

PRE-SCHOOL W1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK 9.30AM	Milk/Water Seasonal Fruit	Milk/Water Seasonal Fruit	Milk/Water Seasonal Fruit	Milk/Water Seasonal Fruit	Milk/Water Seasonal Fruit
MAIN MEAL 11.45AM	Chicken & Cheese Enchiladas	Pulled Pork & Cheese	Baked Chicken Sausage/Gravy	Bolognese Sauce & Cheese	Crispy Salmon Cakes
VEGETABLES	Peas Baked Beans	Nachos Broccoli Sweetcorn	Mash Potato Carrots Green Beans	Wholemeal Pasta Cauliflower Peas	Sweet Potato Roast Parsnip Peas
DESSERT	Chocolate Orange Cake	Banana Crepes	Apple Cake & Yoghurt	Berries & Shortbread	Date Cookies
FINGER FRUIT	Watermelon	Pear	Pineapple	Apple & Plum	Watermelon
AFTERNOON SNACK 2.30PM	Crackers, Cheese & Cucumber	Chocolate & Apple Puffs	Pitta, Humus Carrot Sticks	Wholemeal Toast & Banana	Crumpet & Sliced Apple
EVERY DAY	Vegetarian & Allergy Alternatives Always Available				
HYDRATION	Water	Water	Water	Water	Water

PRE-SCHOOL W2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING SNACK 9.30AM	Milk/Water & Fruit	Milk/Water & Fruit	Milk/Water & Fruit	Milk/Water & Fruit	Milk/Water & Fruit
MAIN MEAL 11.45 AM	Chicken Meatballs Tomato Sauce	Chicken & Cheese Croquettes	Roast Beef Yorkshire Pudding	Mac & Bean Cheese	Cheese Pizza (Sardine Tomato Sauce)
VEGETABLES	Wholemeal Pasta Sweetcorn Cauliflower	Couscous Garden Peas Roast Squash	Roast Potato Carrot Broccoli	Green Beans Sweetcorn	Cauliflower Baked Beans
DESSERT	Apple Brownie	Lemon Cake	Fruit Jelly Pots	Strawberry & Banana Smoothie	Date Cookies
FINGER FRUIT	Pear	Watermelon	Apple & Plum	Pineapple	Watermelon
AFTERNOON SNACK 2.30PM	Pita Humus Carrot Sticks	Crumpet Sliced Apple	Crackers Cheese Cucumber	Apple Puffs	Wholemeal Toast Sliced Banana
EVERY DAY	Vegetarian & Allergy Alternatives Always Available				
HYDRATION	Water	Water	Water	Water	Water

PRE-SCHOOL W3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING SNACK 9.30AM	Milk/Water & Fruit	Milk/Water & Fruit	Milk/Water & Fruit	Milk/Water & Fruit	Milk/Water & Fruit
MAIN MEAL 11.45AM	Chicken & Sweet Potato Nugget Grated Cheese	Chicken & Cheese Croquette	Gammon	Cheese & Bean Pizza	Battered Salmon
VEGETABLES	Zucchini Fries Roast Squash Carrots	Brown Rice Green Beans Sweetcorn	Boiled Potato Peas Cauliflower	Broccoli Roast Root Vegetables	Chips Peas Baked Beans
DESSERT	Sprinkle Cake	Fruit Jelly Pot	Yoghurt & Fruit	Date Cookies	Strawberry Ice Cream
FINGER FRUIT	Watermelon	Pineapple	Pear	Apple & Plum	Watermelon
AFTERNOON SNACK 2.30PM	Wholemeal Toast & Banana	Crumpet & Sliced Apple	Pita Hummus Carrot Sticks	Apple Puffs	Crackers Cheese Cucumber
EVERY DAY	Vegetarian & Allergy Alternatives Always Available				
HYDRATION	Water	Water	Water	Water	Water