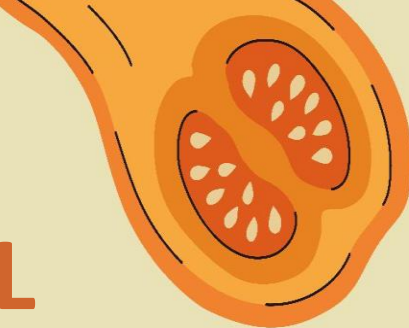




# LUNCH

## WEEK 1 PRE-SCHOOL



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK	WATER/FRUIT	MILK/FRUIT	WATER/FRUIT	MILK/FRUIT	WATER/FRUIT
MAIN MEAL	BAKED CHICKEN SAUSAGE POTATO PUFFS	CHICKPEA FRITTERS	CHICKEN & SWEET POTATO NUGGET	BEEF MEATBALL PASTA TOMATO SAUCE	COD FINGERS
VEGETABLES	SWEETCORN GREEN BEANS	CARROT BROCCOLI	VEGETABLE CROQUETTE	CAULIFLOWER CARROT	CHIPS PEAS SWEETCORN
DESSERT	BANANA PANCAKES	STRAWBERRY SMOOTHIE	SPRINKLE CAKE	FROZEN BERRY YOGURT	CARROT & APPLE CUPCAKES
FINGER FRUIT	WATERMELON	ORANGE WEDGES	SLICED APPLE	PINEAPPLE	WATERMELON
PM SNACK	RICE CAKES, CREAM CHEESE, CUCUMBER	SQUASH FLAPJACK WATERMELON	PITTA, HUMUS, CELERY STICKS	WHOLEMEAL TOAST SLICED BANANA	TOASTED CRUMPET SLICED APPLE



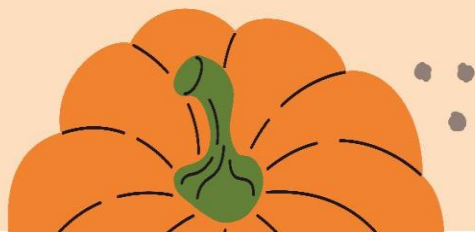
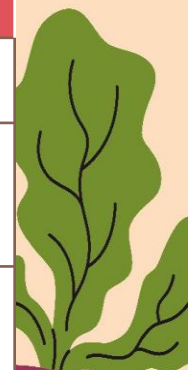


# LUNCH

## WEEK 2 PRE-SCHOOL



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK	WATER/FRUIT	MILK/FRUIT	WATER/FRUIT	MILK/FRUIT	WATER/FRUIT
MAIN MEAL	BEEF CHILLI NACHOS	MAC N CHEESE	ROAST PORK	BBQ CHICKEN RICE	SALMON & LENTIL BITES
VEGETABLES	CAULIFLOWER CARROT	SWEETCORN BROCOLI	ROAST POTATO PEAS CARROTS	BROCCOLI SWEETCORN	GREEN BEANS CAULIFLOWER
DESSERT	CHOCOLATE RIPPLE CAKE	DATE COOKIES	STEWED APPLE CUSTARD	RED VELVET CUPCAKE	STRAWBERRY CRUMB BAR
FINGER FRUIT	WATERMELON	ORANGE WEDGES	SLICED APPLE	PINEAPPLE	WATERMELON
PM SNACK	RICE CAKES, CREAM CHEESE, CUCUMBER	SQUASH FLAPJACK WATERMELON	PITTA, HUMUS, CELERY STICKS	WHOLEMEAL TOAST SLICED BANANA	TOASTED CRUMPET SLICED APPLE





# LUNCH

## WEEK 3 PRE-SCHOOL



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK	WATER/FRUIT	MILK/FRUIT	WATER/FRUIT	MILK/FRUIT	WATER/FRUIT
MAIN MEAL	CHICKPEA FRITTER	WHOLEMEAL PIZZA	MINCED BEEF CRISPY PANCAKE	CHICKEN STRIPS	COD GOUJONS
VEGETABLES	POTATO CARROTS GREEN BEANS	SWEETCORN PEAS	CAULIFLOWER BROCCOLI	RICE CARROTS SWEETCORN	PASTA PEAS BEANS
FINGER FRUIT	WATERMELON	ORANGE WEDGES	SLICED APPLE	PINEAPPLE	WATERMELON
DESSERT	LEMON DRIZZLE	STRAWBERRY SMOOTHIE	SPRICKLE CAKE PEACHES	CHOCOLATE ORANGE CAKE	CARROT & APPLE CUPCAKE
PM SNACK	RICE CAKES, CREAM CHEESE, CUCUMBER	SQUASH FLAPJACK WATERMELON	PITTA, HUMUS, CELERY STICKS	WHOLEMEAL TOAST SLICED BANANA	TOASTED CRUMPET SLICED APPLE

