

MORNING SNACK



Sugarfree cornflakes with milk
Sliced seasonal fruit



MONDAY

TUESDAY



Sliced fruit platter x 3 pieces
Plain rice cakes

Sugarfree branflakes with milk
Slice seasonal fruit



WEDNESDAY

THURSDAY



Sugarfree cornflakes with milk
Sliced seasonal fruit

FRIDAY



Smoothie
Sponge cake



AFTERNOON SNACKS



HASTINGS
SCHOOL



TIMETABLE

From: 14:45 AM - To: 15:00 AM

Served in the classrooms

Turkey sandwich in Brown bread
Small yoghurt



MONDAY

TUESDAY



Hummus & picos

Pitta bread or wholegrain wrap with cheese and ham
Orange juice



WEDNESDAY

THURSDAY



Cream cheese & picos

FRIDAY



Plain popcorn
Small drinking yoghurt

