



## Autumn Term Snack Menu 2023

### The Mulberry House School

	Morning Snack	Afternoon Snack
<b>Monday</b>	<b>Savoury flapjack</b> Allergen advice: <b>Gluten, Eggs, Dairy</b>  <b>Seasonal fruit selection</b> Allergen advice: <b>No major allergens</b>	<b>Chocolate black bean fudge cookies</b> Allergen advice: <b>Eggs, Dairy</b>  <b>Selection of sandwiches; cream cheese, cucumber, houmous</b> Allergen advice: <b>Gluten, Dairy</b>  <b>Seasonal fruit selection</b> Allergen advice: <b>No major allergens</b>
<b>Tuesday</b>	<b>Roasted red pepper hummus with vegetable sticks and oat cakes</b> Allergen advice: <b>Gluten</b>  <b>Seasonal fruit selection</b> Allergen advice: <b>No major allergens</b>	<b>Blueberry muffins</b> Allergen advice: <b>Gluten, Eggs, Dairy</b>  <b>Selection of sandwiches; cream cheese, cucumber, houmous</b> Allergen advice: <b>Gluten, Dairy</b>  <b>Seasonal fruit selection</b> Allergen advice: <b>No major allergens</b>
<b>Wednesday</b>	<b>Brown rice sushi with vegetable filling</b> Allergen advice: <b>No major allergens</b>  <b>Seasonal fruit selection</b> Allergen advice: <b>No major allergens</b>	<b>Chocolate courgette loaf/muffins</b> Allergen advice: <b>Gluten, Eggs, Dairy</b>  <b>Selection of sandwiches; cream cheese, cucumber, houmous</b> Allergen advice: <b>: Gluten, Dairy</b>  <b>Seasonal fruit selection</b> Allergen advice: <b>No major allergens</b>
<b>Thursday</b>	<b>Carrot and garlic dip with vegetable sticks and oatcakes</b> Allergen advice: <b>Gluten</b>  <b>Seasonal fruit selection</b> Allergen advice: <b>No major allergens</b>	<b>Fruit sweetened flapjack</b> Allergen advice: <b>Gluten, Dairy</b>  <b>Selection of sandwiches; cream cheese, cucumber, houmous</b> Allergen advice: <b>: Gluten, Dairy</b>  <b>Seasonal fruit selection</b> Allergen advice: <b>No major allergens</b>
<b>Friday</b>	<b>Savoury vegetable and cheese muffins</b> Allergen advice: <b>Gluten, Dairy</b>  <b>Seasonal fruit selection</b> Allergen advice: <b>No major allergens</b>	<b>Banana bread</b> Allergen advice: <b>Gluten, Eggs, Dairy</b>  <b>Selection of sandwiches; cream cheese, cucumber, houmous</b> Allergen advice: <b>: Gluten, Dairy</b>  <b>Seasonal fruit selection</b> Allergen advice: <b>No major allergens</b>

