

Pre School Spring TERM MENUS 2019

These weekly menus rotate throughout the spring term, including the Holiday Club weeks, which are highlighted in yellow.

AVAILABLE EVERY DAY

BREAKFAST:
Selection of cereals, toast, and spreads,

SNACK:
Fresh fruit
Milk

✓ Indicates that a vegetarian option is available as soya or equivalent.

* Indicates Halal equivalent

Our kitchen uses produce sourced from local suppliers

	WEEK 1 7 Jan, 28 Jan, 18 Feb, 11 Mar, 1 Apr	WEEK 2 14 Jan, 4 Feb, 25 Feb, 18 Mar, 8 Apr	WEEK 3 21 Jan, 11 Feb, 4 Mar, 25 Mar,
MONDAY	<p>Snack: Crackers & cheese with sliced apple</p> <p>Lunch: Chicken tikka masala ✓* or kidney bean curry Steamed rice Peas & corn Jelly with biscuit curl</p> <p>Tea: Fishcakes ✓ with spaghetti hoops and peas Ground rice pudding</p>	<p>Snack: Rice cakes with sliced bananas</p> <p>Lunch: Barbecue pork ✓* or roasted vegetables Rosti potato bites Diced carrots Oat & ginger cake & custard</p> <p>Tea: Cheese & tomato toasties with baked beans Fromage frais</p>	<p>Snack: Breadsticks with orange wedges</p> <p>Lunch: Tuna sauce ✓ with cheese or Vegetable risotto Penne pasta & garlic bread Green beans Cherry & oat crumble & custard</p> <p>Tea: Chinese chicken ✓ with noodles & mixed vegetables Fruit platter</p>
TUESDAY	<p>Snack: Pitta fingers & spread with orange wedges</p> <p>Lunch: Roast gammon & gravy Spaghetti & veg bake Roast potatoes Green beans and/or swede Pear crumble & sauce</p> <p>Tea: Toast with baked beans & scrambled eggs Fromage frais</p>	<p>Snack: Breadsticks & cheese with sliced apples</p> <p>Lunch: Chilli con carne ✓* & taco or bean & veg chilli Steamed rice Diced carrots Lemon swirl cheesecake</p> <p>Tea: Vegetable ravioli with bread roll & grated carrot Stewed apples & custard</p>	<p>Snack: Crackers & cheese with sliced pears</p> <p>Lunch: Spanish sausages ✓* or lentil and aubergine layer Steamed rice Minted peas Semolina</p> <p>Tea: Pilchard pasta bake ✓ with cheese & peas Natural yoghurt & sauce</p>
WEDNESDAY	<p>Snack: Rice cakes with sliced bananas</p> <p>Lunch: Shepherd's pie ✓* & gravy or butternut & veg pie Sliced baguette Broccoli florets Vanilla ice cream & sauce</p> <p>Tea: Pasta milanaise ✓ with sweetcorn & cucumber Fruit platter</p>	<p>Snack: Marmite whirls with satsumas</p> <p>Lunch: Roast chicken* & gravy or macaroni cheese Roast potatoes Steamed cabbage Courgette cake and custard</p> <p>Tea: Lasagne ✓ with peas and grated carrots Fromage frais</p>	<p>Snack: Apricot flapjack with sliced bananas</p> <p>Lunch: Turkey casserole ✓* or courgette and tomato quiche Steamed potatoes Cauliflower florets Eves pudding & vanilla sauce</p> <p>Tea: Vegetable & bean chilli with rice and green beans Fromage frais</p>
THURSDAY	<p>Snack: Bread & butter with pear slices</p> <p>Lunch: Beef meatballs ✓ or Mozzarella squares Fusilli pasta Mixed vegetables Jam & coconut sponge and custard</p> <p>Tea: Muffin pizza with beans and cucumber sticks</p>	<p>Snack: Pitta fingers & spread with orange wedges</p> <p>Lunch: Chicken enchilada ✓* or Tortellini Potato wedges Sweetcorn Rice pudding</p> <p>Tea: Sausage ✓ & veg casserole with parsley dumplings Fruit platter</p>	<p>Snack: Rice cakes with satsumas</p> <p>Lunch: Bolognese ✓* or vegetable lasagne Spaghetti Savoy cabbage Chocolate toothpaste</p> <p>Tea: Vegetable soup with bread & butter triangles Sliced bananas & custard</p>
FRIDAY	<p>Snack: Breadsticks & cheese with satsumas</p> <p>Lunch: Battered fish or Cannelloni Potato wedges Baked beans and / or peas Shortbread friend biscuit</p> <p>Tea: Vegetable & lentil korma with rice Fruit platter</p>	<p>Snack: Crackers & spread with sliced pears</p> <p>Lunch: Cheese & tomato pitta pizza or potato & red onion layer Chips or wedges Baked beans and / or peas Flapjack squares</p> <p>Tea: Salmon ✓ & veg risotto green beans Fromage frais</p>	<p>Snack: Cheese biscuit with sliced apples</p> <p>Lunch: Chicken fillet bites ✓* or Cheese & tomato jackets Chips or wedges Baked beans and / or peas Orange chia cupcakes</p> <p>Tea: Savoury mince ✓ with Yorkshire pudding & diced carrots Fruit platter</p>

For all allergy advice please ask a member of the Catering team.