



PRE-SCHOOL MENU

		Morning snack	MAIN COURSE WITH DESSERT	Afternoon snack	HIGH TEA WITH DESSERT
WEEK ONE	MONDAY	Crunchy Rich Tea Biscuits OR Juicy Apricots	Meatballs in Tomato Sauce with White Rice <i>Beef mince, parsley, black pepper, chopped tomatoes, peppers, onions, paprika, garlic, stock cubes, garden peas and white rice</i> Fruit Cocktail in Juices <i>Peaches, pears, pineapple, grapes, and cherries served in pineapple juice</i>	Crispy Poppodoms OR Sweet Sliced Apple	Hidden Vegetable Pasta <i>White pasta shapes, chopped tomatoes, passata, carrots, onion, peppers, courgettes and mixed herbs</i> Homemade Cherry Muffins <i>Flour, eggs, caster sugar, glacier cherries, dairy free butter and baking powder</i>
	TUESDAY	Crunchy Gingerbread Men OR Soft Cheddar Cheese Sticks	Fish in Cheese sauce, New potatoes & Sweetcorn <i>White fish fillets, New potatoes, sweetcorn, dairy free butter, flour, full fat milk and cheddar cheese</i> Fromage Frais <i>Yoplait Fromage Frais in a variety of flavours</i>	Fresh Juicy Melon Chunks OR Crispy Bunny bites	Breaded Vegetable Fingers served with Mashed Potatoes & Baked Beans <i>Breaded vegetables fingers, British potatoes and baked beans in tomato sauce</i> Homemade Jam tarts <i>Flour, dairy free butter, reduced sugar and flavoured jams</i>
	WEDNESDAY	Vegetable Platter with a variety of fresh soft vegetable items	Traditional Roast Beef dinner served with Gravy <i>Sliced British Roast Beef, carrots, garden peas, small roast potatoes and gravy granules</i> Juicy Sliced peaches <i>Sliced peaches served in Fruit Juices</i>	Scrumptious Fresh Banana slices OR Malt Loaf with Dairy Free Butter	Little Explorers taster tea
	THURSDAY	Fresh Cucumber Slices with Dips OR Breadsticks	Chinese Style Curry served with White Rice and Prawn Crackers <i>British Turkey Thigh Mince, Chinese style Curry Sauce, white rice and prawn crackers</i> Fresh Banana slices <i>Sliced banana</i>	Fresh Seasonal Fruit Platter with a variety of Fruit choices	Assorted Sandwiches with Bunny Bites <i>Wholemeal Bread, ham, dairy free spread, cheddar cheese, egg, mayonnaise, bunny bite crisps</i> Sliced Pear <i>Sliced pear in fruit juice</i>
	FRIDAY	Crunchy Prawn Crackers OR Soft Cheddar cheese Sticks	Sausages, Mashed Potatoes and Peas with Onion Gravy <i>Pork Sausages, mixed herbs, black pepper, onions, potatoes, dairy free butter and garden peas</i> Homemade Shortbread <i>Dairy free butter, flour, caster sugar and flavourings</i>	Fresh Carrot Sticks OR Homemade Banana Bread	Ham, Pea & Macaroni Cheese <i>Ham slices, garden peas, macaroni pasta, dairy free butter, flour, full fat milk and cheddar cheese</i> Ice Cream with Crushed Pineapple <i>Fresh pineapple with vanilla ice cream</i>

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WEEK TWO	MONDAY	Fruit Flavoured Rice Cakes OR Juicy Apricots	Spaghetti Carbonara <i>Spaghetti pasta, sliced ham, mushrooms, flour, full fat milk, vegetable stock cubes and dairy free butter</i> Fromage Frais <i>Yoplait fromage frais in a variety of flavours</i>	Scrumptious Fresh Banana Slices OR Crispy Bunny Bites	<i>Little Explorers Taster Tea</i>
	TUESDAY	Homemade Cheese Straws OR Fresh Satsuma Orange	Fish fingers, Mashed Potatoes & Peas <i>Breaded pollock fingers, British mashed potatoes, dairy free butter & garden peas</i> Sliced Pear with Vanilla Custard <i>Sliced pear in fruit juice, vanilla custard</i>	Vegetable platter with a variety of fresh soft vegetable items	Pasta Bolognese <i>British minced beef chopped tomatoes, garlic puree, pasta spirals, passata, sliced mushrooms</i> Homemade Fruit Flapjack <i>Oats, dairy free butter, brown sugar, golden syrup and seasonal fruit</i>
	WEDNESDAY	Sour Cream and Chive Pretzels OR Juicy Apricots	Cottage Pie with Green Beans <i>British minced beef, vegetable gravy, sliced red onion, mixed herbs, mashed potato, dairy free butter, sliced green beans</i> Juicy sliced Peaches <i>Sliced Peaches in fruit juice</i>	Homemade Banana Bread OR Fresh Melon Slices	Homemade Sausage Rolls with Mixed Salad and Homemade Coleslaw <i>Pork sausage meat, puff pastry, flour, dairy free butter, mixed leaf salad, mayonnaise, cabbage, onion and carrot</i> Homemade Shortbread <i>Dairy free butter, flour, caster sugar and flavourings</i>
	THURSDAY	Cheese Spread Crackerbread OR Fresh Apples	Turkey & red Pepper Pasta Bake <i>Red pepper, pasta shells, sliced British turkey, flour, full fat milk, dairy free butter and vegetable stock cubes</i> Fresh Banana slices <i>Sliced banana</i>	Soft Cheddar Cheese Sticks OR Malt Loaf with Dairy free butter	Assortment of Sandwiches with Vegetable Sticks <i>Dairyfree cheese, cress, wholemeal bread, dairy free spread, sliced ham and a variety of vegetable sticks</i> Fresh Sliced Melon & Blueberries <i>Seasonal fresh melon and blueberries</i>
	FRIDAY	Fresh Seasonal Fruit Platter with a variety of Fruit choices	Traditional Roast Chicken dinner served with gravy <i>Sliced roast chicken, roasted potatoes, broccoli and sweetcorn and gravy granules</i> Juicy Apricots <i>Sliced Apricots in fruit juices</i>	Pitta Bread Fingers with Salsa OR Juicy Soft Sliced Pear	Breaded Vegetable Fingers, Sliced Carrots & New Potatoes <i>Breaded vegetable fingers, carrots and new potatoes</i> Fromage Frais <i>Yoplait fromage frais in a variety of flavours</i>

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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>

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