

# Lats' Kids Club Hot and Cold Snack Menu Autumn 2019



Dates	Monday	Tuesday	Wednesday	Thursday	Friday
04.09.19 16.09.19 30.09.19 14.10.19	Tomato and herb Pasta    Squash	Toasting waffles with jam or bananas    Water	Jam or spaghetti on toast    Water	Crackers with low fat cheese spread and variety of 2 vegetables cucumber, pepper, carrots.    Squash	Cheesy wraps    Squash
09.09.19 23.09.19 07.10.19	Cheese cucumber sandwich    Squash	Curry Noodles    Water	Crackers with low fat cheese spread and variety of 2 vegetables cucumber, pepper, carrots.    Water	Tomato herb pasta    Squash	Beans and Waffles or Cheese and tomato Pizza (on rotation)    Water

3.15 - 3.30pm Children can eat their own healthy snack provided by their parents (containing No nuts).  
4.00pm healthy fruit is available to all children.  
Fresh water (throughout the session).  
Snack served at 4.30- 4.45pm.

*Please note that all staff handling food in Lats' Kids Club will have food- handling qualifications*