

Blackwood Nursery Class – Snack Menu September 2019.

Fruit and vegetables will be offered everyday along with the planned snack below.

V- Vegetarian

H/K-Halal/Kosher

	Monday	Tuesday	Wednesday	Thursday	Friday
Wk 1. AM	<p>Toast-Kingsmill wholemeal bread (V/H/K) with Flora butter (V) or Dairylea spreading cheese (V)</p> <p>Wholemeal bread contains – cereals containing gluten, wheat, barley, soya. Flora contains- Milk. Dairylea spreading cheese contains- Milk.</p>	<p>Kallo low fat Rice Cakes (V), Peppers, Cucumbers, Tomatoes.</p> <p>Rice</p>	<p>McGhees Morning Roll with Flora butter (V) ham or banana.</p> <p>Flora contains- Milk Rolls contain- Wheat Flour, Soya Flour.</p>	<p>Cereal – cornflakes (V) and rice krispies (V)</p> <p>Rice, maize, barley</p>	<p>McGhees Pancakes plain or with Flora butter (V)</p> <p>Pancakes contains- wheat flour (gluten), eggs, milk. May contain traces of nuts, soya, and sesame seeds. Flora contains- Milk</p>
Wk 1. PM	<p>Kallo low fat Rice Cakes (V), Peppers, Cucumbers, Tomatoes.</p> <p>Rice</p>	<p>Toast-Kingsmill wholemeal bread (V/H/K) with Flora butter (V) or Dairylea spreading cheese (V)</p> <p>Wholemeal bread contains – cereals containing gluten, wheat, barley, soya. Flora contains- Milk. Dairylea spreading cheese contains-Milk.</p>	<p>Cereal – cornflakes (V) and rice krispies (V)</p> <p>Rice, maize, barley</p>	<p>McGhees Morning Roll with Flora butter (V) ham or banana.</p> <p>Flora contains- Milk Rolls contain- Wheat Flour, Soya Flour.</p>	<p>Asda Classic Breadsticks with peppers, cucumber and Dairylea spreading cheese (V)</p> <p>Dairylea spreading cheese contains-Milk.</p>
Wk 2. AM	<p>Kallo low fat Rice Cakes (V), Peppers, Cucumber, Tomatoes.</p> <p>Rice</p>	<p>Toast-Warburtons white bread (V/H/K) with Flora butter (V) or banana.</p> <p>Flora contains- Milk White bread contains-Soya, wheat</p>	<p>Asda Classic Breadsticks with peppers, cucumber and Dairylea spreading cheese (V)</p> <p>Dairylea spreading cheese contains-Milk.</p>	<p>McGhees Pancakes plain or with Flora butter (V)</p> <p>Pancakes contains- wheat flour (gluten), eggs, milk. May contain traces of nuts, soya, and sesame seeds. Flora contains- Milk</p>	<p>Cereal – cornflakes (V) and rice krispies (V)</p> <p>Rice, maize, barley</p>
Wk 2. PM	<p>Toast-Kingsmill wholemeal bread (V/H/K) with Flora butter (V) or Dairylea spreading cheese (V)</p> <p>Wholemeal bread contains – cereals containing gluten, wheat, barley, soya. Flora contains- Milk. Dairylea spreading cheese contains- Milk.</p>	<p>Asda Classic Breadsticks with peppers, cucumber and Dairylea spreading cheese (V)</p> <p>Dairylea spreading cheese contains-Milk.</p>	<p>McGhees Pancakes plain or with Flora butter (V)</p> <p>Pancakes contains- wheat flour (gluten), eggs, milk. May contain traces of nuts, soya, and sesame seeds. Flora contains- Milk</p>	<p>Cereal – cornflakes (V) and rice krispies (V)</p> <p>Rice, maize, barley</p>	<p>Kallo low fat Rice Cakes (V), Peppers, Cucumber, Tomatoes.</p> <p>Rice</p>

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Wk 3. AM	<p>Cereal – cornflakes (V) and rice krispies (V)</p> <p>Rice, maize, barley</p>	<p>Toast- Warburtons White Bread (V/H/K) with Flora butter (V)</p> <p>Flora contains- Milk White bread contains-Soya, wheat</p>	<p>Oatcakes with Dairylea spreading cheese or Flora butter (V)</p> <p>Dairylea spreading cheese contains-Milk. Oatcakes contain – oats Flora contains- Milk</p>	<p>Asda Classic Breadsticks with peppers, cucumber and Dairylea spreading cheese (V)</p> <p>Dairylea spreading cheese contains-Milk.</p>	<p>Kallo low fat Rice Cakes (V), Peppers, Cucumber, Tomatoes.</p> <p>Rice</p>
Wk 3. PM	<p>Kallo low fat Rice Cakes (V), Peppers, Cucumber, Tomatoes.</p> <p>Rice</p>	<p>Cereal – cornflakes and rice krispies</p> <p>Rice, maize, barley</p>	<p>Toast- Warburtons White Bread (V/H/K) with Flora butter (V)</p> <p>Flora contains- Milk White bread contains-Soya, wheat</p>	<p>Oatcakes with Dairylea spreading cheese or Flora butter (V)</p> <p>Dairylea spreading cheese contains-Milk. Oatcakes contain – oats Flora contains- Milk</p>	<p>Asda Classic Breadsticks with peppers, cucumber and Dairylea spreading cheese (V)</p> <p>Dairylea spreading cheese contains-Milk.</p>

Allergen advice taken from Food Standards Agency (Food.gov.uk)