

Broadstone Breakfast & Snack Menu

Breakfast: We provide selected fortified, low sugar cereals with dairy or plant-based milk. Children will also be offered toast and fresh fruit along with a drink of water, dairy or plant-based milk.

All vegetarian options can be adapted to support a vegan diet as required

	Week 1		Week 2		Week 3	
	AM Snack Served with water, dairy or plant- based milk	PM Snack Served with water, dairy or plant- based milk	AM Snack Served with water, dairy or plant- based milk	PM Snack Served with water, dairy or plant- based milk	AM Snack Served with water, dairy or plant- based milk	PM Snack Served with water, dairy or plant- based milk
Mon	Fruity Bread	Crumpets & Fruit	Low Fat Hummus with Bread & veggie Sticks	Tuna Sandwiches and Fruit	Toast with Butter and Fruit	Cheese & Crackers with Veggie Sticks
Tue	Oatcakes & Cream Cheese with Cucumber	Toast Topped with Bananas	English Muffins and Veggie Sticks	Fruit Salad	Pitta Sticks with Cheese & Chive Dip	Fruity Bread
Wed	Low Fat Hummus with Bread & veggie Dippers	Cheese & Crackers with Fruit	Rice Cakes & Cream Cheese with Cucumber	Crumpets & Fruit	Oatcakes & Cream Cheese with Cucumber	English Muffins and Fruit
Thu	Bagels with Cream Cheese and Veggie Sticks	Tuna Mayo Pitta and Fruit	Cheese & Crackers with Sweet Tomatoes	Toast Topped with Bananas	Crumpets & Veggie Sticks	Fruit Salad
Fri	Crackerbread with Cottage Cheese and Pineapple	Fruit Salad	Fruity Bread	Pitta Sticks with Cheese & Chive Dip	Rice Cakes & Cream Cheese with Veggie Sticks	Low Fat Hummus with Bread Sticks & Fruit

**Fresh fruit & veg everyday and wholemeal bread, pittas & crackers