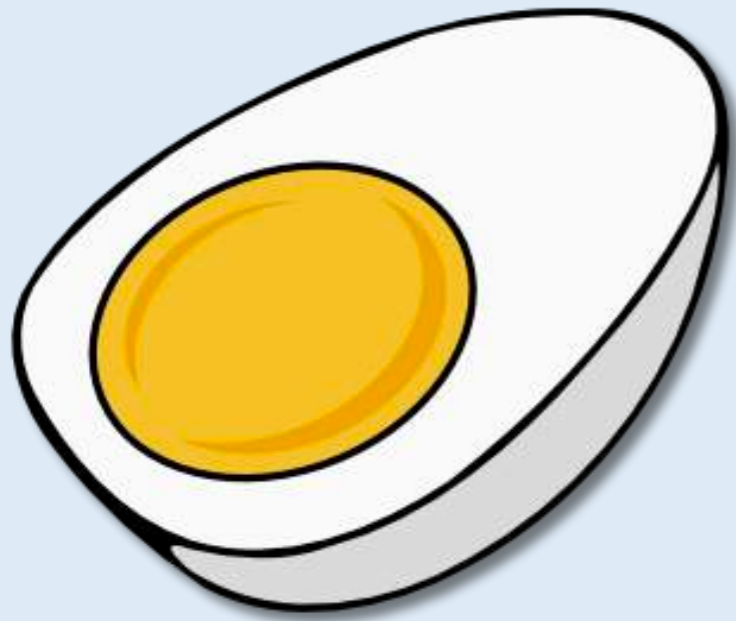


# HEALTHY SNACK MENU

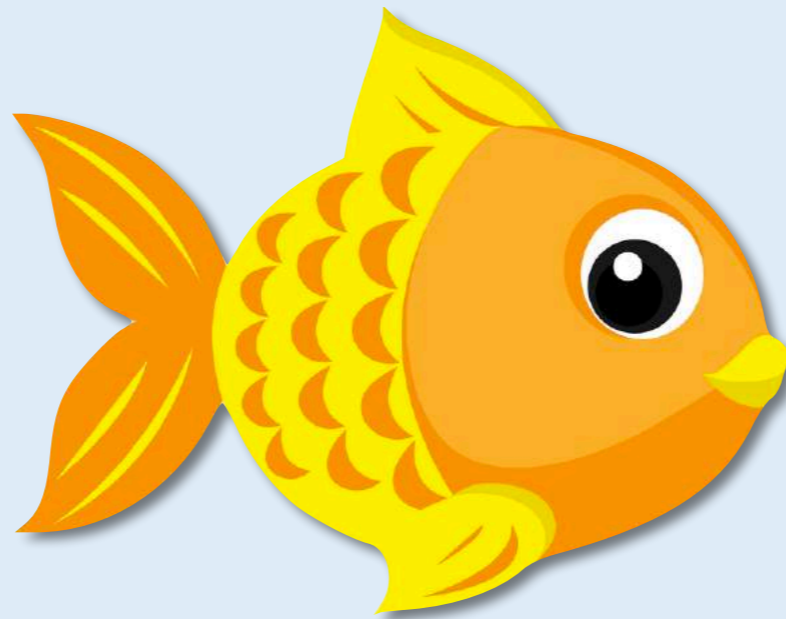


# COMMON ALLERGENS

1. Egg



2. Fish



3. Milk



# COMMON ALLERGENS

**4. Nuts from trees**  
- including hazelnuts, walnuts, almonds, macadamia nuts, chestnuts, pecan, cashew nuts





# COMMON ALLERGENS

## 5. Peanuts (groundnuts)





# COMMON ALLERGENS

## 6. Shellfish

- including shrimps, mussels, and crab



# COMMON ALLERGENS

## 7. Soya





# COMMON ALLERGENS

## 8. Wheat







**HAND  
WASHING  
101**

# HAND WASHING 101



**Palm to palm**



**Between Fingers**



**Back of hands**



**Base of Thumbs**



**Back of Fingers**




**Fingernails**



**Wrists**



**Rinse and wipe dry**



**FRUITS AND  
VEGETABLES**





**Fruit Cars**  
(With bananas,  
strawberries, orange  
and apples)

**Broccoli  
Cheese Bites**  
(With broccoli)





# Kebab

(With tomatoes, cheese and ham)



# Kebab

(With strawberries and watermelon)







**Broccoli Dip**  
(With broccoli, cheese and bacon bits)

**Roasted Squash Rings**  
(With squash or eggplant)







**Asparagus blanket**  
(With Asparagus and bread)



**Green Fries**  
(With String beans)





**Berry Wrap**  
(With strawberries,  
cream and pancake)



**Samoa Apple Slices**  
(With Apples, caramel and  
coconut flakes)



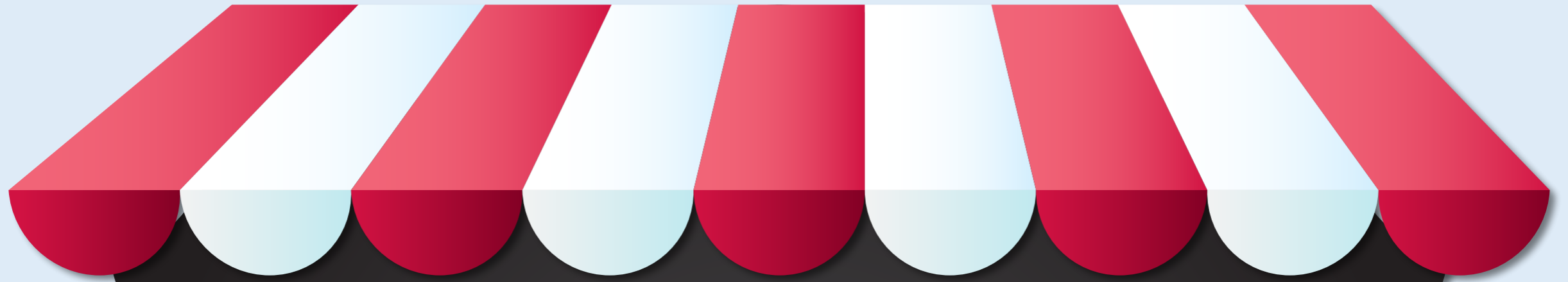


**Banana Penguins**  
(With bananas, chocolate)

**Banana Rockets**  
(With bananas, chocolate,  
peanut butter and nuts)







# BREADS





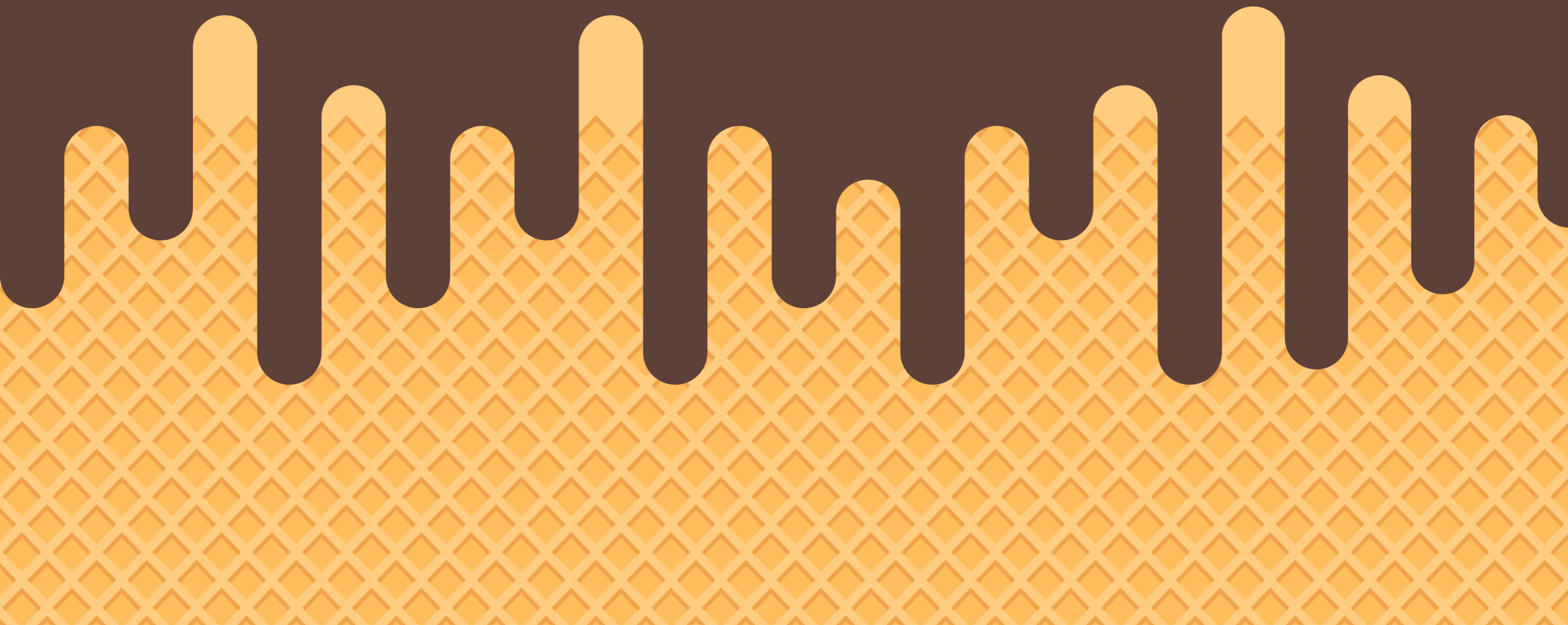
**Bear breads**  
(With strawberries,  
bananas and berries)



**Pizza Rolls**  
(With pizza sauce,  
pepperoni and cheese)



# DESSERTS





**Watermelon Pops**  
(With watermelon)



**Fruit Jello**  
(With Gelatin)





## Fruit Pizza

(With strawberries, oranges, kiwi and blueberries)



**Frozen Yogurt Bites**  
(With strawberries, blueberries and yogurt)



# WORKSHOP



- Bread  
- eggs  
- milk