



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>

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

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