

The Mulberry Bush 4 St Galls Gardens South Windy Arbour. Dundrum Dublin 14



Children from 3 months to 12 years old. Open: Monday to Friday from 07:30 to 18:30.

AFTERNOON



SNACKS

| WEEK 1 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--------|---------------------------------------|--------------------------------|---------------------------------------|---------------------------|---|
| 3:00 | Beans on Toast / Apples | Crackers / Jam / Oranges | Ham / Cheese Sandwiches / Pears | Toast /Bananas | Fruit Salad / Biscuits |
| | Milk | Milk | Milk | Milk | Milk |
| 5:00 | Crackers / Biscuits Bread & Butter | Fruit Smoothies | Melon / Apples / Nectarines | Rice Pudding | Breadsticks / Bread & Butter |
| | Water | Water | Water | Water | Water |
| | | | | | |
| WEEK 2 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| 3:00 | Crackers / Jam / Apples | Toast/Oranges | Crackers/Plums | Beans on Toast / Melon | Ham / Cheese Sandwiches / Raisins |
| | Milk | Milk | Milk | Milk | Milk |
| 5:00 | Fruit Smoothies | Biscuits / Apples | Bananas / Peaches | Apples / Breadsticks | Rice Pudding |
| | Water | Water | Water | Water | Water |
| | | | | | |
| WEEK 3 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| 3:00 | Crackers /Cheese /Biscuits | Bread&Butter /Toast/Raisins | Crackers/Jam /Bananas | Toast/Biscuits | Fruit Salad |
| | Milk | Milk | Milk | Milk | Milk |
| 5:00 | Plums/Apples | Kiwi/Oranges | Apples/Raisins | Carrotts /Pears | Biscuits/ Breadsticks |
| | Water | Water | Water | Water | Water |
| | | | | | |
