Woodies Menu 1

Breakfast 7.30 - 8.30am
Cereals (Cheerios, Rice Krispies, Cornflakes,
Weetabix, Porridge) & Warm/Cold Milk
Wholemeal Toast & Dairyfree spread
Plain Yoghurt & Fresh/Tinned/Dried Fruit

Floating Snack 10am & 2pm
Choice of Fruit/Vegetables
Milk/Water

After School Snack 3.30pm
Cheese with Apple, Grapes & Plain Crackers/Breadsticks
Milk/Water

Tea 5.00pm
Baked Beans/Spaghetti (low sugar) & Wholemeal Toast

Woodies Menu 2

Breakfast 7.30 - 8.30am
Cereals (Cheerios, Rice Krispies, Cornflakes,
Weetabix, Porridge) & Warm/Cold Milk
Wholemeal Toast & Dairyfree spread
Plain Yoghurt & Fresh/Tinned/Dried Fruit

Floating Snack 10am & 2pm
Choice of Fruit/Vegetables
Milk/Water

After School Snack 3.30pm
Houmous Dip, Wholemeal Pitta &
Crudities (cucumber, celery, carrot, pepper)
Milk/Water

Tea 5.00pm
Tuna/Sardine Paste on Wholemeal Bread/Toast
with cucumber