

Long Wittenham Pre School snack menu

| | Week 1 | Week 2 | Week 3 | Week 4 |
|-----------|---|--|--|--|
| Monday | Fruit Loaf (wheat and soya) oranges | Oranges and melon | Cheese (milk), raisins and pineapple | Grapes and pears |
| Tuesday | Strawberries and grapes | Raspberries and scotch pancake (wheat, milk and egg) | Tuna (fish), sweetcorn and buttered bagel thin (wheat, Rye and Barley) | Cream crackers (wheat) pepper and carrot batons |
| Wednesday | Scrambled egg (eggs), cherry tomatoes and buttered toast (wheat and soya) | Houmous (sesame seed), breadsticks(wheat and barley) and carrot batons | Melon and apples | Yoghurt (milk) with peach segments |
| Thursday | Banana and digestive biscuit (wheat and oats) | Caramel rice cake (soya) and banana | Banana and rich tea biscuit (wheat, Barley and Metabisulphite) | Cheese thins (wheat, Milk and Barley) and Banana |
| Friday | Krackerbread (wheat and milk) chicken and cucumber slices | Apples and strawberries | Toasted muffins (wheat and soya) with cheese spread topped with cucumber ribbons | Mediterranean couscous (wheat and Barley) |

- Allergens

*children will be offered foods that are *free from* similar alternatives.