



PRE-SCHOOL MENU

		Morning snack	MAIN COURSE WITH DESSERT	Afternoon snack	HIGH TEA WITH DESSERT
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>

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.