

## Choose One

### Hot Snacks

- 1 Large slice of cheese pizza
- 1 Slice of wholemeal toast
- 1 Slice of toast with jam/marmalade
- 1 Crumpet
- 1 Toasted teacake (half)
- 1 Cheese toastie
- 1 Bagel (half)
- 1 Cheese panini

### Cold Snacks

- 1 Malt loaf snack bar
- 1 Slice of crusty bread and cheese
- 1 Slice of crusty bread and jam
- 2 Slices of crusty bread and margarine
- 1 Bag of sultanas and raisins/apricots
- 1 Fruit portion
- 1 Fruit yoghurt
- 1 Scotch pancake

### Drinks

- 1 Fairtrade apple juice
- 1 Fairtrade orange juice
- 1 Banana milk
- 1 Strawberry milk
- 1 Hot chocolate (winter)
- 1 Fruit Cuplet
- Fresh Fruit Smoothie (Summer)

*A small portion of fruit or salad snack will accompany  
each tuck item if desired*

# TUCK SHOP