

## Bears Club Autumn/Winter Snack Menu

The menu below will be on a two week rolling basis

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast:	Breakfast:	Breakfast:	Breakfast:	Breakfast:
Choice of healthy cereals, bagel, crumpets	Choice of healthy cereals or toast.	Choice of healthy cereals or a bagel.	Choice of healthy cereals or a muffin.	Choice of healthy cereals or toast.
Fresh fruit platter	Yoghurts	Fresh fruit platter	Fromage frais	Fresh fruit platter
Afternoon snacks: please pick option A or B	Afternoon snacks: please pick option A or B	Afternoon snacks: please pick option A or B	Afternoon snacks: please pick option A or B	Afternoon snacks: please pick option A or B
A: Pasta with passata and cheese (optional) B: Cheese and Ham toastie	A: Wrap with selection of fillings eg ham, cheese, cream cheese B: Crumpets with jam or cream cheese	A : Toast with baked Beans and grated cheese (optional) B : Bagel with selection of toppings	A: Hot dogs in a roll B: Ham and cheese toastie	A: Make your own sandwich from a choice of fillings B: Bread/toast with beans and cheese
Selection of fruit, veg & yogurt	Selection of fruit and sugar free jelly	Selection of fruit, veg & yogurt	Selection of fruit & fruit flakes	Selection of fruit or a home made shortbread biscuit
Water readily available	Water readily available	Water readily available	Water readily available	Water readily available



Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast:	Breakfast:	Breakfast:	Breakfast:	Breakfast:
Choice of healthy cereals and toast	Choice of healthy cereals <b>and</b> a crumpet	Choice of healthy cereals and a bagel	Choice of healthy cereals and pancakes	Choice of healthy cereals and toast
Fresh fruit platter	Fromage frais	Fresh fruit platter	Yogurt	Fresh fruit platter
Afternoon snacks: please pick option A or B	Afternoon snacks	Afternoon snacks: please pick option A or B	Afternoon snacks: please pick option A or B	Afternoon snacks
A: Beans & sausages with bread and butter or cheese on toast B. Ham, cheese toastie	Fill your own wraps served with a choice of fillings Carrot sticks & cucumber	A: Pasta with passata and cheese B: Crackers with cheese, mixed peppers and pickles	A: Wraps with a selection of fillings B: Crumpets with a selection of toppings	Homemade pizza with various toppings
Selection of fruit, veg & yogurt	Sugar free jelly or fruit	Selection of fruit, veg & yogurt	Selection of fruit, veg & yogurt	Fruit flakes or raisins
Water readily available	Water readily available	Water readily available	Water readily available	Water readily available

