

Three week example snack menu for childcare settings – spring/summer (children aged 1-4 years)



Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Mid-morning snack Planned to provide 10% of a child's daily nutritional requirements	Breadsticks and mixed vegetable sticks	Toasted crumpet, spread and strawberries	Yoghurt and sliced grapes	Wholemeal toast with spread and mangetout	Banana slices
Mid-afternoon snack Planned to provide 10% of a child's daily nutritional requirements	Cheese (sliced or cut into sticks) and sliced tomatoes	Pineapple slices	Mashed avocado and pitta bread	Mixed chopped seasonal fruit	Cucumber and carrot sticks with crackers and cream cheese
Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Mid-morning snack Planned to provide 10% of a child's daily nutritional requirements	Beanie dip and bread sticks	Pepper sticks and tomato slices	Wholemeal toast with spread and kiwi fruit quarters	Banana slices	Bagel and cream cheese with carrot sticks
Mid-afternoon snack Planned to provide 10% of a child's daily nutritional requirements	Nectarine slices	Oatcakes and cream cheese with apple slices	Cucumber and carrot sticks	Crackers, tzatziki and tomato slices	Melon and blueberries
Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Mid-morning snack Planned to provide 10% of a child's daily nutritional requirements	Peach slices and plain yoghurt	Breadsticks with carrot and pepper sticks	Mixed berries and plain yoghurt	Wholemeal toast and spread with apple slices	Sugar snap peas and houmous
Mid-afternoon snack Planned to provide 10% of a child's daily nutritional requirements	Crumpets and spread with kiwi fruit quarters	Banana and yoghurt	Pitta bread and tuna dip with cucumber sticks	Pepper sticks and cheese (sliced or cut into sticks)	Rice cakes, cucumber sticks and tomatoes

Drinks: Milk or Water

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