



PRE-SCHOOL MENU

		Morning snack	MAIN COURSE WITH DESSERT	Afternoon snack	HIGH TEA WITH DESSERT
WEEK THREE	MONDAY	Fresh Carrot Sticks OR Popcorn	Chicken and Broccoli Pasta Bake <i>Diced chicken, fresh broccoli, pasta shapes, flour, full fat milk, dairy free butter</i> Fresh Banana Slices <i>Sliced Banana</i>	Fresh Seasonal Fruit Platter with a variety of Fruit choices	Crackers, Cheese, Tomato & Pickle <i>Cheddar cheese, mini cheese biscuits, cherry tomatoes and pickle</i> Juicy Sliced Peaches <i>Sliced peaches served in fruit juices</i>
	TUESDAY	Fruit Flavoured Rice Cakes OR Soft Cheddar Cheese Sticks	Sausage Casserole with Seasonal Vegetables <i>Pork Sausages, onions, British potatoes, vegetable gravy and a selection of seasonal vegetables</i> Vanilla, Apricot and Pear Pudding <i>Sliced apricots, sliced pear mixed with Vanilla yogurt</i>	Crunchy Poppodoms OR Fresh Banana Slices	Mild Chilli with Rice & Tortilla Chips <i>Beef mince, passata, chopped tomatoes, mixed peppers, chilli powder, onions, stock cubes, garlic, tortilla chips and white rice</i> Fruit cocktail in juices <i>Peaches, pears, pineapple, grapes, and cherries served in pineapple juice</i>
	WEDNESDAY	Prawn Crackers OR Fresh Cucumber Sticks with Dips	Spaghetti Bolognese <i>Beef mince, passata, chopped tomatoes, mixed peppers, onions, oregano, stock cubes, garlic and spaghetti pasta</i> Peach and Raspberry Pudding <i>Sliced peaches mixed with raspberry puree</i>	Crispy Bunny Bites OR Fresh Pear	Turkey Meatballs in gravy, Mashed Potatoes and Peas <i>Turkey mince, chicken gravy granules, British potatoes and garden peas</i> Apple & Banana Cake <i>Apple, banana, eggs, flour, dairy free spread, caster sugar</i>
	THURSDAY	Vegetable platter with a variety of soft vegetable items	Traditional Roast Turkey dinner served with Gravy <i>British turkey slices, roast potatoes, cauliflower, cabbage and gravy granules</i> Sweet Sliced Apples <i>Sliced apples served in fruit juices</i>	Crunchy Cheese Thin Biscuits OR Homemade Banana Bread	Ham, Pea and Macaroni Cheese <i>Ham slices, garden peas, flour, cheddar cheese, dairy free butter, full fat milk and macaroni pasta</i> Fromage Frais <i>Yoplait Fromage Frais in a variety of flavours</i>
	FRIDAY	Sour Cream and Chive Pretzels OR Soft Fresh Melon Slices	Breaded Fish fingers, New potatoes and Sweetcorn <i>Breaded fish fingers, sweetcorn and new potatoes</i> Fromage Frais <i>Yoplait Fromage Frais in a variety of flavours</i>	Crunchy Breadsticks with Dips OR Soft Sliced Peaches	<i>Little Explorers Taster Tea</i>

All menus are adapted to meet the requirements of children's allergies and preferences.

Also please note the menus are subject to change, dependent on the grocery orders each week.