



# LUNCH

## WEEK 1 PRE

### SCHOOL

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK 9.30am	MILK/WATER SEASANALFRUIT	MILK/WATER SEASANALFRUIT	MILK/WATER SEASANALFRUIT	MILK/WATER SEASANALFRUIT	MILK/WATER SEASANALFRUIT
MAIN MEAL 11.30am	BEEF MEATBALLS PASTA TOMATO SAUCE	CHICKEN SAUSAGE MASH POTATO	VEGETABLE, CHEESE AND CHICKPEA BAKES	BBQ SHREDDED CHICKEN RICE	SALMON FINGERS
VEGETABLES	CAULIFLOWER SWEETCORN	GREEN BEANS CARROTS	PEAS BROCCOLI	CARROT CAULIFLOWER	CHIPS PEAS BEANS
DESSERT	CARROT & ORANGE SMOOTHIE	BANANA PANCAKES	APPLE SPONGE CAKE	STICKY DATE SPONGE	DATE COOKIES
FINGER FRUIT	WATERMELON PLUMS	PEARS	PINEAPPLE	APPLE	WATERMELON
PM SNACK 2.30pm	CRACKERS CHEESE, CUCUMBER	APPLE WAFFLE WATERMELON	PITTA, HUMUS, CARROT STICKS	WHOLEMEAL TOAST SLICED BANANA	TOASTED CRUMPET SLICED APPLE



# LUNCH

## WEEK 2 PRE SCHOOL

SEP TO MARCH

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK 9.30am	MILK/WATER SEASANALFRUIT	MILK/WATER SEASANALFRUIT	MILK/WATER SEASANALFRUIT	MILK/WATER SEASANALFRUIT	MILK/WATER SEASANALFRUIT
MAIN MEAL 11.30am	BEEF CHILLI NACHOS	MAC N BEAN CHEESE	CHICKEN STRIPS	CHICKEN & SWEET POTATO NUGGET	SALMON FISHCAKE
VEGETABLES	CAULIFLOWER CARROT	SWEETCORN BROCOLI	RICE PEAS CARROT	VEGETABLE CROQUETTE	GREEN BEANS CAULIFLOWER
DESSERT	CHOCOLATE RIPPLE CAKE	BANANA & CHOCOLATE POT	APRIOT SPONGE CUSTARD	ORANGE & GINGER PUDDING	FRUIT SHORTBREAD
FINGER FRUIT	APPLE	WATERMELON PLUMS	PEAR	PINEAPPLE	WATERMELON
PM SNACK 2.30pm	PITTA, HUMMUS, CARROT STICKS	CRACKER, CHEESE, WATERMELON	TOASTED CRUMPET APPLE	APPLE WAFFLE WATERMELON	WHOLEMEAL TOAST SLICED BANANA



# LUNCH

## WEEK 3 PRE SCHOOL

SEP TO MARCH

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>AM SNACK 9.30am</b>	MILK/WATER SEASANALFRUIT	MILK/WATER SEASANALFRUIT	MILK/WATER SEASANALFRUIT	MILK/WATER SEASANALFRUIT	MILK/WATER SEASANALFRUIT
<b>MAIN MEAL 11.30pm</b>	WHOLEMEAL PIZZA (sardine tomato sauce)	EGG & BEAN MUFFINS	MINCED BEEF CRISPY PANCAKE	CHICKEN STRIPS	COD GOUJONS
<b>VEGETABLES</b>	SWEETCORN GREEN BEANS	CARROTS BROCCOLI	CAULIFLOWER PEAS	RICE CARROT SWEETCORN	PASTA PEAS BEANS
<b>DESSERT</b>	FRUIT JAM SPONGE	CHOCOLATE ORANGE CAKE	CARROT CUPCAKE	LEMON DRIZZLE	BUTTERNUT BROWNIE
<b>FINGER FRUIT</b>	WATERMELON PLUMS	PINEAPPLE	PEAR	APPLE	WATERMELON
<b>PM SNACK 2.30pm</b>	WHOLEMEAL TOAST SLICED BANANA	TOASTED CRUMPET SLICED APPLE	CRACKERS CHEESE CUCUMBER	PITA HUMUS CARROT STICKS	APPLE WAFFLE WATERMELON