



# Gresford Governors' Clubs & Playgroup



## Snack Menu - 2024-2025

September-February	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>WEEK 1</b>	½ Slice wholemeal toast Thins with a selection of seasonal fruit & veg.	Crackers Hard Cheese With a selection of seasonal fruit & veg.	½ crumpet Carrot & cucumber sticks	Breadsticks Hard Cheese With a Seasonal of fruit & veg	Wholemeal Wrap Hard Cheese With a selection of seasonal fruit
<b>WEEK 2</b>	Breadsticks Soft cheese With a selection of seasonal fruit & veg	½ muffin With a selection of seasonal fruit & veg	Crackers Hard Cheese With a selection of seasonal fruit & veg	Wholemeal Toast With a selection of seasonal fruit & veg	Rice cake Soft Cheese With a selection of seasonal fruit & veg
<b>WEEK 3</b>	Wholemeal Wrap Soft Cheese With a selection of seasonal fruit & veg	Breadsticks Hard Cheese With a selection of seasonal fruit & veg	½ Bagel With a selection of seasonal fruit & veg	Rice Cakes Soft Cheese With a selection of seasonal fruit & veg	½ crumpet With a selection of seasonal fruit & veg

### Seasonal Fruit & Veg (Autumn – Winter)

Blackberries                      Carrots                                      Apples                                      Tomatoes                                      Bananas

Green and Red Peppers              Raspberries                                      Cucumber                                      Oranges                                      Grapes

Sweetcorn

This menu is a guide as to what your child will eat during Playgroup and Playgroup Plus sessions.

Menus are rotated on a 3-week basis.

From time to time there maybe substitute food items e.g seasonal fruit or themed food, depending on the topic of Playgroup and Playgroup Plus.

Fresh fruit or vegetables will be served with every snack.

Cereal will be rotated from a selection of: Cornflakes, Weetabix, and Rice Krispies.

Any special dietary, religious or cultural requirements will be adhered to, and substitutes will be given when necessary or parents will be asked to provide suitable alternatives.

Only drinks of milk or water will be offered with snacks.

Spread is low fat olive-based spread.

Snacks times are:

Morning session 10 – 10.15 am

Afternoon session 2.15 – 2.30 pm (approx.)

FOOD	ALLERGEN CONTENT
Wholemeal/50-50/white toast with low fat olive spread.	Wheat, Soya, Gluten, Milk
Muffins	Wheat, Soya
Crumpets	Wheat, Gluten
White Bagel	Wheat, Gluten
Wholemeal Wrap, Baguette, Finger Rolls	Wheat
Wholemeal Pitta Bread	Wheat, Milk
Rice Cakes	Milk, Sesame, Soya
Potato Cakes	Wheat, Milk
Crackers, Butter Puffs, Cornish Wafers	Wheat
Breadsticks	Wheat, Gluten, Sesame, Milk
Cereal: Weetabix	Wheat, Barley
Corn Flakes	Barley
Rice Krispies	Barley
Plain Yogurt	Milk
Soft/Hard Cheese	Milk
Fresh Fruit & Vegetables	-
Tinned Fruit in Juice	-

Please advise a Playgroup member of staff if your child/children have any food allergies or dietary need.