

SNACK MENU WINTER 2023

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|--|--|--|--|--|--|
| | | MIDMORNING SNACK (AM) SNACK | | | | |
| Tea/Coffee Water Low Calorie Raspberry Drink | Tea/Coffee Water Low Calorie Orange, Pineapple & Banana | Tea/Coffee Water Low Calorie Peach Drink | Tea/Coffee Water Low Calorie Tropical Fruit Drink | Tea/Coffee Water Low Calorie Mango Drink | Tea/Coffee Water Low Calorie Orange Drink | Tea/Coffee Water Low Calorie Lemonade Drink |
| | | MIDAFTERNOON (PM) SNACK | | | | |
| Tea/Coffee Water Low Calorie Raspberry Drink | Tea/Coffee Water Low Calorie Orange, Pineapple & Banana | Tea/Coffee Water Low Calorie Tropical Fruit Drink | Tea/Coffee Water Low Calorie Orange Drink | Tea/Coffee Water Low Calorie Tropical Fruit Drink | Tea/Coffee Water Low Calorie Orange, Pineapple & Banana | Tea/Coffee Water Low Calorie Orange Drink |
| Wafer Cookie | Social Tea Cookie | Chocolate Chip Cookie | Oatmeal Cookie | Fruit Turnover Cookie | Digestive Cookie | Mini Donut |
| Fruitsation Applesauce Cup | Fruitsation Applesauce Cup | Fruitsation Applesauce Cup | Fruitsation Applesauce Cup | Fruitsation Applesauce Cup | Fruitsation Applesauce Cup | Fruitsation Applesauce Cup |
| | | BEDTIME (HS) SNACK | | | | |
| Tea/Coffee Water Low Calorie Raspberry Drink | Tea/Coffee Water Low Calorie Tropical Fruit Drink | Tea/Coffee Water Low Calorie Mango Drink | Tea/Coffee Water Low Calorie Orange, Pineapple & Banana | Tea/Coffee Water Low Calorie Raspberry Drink | Tea/Coffee Water Low Calorie Tropical Fruit Drink | Tea/Coffee Water Low Calorie Mango Drink |
| Nutrigrain Bar | Crackers & Cheese | Savory Scone | Fig Cookie | Fruit Bread | Sweet Scone | Muffin |
| Yogurt | Yogurt | Yogurt | Yogurt | Yogurt | Yogurt | Yogurt |

On Snack Cart:

- drinks, snack, labelled snack, hot water jug (instant coffee, individual tea bag), sugar, sugar substitute, milk, lactaid milk
- thickener, mildly(nectar) thick juice or lemon water, moderately(honey) thick juice or lemon water
- mugs, glasses, nosey cup, sip cup, straw, napkins, teaspoons, bin for soiled dishes, garbage bag, snack menu, resident nourishment list