free Flapjacks with fruit Rooms to make	Turkey Bolognese, fusilli pasta with Carrots (Vegetable Bolognese)	Homemade Carrot Cake (Free From Carrot Cake)	Sandwiches with a Variety of Fillings with Fruit (Free From Bread with Fillings)

Whole Milk or Water served with every meal Fresh fruit and Vegetables served daily

Snack Helpers

Mon – Pre-School
Tues – Toddlers
Wed – Pre-School
Thu – Toddlers
Fri – Babies
Wednesday - Pre-School/KW2 – Asda online snack shop

Children should help during either am snack/pm snack/ pudding – prepare, serve, organise and tidy up.