



# Snack Menu | F1 - F3

| DAY              | MENU 1 WEEK COMMENCING<br>(07 JAN, 11 FEB, 11 MAR, 08 APR 2019)  | MENU 2 WEEK COMMENCING<br>(14 JAN, 18 FEB, 18 MAR 2019)  | MENU 3 WEEK COMMENCING<br>(21 JAN, 25 JAN, 25 MAR 2019)                             | MENU 4 WEEK COMMENCING<br>(28 JAN, 4 MAR, 1 APR 2019)   |
|------------------|--|--|---|---|
| <b>MONDAY</b>    | Milk (M)<br>Carrot Muffins (E)<br>*****<br>Fruit Platter<br>Flavored Water                             | Milk (M)<br>Sweet Corn<br>*****<br>Fruit Platter<br>Flavored Water                                 | Milk (M)<br>Banana Muffins (E)<br>*****<br>Fruit Platter<br>Flavored Water          | Milk (M)<br>Pancake (E,M)<br>*****<br>Fruit Platter Flavored<br>Water                             |
| <b>TUESDAY</b>   | Fruit Smoothie (M)<br>Omelet & Cucumber<br>Bun (E)<br>*****<br>Fruit Platter<br>Flavored Water         | Fruit Smoothie (M)<br>Cheese Cracker (M)<br>*****<br>Fruit Platter<br>Flavored Water               | Fruit Smoothie (M)<br>Chicken Sandwich<br>*****<br>Fruit Platter<br>Flavored Water  | Fruit Smoothie (M)<br>Spring Roll<br>*****<br>Fruit Platter<br>Flavored Water                     |
| <b>WEDNESDAY</b> | Milk (M)<br>Banana Scones<br>*****<br>Fruit Platter<br>Flavored Water                                  | Milk (M)<br>Egg Mayo &<br>Salad Bun (E)<br>*****<br>Fruit Platter<br>Flavored Water                | Milk (M)<br>Crepe (E,M)<br>*****<br>Fruit Platter<br>Flavored Water                 | Milk (M)<br>Egg Mayo &<br>Cucumber Bun (E)<br>*****<br>Fruit Platter<br>Flavored Water            |
| <b>THURSDAY</b>  | Yoghurt (M)<br>Rice Cracker<br>*****<br>Fruit Platter<br>Flavored Water                                | Yoghurt (M)<br>Veggie Sticks w Sweet<br>Potato Houmous<br>*****<br>Fruit Platter<br>Flavored Water | Yoghurt (M)<br>Home Made Wheat<br>Thins<br>*****<br>Fruit Platter<br>Flavored Water | Yoghurt (M)<br>Baked Banana Fritters<br>*****<br>Fruit Platter<br>Flavored Water                  |
| <b>FRIDAY</b>    | Fruit Smoothie (M)<br>Tuna, Tomato & Onion<br>Sandwich (E)<br>*****<br>Fruit Platter<br>Flavored Water | Fruit Smoothie (M)<br>Pandan Cake (E,M)<br>*****<br>Fruit Platter<br>Flavored Water                | Fruit Smoothie (M)<br>Sesame Cookies<br>*****<br>Fruit Platter<br>Flavored Water    | Fruit Smoothie (M)<br>Baked Cheddar<br>Crackers (E,M)<br>*****<br>Fruit Platter<br>Flavored Water |