

## Three week example snack menu for childcare settings – autumn/winter (children aged 1-4 years)



Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Mid-morning snack</b> Planned to provide <b>10%</b> of a child's daily nutritional requirements	Toasted English muffin and spread with a clementine	Runner beans with bean dip	Rice cakes with beetroot dip	Banana	Toasted pitta bread with mashed avocado
<b>Mid-afternoon snack</b> Planned to provide <b>10%</b> of a child's daily nutritional requirements	Tomato slices and cheese cut into sticks	Plain popcorn with pear	Oatcake and Satsuma	Baby corn, crackers and spread	Carrot, pepper sticks and houmous
Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Mid-morning snack</b> Planned to provide <b>10%</b> of a child's daily nutritional requirements	Carrot and pepper sticks	Rice cakes with cream cheese and apple slices	Crackers with spread and sliced grapes	Wholemeal pitta fingers with mint raita and cucumber sticks	Plum and satsuma
<b>Mid-afternoon snack</b> Planned to provide <b>10%</b> of a child's daily nutritional requirements	Banana on toast	Yoghurt and pear	Cheese sticks and tomatoes	Pineapple	Toasted English muffin with spread and carrot sticks
Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Mid-morning snack</b> Planned to provide <b>10%</b> of a child's daily nutritional requirements	Rice cake and houmous with cucumber sticks	Plain yoghurt and banana slices	Avocado on toast	Carrot and celery sticks	Breadsticks with apple
<b>Mid-afternoon snack</b> Planned to provide <b>10%</b> of a child's daily nutritional requirements	Crackers and cream cheese with apple slices	Pitta bread and tzatziki with pepper sticks	Seasonal chopped mixed fruit	Crumpets with spread and grapes	Hard-boiled egg and tomatoes

**Drinks: Milk or Water**

**Note: Fresh drinking water must be available and accessible at all times.**