

Breaktime

		Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	A M	Banana Smoothie	Crunchy Whole Braeburn & Golden Delicious Apples	Homemade Cheesy Bread	Mixed Grape Pots	Carrot Sticks with Hummus
	P M	oat and raisin cookie	protein balls	flapjack	chef's sponge	Carrot & Raisin cake
Week 2	A M	Nacho Chips with Dips	Bananas and fruit	Elmhurst Smoothie	carrot cake	marshmallow bar
	P M	Mixed Berry, Pineapple & Orange Smoothie	honeydew melon and watermelon	medley of fruit	biscuit selection	Chocolate Chip sponge
Week 3	A M	medley of fruits	white chocolate cookies	fruit and juice	Bananas	granola and yoghurt
	P M	Granola and Yoghurt Bar	fruit smoothie	flapjack	lemon drizzle cake	chocolate brownie