| **WEEK 1&3** |  | **Snack** | **Allergens** |
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| **Monday** | *AM* | 2 bread sticks with red pepper houmous (25g), 2 cherry tomatoes and½ apple | ***Bread sticks*** *:***Barley, Wheat and Gluten****Houmous**: ***Sesame seeds*****Cherry tomato**: *nil***Apple**: *nil* |
| *PM* | Blueberry and Avocado muffin ½ apple | **Muffin:** Gluten and Wheat Egg milk**Apple**: *nil* |
| **Tuesday** | *AM* | 2 Bread sticks, small block of cheese (20g) and small pot of plain yogurt with 3 Strawberries | **Bread stick**: *:***Barley, Wheat and Gluten****Cheese**: *Milk* **Plain Yogurt** : *Milk* **Strawberry**: *nil* |
| *PM* | 2x Cream Cracker , Babybel (20g) of cheese and grapes (x5). | **Cream cracker** : Barley, Wheat and Gluten**Cheese**: *Milk***Grapes**: *nil* |
| **Wednesday** | *AM* | ½ Fruit Scone with Spread and ½ Orange | **Scone**: *Gluten/ Milk/ Egg/ Sulphur Dioxide Vitalite :* nilOrange: nil |
| *PM* | 2 Cream crackers with spread or soft cheese, small tangerine or ½ apple | **Cream Cracker**: Barley, Wheat and Gluten**Vilalite** : *nil***Soft Cheese**: *Milk* **Tangerine**: *nil* **Apple**: *nil* |
| **Thursday** | *AM* | 2 bread sticks with red pepper houmous (25g), 2 cherry tomatoes and½ apple | **Houmous**: *Sesame seeds* ***Beadstick****:* **Barley, Wheat and Gluten Cherry tomato**: *nil***Apple**: *nil* |
| *PM* | Blueberry and Avocado muffin ½ apple | **Muffin:** Gluten and Wheat Egg milk**Apple**: *nil* |
| **Friday** | *AM* | 2 Bread sticks, small block of cheese (20g) and small pot of plain yogurt with 3 Strawberries | **Bread stick**: **Barley, Wheat and Gluten****Cheese:** *Milk* **Plain Yogurt** : *Milk* **Strawberry:** *nil* |
| *PM* | 2x Cream Cracker , Babybel (20g) of cheese and grapes (x5). | **Cream cracker** : *Wheat***Cheese**: *Milk***Grapes**: *nil* |

| **WEEK 2&4** |  | **Snack** | **Allergens** |
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| **Monday** | *AM* | 1 Cream Cracker with red pepper houmous (25g), ½ banana or grapes x5 (child handful) | **Cream cracker:** Barley, Wheat and Gluten**Houmous**: *Sesame seeds***Banana:** *nil***Grapes:** *nil* |
| *PM* | ½ Fruit Scone with spread and grapes ( x5) | **Scone:** *Gluten/ Milk/ Egg/ Sulphur Dioxide****vitalite:*** *nil****Grapes****:nil* |
| **Tuesday** | *AM* | 1 pancake with spread and ½ pear | **Pancake** : Gluten, Egg, Milk**Vitalite:**nil **Pear:** *nil* |
| *PM* | ½ Pitta bread, small pot of roasted red pepper houmous (25g) and 3 veg sticks (Pepper**)** | **Pitta bread:** *Gluten&wheat* **Houmous** : *Sesame* **Pepper:** *nil* |
| **Wednesday** | *AM* | 2 Bread sticks, small block of cheese (20g) and small pot of plain yogurt with 3 Strawberries | **Bread stick**: *:***Barley, Wheat and Gluten****Cheese**: *Milk* **Plain Yogurt** : *Milk* **Strawberry**: *nil* |
| *PM* | 2 Cream crackers with spread or soft cheese, small tangerine or ½ apple | **Cream Cracker**: Barley, Wheat and Gluten**Vilalite** : *nil***Soft Cheese**: *Milk* **Tangerine**: *nil* **Apple**: *nil* |
| **Thursday** | *AM* | 1 Cream Cracker with red pepper houmous (25g), ½ banana or grapes x5 (child handful) | **Cream cracker**: Barley, Wheat and Gluten**Houmous**: *Sesame seeds***Banana**: *nil***Grapes**: *nil* |
| *PM* | ½ Fruit Scone with spread and grapes ( x5) | **Scone**: *Gluten/ Milk/ Egg/ Sulphur Dioxide****Vitalite*** *:nil* |
| **Friday** | *AM* | 1 pancake with spread and ½ pear | **Pancake**: Gluten, Egg, Milk***Vitalite****: nil***Pear**: *nil* |
| *PM* | ½ Pitta bread, small pot of roasted red pepper houmous (25g) and 3 veg sticks (Pepper**)** | **Pitta bread**: *Gluten&wheat* **Houmous** : *Sesame* **Pepper**: *nil* |