

Gluten And Dairy Free Snack Menu

Week	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Gluten-free nachos with salsa and veggies Water served with every snack	Veggies with veganise based dip & gluten free bread Water served with every snack	Gluten-free cereal with fresh fruit and coconut milk Water served with every snack	Gluten-free crackers with celery and soy butter Water served with every snack	Gluten-free bread with pizza sauce, mozzarella style cheese and veggies Water served with every snack
Week 2	Gluten-free crackers, fresh fruit and coconut yogurt dip Water served with every snack	Veggies with veganise based dip & gluten free bread Water served with every snack	Tuna salad with gluten free crackers & fresh fruit Water served with every snack	Gluten-free graham-style crackers, coconut milk & fresh fruit Water served with every snack	Gluten-free cereal with fresh fruit and coconut milk Water served with every snack
Week 3	Gluten-free crackers with bruschetta, cheddar tsyle vegan cheese and veggies Water served with every snack	Gluten-free bread with pizza sauce, mozzarella style vegan cheese and veggies Water served with every snack	Gluten-free cereal with fresh fruit and coconut milk Water served with every snack	Veggies & veganise based dip and gluten-free bread Water served with every snack	Gluten-free nachos and salsa and cheddar style vegan cheese Water served with every snack
Week 4	Tuna salad with gluten free crackers & fresh fruit Water served with every snack	Veggies with veganise based dip & gluten free bread Water served with every snack	Gluten-free crackers with bruschetta, cheddar style vegan cheese and veggies Water served with every snack	Gluten-free bread with fresh fruit and soy butter Water served with every snack	Gluten-free cereal with coconut milk and fresh fruit Water served with every snack



WATER IS AVAILABLE ON THE TABLE FOR EACH SNACK



ALL OUR SNACKS INCLUDE **MULTI-GRAIN** OR **WHOLE WHEAT** PRODUCTS (BREADS, CRACKERS, MELBA TOAST, CEREAL)



ALL OUR **FRUIT** AND **VEGETABLES** ARE FRESH AND IN SEASON



ALL OUR **FRUITS** AND **VEGETABLES** ARE WASHED AND LOGGED BEFORE SERVING



ALL CHANGES OR SUBSTITUTIONS ARE LOGGED

