

## Early Years Snacks

### WEEK 1

	<u>Snack</u>	<u>Allergens</u>	<u>Kcal Average</u>
<b>Monday am</b>	Small pot of natural yoghurt (50g) with toasted porridge oats (15g) and 4 chopped strawberries	Oats: Gluten/Wheat Yoghurt: Milk Strawberries: Nil	125kcal
<b>Monday pm</b>	2 Breadsticks, 4 small cubes of cheddar cheese (20g) and 5 grapes (halved)	Breadsticks: Gluten/Wheat Cheese: Milk Grapes: Nil	150kcal
<b>Tuesday am</b>	1 Cream cracker and a small pot of natural yoghurt (50g) mixed with ½ a banana	Cracker: Gluten/Wheat Yoghurt: Milk Banana: Nil	120kcal
<b>Tuesday pm</b>	Baked tortilla triangles with laughing cow soft cheese, 4 cherry tomatoes quartered and mixed with ¼ of an avocado	Wrap: Gluten/Wheat Cheese: Milk Tomato: Nil Avocado: Nil	180kcal
<b>Wednesday am</b>	2 Oatcakes, 4 small cubes of cheddar cheese (20g) and 5 grapes (halved length ways)	Oatcakes: Gluten/Wheat/Milk Cheese: Milk Grapes: Nil	100kcal
<b>Wednesday pm</b>	½ Pitta bread, small pot of natural yoghurt (50g) with diced cucumber (40g) and 3 carrot sticks (40g)	Pitta Bread: Gluten/Wheat Yoghurt: Milk Cucumber: Nil Carrot: Nil	150kcal

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

<b>Thursday am</b>	½ Toasted bagel with stork spread and 3 orange slices (40g)	Bagel: Gluten/Wheat/Sesame Seeds Spread: Milk Orange: Nil	140kcal
<b>Thursday pm</b>	2 Breadsticks with laughing cow soft cheese (17.5g) and 3 slices of pear (40g)	Breadsticks: Gluten/Wheat Cheese: Milk Pear: Nil	100kcal
<b>Friday am</b>	2 Oatcakes with stork spread and 4 pepper batons (40g)	Oatcakes: Gluten/Wheat/Milk Spread: Milk Peppers: Nil	130kcal
<b>Friday pm</b>	½ Pitta bread, a small pot of houmous (25g), 3 carrot sticks and 4 cherry tomatoes (halved) (40g)	Pitta Bread: Gluten/Wheat Houmous: Sesame Seeds Carrot Sticks: Nil Cherry Tomatoes: Nil	180kcal

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**WEEK 2**

	<b><u>Snack</u></b>	<b><u>Allergens</u></b>	<b><u>Kcal Average</u></b>
<b>Monday am</b>	Small pot of natural yoghurt (50g) with toasted porridge oats (15g) mixed with ½ a banana	Oats: Gluten/Wheat/Milk Yoghurt: Milk Banana: Nil	155kcal
<b>Monday pm</b>	2 Breadsticks with laughing cow soft cheese and 2 kiwi slices (40g)	Breadsticks: Gluten/Wheat Cheese: Milk Kiwi: Nil	140kcal
<b>Tuesday am</b>	½ Toasted bagel with stork spread and 3 pear slices (40g)	Bagel: Gluten/Wheat/Sesame Seeds Stork: Milk Pear: Nil	140kcal
<b>Tuesday pm</b>	2 Breadsticks with fresh mozzarella cheese (20g) and 4 cherry tomatoes (halved)	Breadsticks: Gluten/Wheat Mozzarella Cheese: Milk Tomatoes: Nil	115kcal
<b>Wednesday am</b>	2 Cream crackers with laughing cow soft cheese and 5 grapes (halved length ways)	Cream Cracker: Gluten/Wheat Stork: Milk Soft Cheese: Milk Grapes: Nil	115kcal
<b>Wednesday pm</b>	2 Oatcakes, 4 small blocks of cheddar cheese (20g) and 4 cherry tomatoes (halved)	Oatcakes: Gluten/wheat/Milk Cheese: Milk Cherry Tomatoes: Nil	175kcal

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<b>Thursday am</b>	2 Breadsticks, 4 small blocks of cheddar cheese (20g) and ½ a banana	Breadsticks: Gluten/Wheat Cheese: Milk Banana: Nil	170kcal
<b>Thursday pm</b>	1 Slice of French baguette bread with laughing cow soft cheese (17.5g) and 3 slices of plum (40g)	Baguette: Gluten/Wheat Cheese: Gluten Plum: Nil	100kcal
<b>Friday am</b>	Small pot of natural yoghurt (50g) with toasted porridge oats (15g) mixed with honeydew melon (40g)	Oats: Gluten/Wheat/Milk Yoghurt: Milk Melon: Nil	125kcal
<b>Friday pm</b>	1 Cream cracker with a small pot of houmous (25g), 3 carrot sticks (40g) and 5 grapes (halved length ways)	Cream Cracker: Gluten/Wheat Houmous: Sesame Seeds Carrot sticks: Nil Grapes: Nil	135kcal

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**WEEK 3**

	<b><u>Snack</u></b>	<b><u>Allergens</u></b>	<b><u>Kcal Average</u></b>
<b>Monday am</b>	Small pot of natural yoghurt (50g) with toasted porridge oats (15g) and 4 chopped strawberries	Oats: Gluten/Wheat/Milk Yoghurt: Milk Strawberries: Nil	125kcal
<b>Monday pm</b>	2 Breadsticks, 4 small cubes of cheddar cheese (20g) and 5 grapes (halved length ways)	Breadsticks: Gluten/Wheat Cheese: Milk Grapes: Nil	150kcal
<b>Tuesday am</b>	1 Cream cracker, a small pot of natural yoghurt (50g) mixed with ½ a banana	Cream Cracker: Gluten/Wheat Yoghurt: Milk Banana: Nil	120kcal
<b>Tuesday pm</b>	Baked tortilla triangles with laughing cow soft cheese, 4 cherry tomatoes quartered and mixed with ¼ of an avocado	Wrap: Gluten/Wheat Cheese: Milk Tomato: Nil Avocado: Nil	180kcal
<b>Wednesday am</b>	2 Oatcakes, 4 small cubes of cheddar cheese (20g) and 5 grapes (halved length ways)	Oatcakes: Gluten/Wheat/Milk Cheese: Milk Grapes: Nil	175kcal
<b>Wednesday pm</b>	½ Pitta bread, a small pot of natural yoghurt (50g) with diced cucumber (40g) and 3 carrot sticks (40g)	Pitta Bread: Gluten/Wheat Yoghurt: Milk Cucumber: Nil Carrots: Nil	140kcal

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<b>Thursday am</b>	½ Toasted bagel with stork spread and 3 orange slices(40g)	Bagel: Gluten /Wheat/Sesame Seeds Spread: Milk Tangerine: Nil	140kcal
<b>Thursday pm</b>	2 Breadsticks with laughing cow soft cheese (17.5g) and 3 pear slices (40g)	Breadsticks: Gluten/Wheat Cheese: Milk Pear: Nil	100kcal
<b>Friday am</b>	2 Oatcakes with stork spread and 4 pepper batons (40g)	Oatcakes: Gluten/Wheat/Milk Spread: Milk Peppers: Nil	100kcal
<b>Friday pm</b>	½ Pitta bread, a small pot of houmous (25g), 3 carrot sticks (40g) and 4 cherry tomatoes (halved)	Pitta Bread: Gluten/Wheat Houmous: Sesame Seeds Carrot Sticks: Nil Cherry Tomatoes: Nil	180kcal

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**WEEK 4**

	<b><u>Snack</u></b>	<b><u>Allergens</u></b>	<b><u>Kcal Average</u></b>
<b>Monday am</b>	Small pot of natural yoghurt (50g) with toasted porridge oats (15g) mixed with ½ a banana	Oatcakes: Gluten/Wheat/Milk Yoghurt: Milk Banana: Nil	155kcal
<b>Monday pm</b>	2 Bread sticks with laughing cow soft cheese and 2 kiwi slices (40g)	Breadsticks: Gluten/Wheat Cheese: Milk Kiwi: Nil	140kcal
<b>Tuesday am</b>	½ Toasted bagel with stork spread and 3 pear slices (40g)	Bagel: Gluten/Wheat/Sesame Seeds Stork: Milk Pear: Nil	140kcal
<b>Tuesday pm</b>	2 Breadsticks with fresh mozzarella cheese (20g) and 4 cherry tomatoes	Breadsticks: Gluten/Wheat Mozzarella Cheese: Milk Tomatoes: Nil	115kcal
<b>Wednesday am</b>	2 Cream crackers with laughing cow soft cheese and 5 grapes (halved length ways)	Cream Cracker: Gluten/Wheat Stork: Milk Soft Cheese: Milk Grapes: Nil	115kcal
<b>Wednesday pm</b>	2 Oatcakes, 4 small cubes of cheddar cheese (20g) and 4 cherry tomatoes (halved)	Oatcakes: Gluten/Wheat/Milk Cheese: Milk Cherry Tomatoes: Nil	175kcal

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<b>Thursday am</b>	2 Breadsticks, 4 small cubes of cheddar cheese (20g) and ½ a banana	Breadsticks: Wheat/Gluten Cheese: Milk Banana: Nil	170kcal
<b>Thursday pm</b>	1 Slice of French baguette bread with laughing cow soft cheese (17.5g) and 3 slices of plum (40g)	Baguette: Gluten/Wheat Cheese: Gluten Plum: Nil	100kcal
<b>Friday am</b>	Small pot of natural yoghurt (50g) with toasted porridge oats (15g) mixed with honeydew melon (40g)	Oats: Gluten/Wheat/Milk Yoghurt: Milk Melon: Nil	125kcal
<b>Friday pm</b>	1 Cream cracker with a small pot of houmous (25g), 3 carrot sticks (40g) and 5 grapes (halved length ways)	Cream Cracker: Wheat/Gluten Houmous: Sesame Seeds Carrot sticks: Nil Grapes: Nil	135kcal

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