

456 Club Example Menu

A range of healthy snacks are available daily. 456 staff prepare the food in the bungalow kitchen ready for the arrival of the children.

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	<ul style="list-style-type: none"> ● Bagels with butter, jam or cream cheese ● Carrots ● Sweetcorn ● Melon ● Raisins 	<ul style="list-style-type: none"> ● Crackers with cheese or ham ● Cucumber ● Melon ● Grapes ● Celery ● Fromage frais 	<ul style="list-style-type: none"> ● Hummus, pittas or breadsticks ● Cheese ● Peppers ● Carrots ● Cucumber ● Grapes 	<ul style="list-style-type: none"> ● Beans or spaghetti hoops on toast ● Peppers ● Cucumber ● Apricots ● Bananas 	<ul style="list-style-type: none"> ● Pancakes with butter or jam ● Raisins ● Carrots ● Pineapple ● Yoghurts
Week 2	<ul style="list-style-type: none"> ● Hummus, pittas or breadsticks ● Cheese ● Peppers ● Carrots ● Cucumber ● Melon 	<ul style="list-style-type: none"> ● Malt Loaf ● Cheese ● Cucumber ● Melon ● Grapes ● Yoghurts 	<ul style="list-style-type: none"> ● Tomato & Vegetable Pasta ● Carrots ● Raisins ● Bananas ● Peppers 	<ul style="list-style-type: none"> ● Crackers with cheese or ham ● Cucumber ● Pineapple ● Grapes ● Celery ● Fromage frais 	<ul style="list-style-type: none"> ● Tuna Pitta ● Sweetcorn ● Apricots ● Grapes ● Carrots
Week 3	<ul style="list-style-type: none"> ● Pancakes with butter or jam ● Raisins ● Carrots ● Pineapple ● Yoghurts 	<ul style="list-style-type: none"> ● Hummus, pittas or breadsticks ● Cheese ● Peppers ● Carrots ● Cucumber ● Grapes 	<ul style="list-style-type: none"> ● Ham or cheese sandwiches ● Apricots ● Sweetcorn ● Grapes ● Cucumber 	<ul style="list-style-type: none"> ● Malt Loaf ● Cheese ● Carrots ● Melon ● Apricots ● Yoghurts 	<ul style="list-style-type: none"> ● Crackers with cheese or ham ● Cucumber ● Melon ● Grapes ● Celery ● Fromage frais