

# SNACKS

OCTOBER  
2025

Afternoon snacks  
are only for EYFS

MON	TUE	WED	THU	FRI
		1 <b>Morning</b> Homemade chocolate cake and fruit <b>Afternoon</b> Milk bread and fresh cheese and juice	2 <b>Morning</b> Pão de queijo and fruit <b>Afternoon</b> Banana muffin	3 <b>Morning</b> Homemade banana cake and fruit <b>Afternoon</b> Chocolate cookie and juice
6 <b>Morning</b> Cream cheese potato bread and fruit <b>Afternoon</b> Carrot bread with cream cheese and juice	7 <b>Morning</b> Bread with cheese and fruit <b>Afternoon</b> Chicken esfiha and juice	8 <b>Morning</b> Homemade carrot cake and fruit <b>Afternoon</b> Vanilla cookie and juice	9 <b>Morning</b> Cheese chipa and fruit <b>Afternoon</b> Brad roll with tuna spread and juice	10 <b>Morning</b> Homemade apple and cinnamon cake and fruit <b>Afternoon</b> Pão de queijo and juice
13	14	15	16	17
OCTOBER BREAK				
20	21	22	23	24
<b>Morning</b> Cheese chipa and fruit <b>Afternoon</b> Meat pastry and juice	<b>Morning</b> Carrot bread with fresh cheese and fruit <b>Afternoon</b> Cheese chipa and juice	<b>Morning</b> Homemade orange cake and fruit <b>Afternoon</b> Milk bread with cheese and juice	<b>Morning</b> Meat esfiha and fruit <b>Afternoon</b> Passion fruit sequilhos and juice	<b>Morning</b> Homemade chocolate cake and fruit <b>Afternoon</b> Meat esfiha and juice
27	28	29	30	31
<b>Morning</b> Meat esfiha and fruit <b>Afternoon</b> Cheese chipa and juice	<b>Morning</b> Pão de queijo and fruit <b>Afternoon</b> Cream cheese potato bread and juice	<b>Morning</b> Homemade lime cake and fruit <b>Afternoon</b> Lime sequilhos and juice	<b>Morning</b> Bread roll with cream cheese and fruit <b>Afternoon</b> Carrot bread with cream cheese and juice	<b>Morning</b> Homemade banana cake and fruit <b>Afternoon</b> Vanilla cookie and juice