PRE-SCHOOL

Week 1

	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 Bolognaise	Chicken & Cheese Croquettes	Roast Beef Yorkshire Pudding Roast Gravy	Cheese & Bean Pizza	Crispy Salmon Cakes
VEGETABLES	Pasta Courgettes Broccoli	Mash Potato Peas Butternut Squash	Roast Potato Carrots Green Beans	Sweet Corn Broccoli	Sweetcorn Pea s
DESSERT	Lemon Cake	Fruit Jelly	Apple Cake & Custard	Banana, Rice Pudding Pot	Fruit of the Forest Cheesecake
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

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HOLROYD HOWE
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FOOD FOR LIFE BRONZE SCHOOL AWARD
Soil Association

PRE-SCHOOL

Week 2

	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	Pulled Chicken	Beef Corn Dogs	Mozzarella Pizza & Falafel	Baked Salmon Bites Creamy Curry Sauce
VEGETABLES	Wholemeal Pasta Green Beans Carrots Grated Cheese	Couscous Garden Peas Cauliflower	Tatertots Sweetcorn Baked Beans	Butternut Squash Broccoli	Brown Rice Cauliflower Peas
DESSERT	Apple Brownie	Waffles Yoghurt Pear & Honey	Date Cake & Yoghurt	Fruit Jelly	Oat 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

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PRE-SCHOOL

Week 3

	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	Pork Sausage	Cheese & Bean Pizza	Battered Salmon
VEGETABLES	Carrots Green Beans	Pasta Sweetcorn Broccoli	Mash Potato, Baked Beans Peas	Cous Cous Cauliflower Carrots	Chips Peas Baked Beans
DESSERT	Pear Tapioca Pots	Crepes & Banana	Chocolate & Orange Cake	Date Cookies	Winter Berry Eton Mess
FINGER FRUIT	Watermelon	Pineapple	Pear	Apple & Plum	Watermelon
AFTERNOON SNACK 2.30PM	Wholemeal Toast & Banana	Crumpet & Sliced Apple	Pita Humus Carrot Sticks	Apple Puffs	Crackers Cheese Cucumber
EVERY DAY	Vegetarian & Allergy Alternatives Always Available				
HYDRATION	Water	Water	Water	Water	Water

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