Woodies Menu 3

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
Rice Cakes & Selection of Fruit
Milk/Water

Tea 5.00pm
Cream Cheese Bagels with
Crudities (cucumber, celery, carrot, pepper)

Woodies Menu 4

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
Fruit Loaf (Plain/Toasted) & Selection of Fruit
Milk/Water

Tea 5.00pm
Cheese/Ham Wholemeal Wraps &
Salad (lettuce, cucumber, tomato)