

## Spring Term Snack Menu 2026

### The Mulberry House School

|           | Morning Snack  | Afternoon Snack   |
|-----------|--|---|
| Monday    | <p><b>Savoury flapjack</b><br/>Allergen advice: Gluten, Eggs, Milk</p> <p><b>Seasonal fruit selection</b><br/>Allergen advice: Sulphite</p>  | <p><b>Chocolate black bean fudge cookies</b><br/>Allergen advice: Eggs, Milk</p> <p><b>Selection of sandwiches;</b><br/>cream cheese, cheddar cheese, cucumber, hummus, marmite<br/>Allergen advice: Gluten, Milk, Sulphite, Soya, Celery</p> <p><b>Seasonal fruit selection</b><br/>Allergen advice: Sulphites</p>       |
| Tuesday   | <p><b>Roasted red pepper hummus with vegetable sticks and oat cakes</b><br/>Allergen advice: Gluten, Sulphite, Celery, oats</p> <p><b>Seasonal fruit selection</b><br/>Allergen advice: Sulphite</p> | <p><b>Blueberry muffins</b><br/>Allergen advice: Gluten, Eggs, Dairy</p> <p><b>Selection of wraps;</b><br/>cream cheese, cheddar cheese cucumber, hummus, marmite<br/>Allergen advice: Gluten, Dairy, Celery</p> <p><b>Seasonal fruit selection</b><br/>Allergen advice: Sulphite</p>                                     |
| Wednesday | <p><b>Brown rice sushi with vegetable filling</b><br/>Allergen advice: Wheat, Soya</p> <p><b>Seasonal fruit selection</b><br/>Allergen advice: Sulphite</p>  | <p><b>Chocolate courgette loaf/muffins</b><br/>Allergen advice: Gluten, Eggs, Milk</p> <p><b>Selection of sandwiches;</b><br/>cream cheese, cheddar cheese, cucumber, hummus, marmite<br/>Allergen advice: Gluten, Milk, Sulphite, Soya, Celery</p> <p><b>Seasonal fruit selection</b><br/>Allergen advice: Sulphites</p> |
| Thursday  | <p><b>Carrot and garlic dip with vegetable sticks and oatcakes</b><br/>Allergen advice: Gluten, celery, oats</p> <p><b>Seasonal fruit selection</b><br/>Allergen advice: Sulphite</p>                | <p><b>Fruit sweetened flapjack</b><br/>Allergen advice: Gluten, Milk</p> <p><b>Selection of wraps;</b><br/>cream cheese, cheddar cheese cucumber, hummus, marmite<br/>Allergen advice: Gluten, Dairy, Soya, Celery</p> <p><b>Seasonal fruit selection</b><br/>Allergen advice: Sulphite</p>                               |
| Friday    | <p><b>Savoury vegetable and cheese muffins</b><br/>Allergen advice: Gluten, Milk, Eggs</p> <p><b>Seasonal fruit selection</b><br/>Allergen advice: Sulphite</p>                                      | <p><b>Banana bread</b><br/>Allergen advice: Gluten, Eggs, Milk</p> <p><b>Selection of sandwiches;</b><br/>cream cheese, cheddar cheese, cucumber, hummus, marmite<br/>Allergen advice: Gluten, Milk, Sulphite, Soya, Celery</p> <p><b>Seasonal fruit selection</b><br/>Allergen advice: Sulphites</p>                     |