

Food Menu





Pre-School Tea Menu - Week 1

Sandwiches

with a variety of fillings. Cucumber sticks and Cheese Snackers followed by fromage frais or fresh fruit.

Eggs and Milk

Baked beans

and whole meal toast followed by fromage frais or fresh fruit.

Milk

Fishcakes

with peas, tomato ketchup and whole meal bread followed by fromage frais or fresh fruit

Fish and Milk

Potato Waffles

with cheese cubes and vegetable sticks followed by fromage frais or fresh fruit.

Milk

Sandwiches

with a variety of fillings. Carrot sticks and apple wedges followed by fromage frais or fresh fruit.

Eggs and Milk

Key: **Allergies**





Pre-School Tea Menu - Week 2

Sandwiches

with a variety of fillings. Savoury snack sticks fromage frais or fresh fruit.

Eggs and Milk

Spaghetti

with whole meal toast followed by fromage frais or fresh fruit.

Milk

Fishfinger Sandwich

served with lettuce. Cucumber and sliced tomato followed by fromage frais or fresh fruit.

Fish and Milk

Macaroni Cheese

followed by fromage frais or fresh fruit.

Milk - Cauliflower

Sandwiches

with a variety of fillings. Cucumber sticks and raisins followed by fromage frais or fresh fruit.

Eggs and Milk

Key: Allergies, Hidden Goodness





Pre-School Tea Menu - Week 3

Sandwiches

with a variety of fillings. Savoury snack sticks and raisins followed by fromage frais or fresh fruit.

Eggs and Milk

Spaghetti Hoops

with whole meal toast followed by fromage frais or fresh fruit.

Milk

Cheese and Tomato Pizza

followed by fromage frais or fresh fruit

Milk

Sausage

in finger rolls served with vegetable sticks followed by fromage frais or fresh fruit

Milk

Sandwiches

with a variety of fillings. Apple wedges and cheese snackers followed by fromage frais or fresh fruit.

Eggs and Milk

Key: **Allergies**





Lunch Menu - Week 1

Roast Pork Dinner

with potatoes, carrots and cabbage followed by pears and vanilla sauce.

Milk and gluten

Pasta Bolognese

with garlic bread followed by raspberry compote sponge and custard.

Milk - Red lentils and grated carrot

Sausage and Mashed Potato

with peas and carrot followed by rice pudding and red fruit puree.

Fish and Milk

Lamb Cobbler and Broccoli

followed by fresh fruit

Milk - Grated carrot and courgette

Fish Pie

and sweetcorn followed by seeded flapjack

Eggs and Milk

Key: Allergies, Hidden Goodness





Lunch Menu - Week 2

Roast Beef Dinner

with potatoes, broccoli and cauliflower followed by pineapple and vanilla sauce

Milk and Gluten

Spaghetti

with a tomato and courgette sauce and garlic bread followed by fruit scone and custard

Milk - Red lentils, carrot and cauliflower

Fish

with tomato puree and mozzarella topping, boiled potatoes and sweetcorn followed by chocolate sponge and custard

Fish and Milk

Chicken, Sweet Potato and Coconut Curry

with rice followed by raising shortbread

Milk

Cottage Pie

with cabbage and leek mix followed by fresh fruit. Grated carrot, broccoli and cauliflower

Milk & Gluten

Key: Allergies, Hidden Goodness





Lunch Menu - Week 3

Roast Chicken/Turkey Dinner

with potatoes, sprouts and carrots followed by fruit salad and cream.

Milk and Gluten

Chilli and Rice

followed by Australian Crunchie.

Milk - Red lentils, carrot and cauliflower

Fish in Parsley Sauce

with oven baked chips and mixed vegetables.

Fish and Milk

Jacket Potato

with cheese and baked beans, served with a side salad followed by ginger sponge and custard.

Milk and Eggs

Diced Pork

topped with sliced potatoes and served with broccoli followed by bananas and vanilla sauce.

Milk and Gluten - Carrot, peas and cauliflower

Key: Allergies, Hidden Goodness





Breakfast

Fruit

A Variety of Cereals

Gluten

Snacks

Pre-School Snacks. A variety of snacks are provided throughout the day. These include:

Fruit

Apples	Oranges
Peas	Melon
Bananas	Raisins

Cream Crackers with Toppings - Gluten, Milk

Breadsticks - Gluten

Cheese Snackers - Gluten

Cucumber Sticks

Carrot Sticks

Pepper Sticks

Key: Allergies

