

Early Years Snacks

WEEK 1

	<u>Snack</u>	<u>Allergens</u>	<u>Kcal Average</u>
Monday	Tortilla wrap with soft cheese & ½ an apple	Wrap: Gluten Cheese: Milk	
Tuesday	2 Bread sticks, 20g of cheese, grapes (x 5 halved)	Bread Sticks: Gluten/Wheat Cheese: Milk	
Wednesday	1 Slice of toast, ½ banana, cucumber sticks (x 4)	Toast: Wheat	
Thursday	½ Toasted bagel with spread & 1 small tangerine	Bagel: Gluten & Sesame Seeds	
Friday	½ Pitta bread, small pot of houmous (25g) and 3 veg sticks (Carrot/Pepper)	Pitta Bread: Gluten Houmous: Sesame Seeds	125Kcal

WEEK 2

Special Diet requests can be accommodated and must be supported by the submission of an appropriate form from the NHS Acute Services Division.

	<u>Snack</u>	<u>Allergens</u>	<u>Kcal Average</u>
Monday	½ Pitta bread with tuna & cucumber sticks (x 4) & natural yoghurt	Pitta Bread: Gluten Yoghurt: Milk	
Tuesday	½ Toasted bagel with spread and ½ pear	Bagel: Gluten & Sesame Seeds Stork: Milk	
Wednesday	2 Cream crackers with stork or soft cheese, grapes (x 5 halved)	Cream Cracker: Wheat/Gluten Stork: Milk Soft Cheese: Milk	
Thursday	2 Bread sticks, small block of cheese (20g) & small pot plain yoghurt with 3 orange segments	Bread Sticks: Wheat/Gluten Cheese: Milk Plain Yoghurt: Milk	
Friday	1 Cream cracker with houmous (25g), ½ banana or grapes x 5	Cream Cracker: Wheat/Gluten Houmous: Sesame Seeds	

WEEK 3

Special Diet requests can be accommodated and must be supported by the submission of an appropriate form from the NHS Acute Services Division.

	<u>Snack</u>	<u>Allergens</u>	<u>Kcal Average</u>
Monday	Tortilla wrap with soft cheese & ½ an apple	Wrap: Gluten Cheese: Milk	
Tuesday	2 Bread sticks, 20g of cheese, grapes (x 5 halved)	Bread Sticks: Gluten/Wheat Cheese: Milk	
Wednesday	1 Slice of toast, ½ banana, cucumber sticks (x 4)	Toast: Wheat	
Thursday	½ Toasted bagel with spread & 1 small tangerine	Bagel: Gluten & Sesame Seeds	
Friday	½ Pitta bread, small pot of houmous (25g) and 3 veg sticks (Carrot/Pepper)	Pitta Bread: Gluten Houmous: Sesame Seeds	125Kcal

WEEK 4

	<u>Snack</u>	<u>Allergens</u>	<u>Kcal Average</u>

Special Diet requests can be accommodated and must be supported by the submission of an appropriate form from the NHS Acute Services Division.

Monday	½ Pitta bread with tuna & cucumber sticks (x 4) & natural yoghurt	Pitta Bread: Gluten Yoghurt: Milk	
Tuesday	½ Toasted bagel with spread and ½ pear	Bagel: Gluten & Sesame Seeds Stork: Milk	
Wednesday	2 Cream crackers with stork or soft cheese, grapes (x 5 halved)	Cream Cracker: Wheat/Gluten Stork: Milk Soft Cheese: Milk	
Thursday	2 Bread sticks, small block of cheese (20g) & small pot plain yoghurt with 3 orange segments	Bread sticks: Wheat/Gluten Cheese: Milk Plain Yoghurt: Milk	
Friday	1 Cream cracker with houmous (25g), ½ banana or grapes x 5	Cream Cracker: Wheat/Gluten Houmous: Sesame Seeds	

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