




Mid-afternoon snacks included within autumn/winter menu


Monday	Ingredients	1-4 year olds	1-2 year olds	3-4 year olds
	Breadsticks	7g (5 mini sticks)	8g	8g
	Hard-boiled egg	50g (1 egg)	50g	50g
	Tomato	40g	40g	40g
	Drink: Whole milk	100ml	100ml	100ml

Tuesday	Ingredients	1-4 year olds	1-2 year olds	3-4 year olds
	Oatcake	15g (1 oatcake)	13g	17g
	Satsuma	40g	40g	40g
	Drink: Water	100ml	100ml	100ml

Wednesday	Ingredients	1-4 year olds	1-2 year olds	3-4 year olds
	Cream crackers	14g (2 crackers)	12g	16g
	Spread	4g (thinly spread)	3g	5g
	Apple	40g	40g	40g
	Drink: Whole milk	100ml	100ml	100ml

Eat Better, Start Better: mid-afternoon snacks

Thursday	Ingredients	1-4 year olds	1-2 year olds	3-4 year olds
	Plain yoghurt, full-fat	60g (1½ tablespoons)	50g	70g
	Banana	40g	40g	40g
	Drink: Water	100ml	100ml	100ml

Friday	Ingredients	1-4 year olds	1-2 year olds	3-4 year olds
	Toasted bagel	50g (½ bagel)	40g	60g
	Spread	4g (thinly spread)	3g	5g
	Celery	20g	20g	20g
	Cucumber	20g	20g	20g
	Drink: Water	100ml	100ml	100ml