

Play Time snack list



<u>Food/ Drink</u>	<u>What is allowed ?</u>	<u>What is Not allowed ?</u>
Starchy Foods:	Bread sticks Malt Loaf Bagel Pitta Bread Chapatti Wraps Oat Cakes Rice Cakes	Sweet Pastries, Chips/Crisps
Fruit & Vegetables:	Any fruit and Vegetables (fresh, frozen, tined or dried) Salad in a pot	Dried fruit bars or winders with added sugar or fat
Milk & Dairy:	Fruit flavoured Yoghurts, Frubes, Fromage Fraise, Cheese, Soya Milk	Corner Yogurts Flavoured yoghurt (e.g Toffee, caramel, Chocolate)
Drinks:	Water, Fruit smoothies	Juice Drinks, Flavoured Waters, Fizzy Drinks, milkshakes
Extras:	Plain Popcorn Plain Biscuits (e.g Rich Tea) Fruit Bagel/Bun	Crisps, Mini Cheddars, Snack-a-Jacks, Chocolate/also in Foods Flavoured/sweet & salty popcorn

Please note we hold a nut free policy.