

Roots and Shoots



New Food Menu 2026

Day 1

Buns
Tuna
Cheese
Salad
Fruit
Chocolate Digestive

Day 3

Bread
Jam or Cream Cheese
Salad
Fruit
Cookie

Day 5

Crackers
Babybel or Peperami
Salad
Fruit
Treat Night

Day 2

Wraps
Meat
Cheese
Salad
Fruit
Madeleine Cakes

Day 4

Breadsticks
Hummus or Tzatziki
Cheese
Chicken
Salad
Fruit
Mini Rolls

Day 6

Finger Rolls
Ham or Jam
Salad
Fruit
Rich Tea Biscuit

Although substantial - This snack is in no way intended to replace a family evening meal.