

Pre School AUTUMN TERM MENUS 2019

These weekly menus rotate throughout the autumn 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 available.

Our kitchen uses seasonal, locally sourced ingredients.

	WEEK 1 2 nd Sept 23 rd Sept 14 th Oct 11 th Nov 2 nd Dec	WEEK 2 9 th Sept 30 th Sept 28 th Oct 18 th Nov 9 th Dec	WEEK 3 16 th Sept 7 th Oct 4 th Nov 25 th Nov 16 th Dec
MONDAY	<p>Snack: Cheese & crackers</p> <p>Lunch: Teriyaki style beef*✓ or vegetable thai curry Noodles Sweetcorn Lemon cake & custard Tea Jacket potato, mixed beans, cheese & mixed salad Fruit platter</p>	<p>Snack: Breadsticks</p> <p>Lunch: Turkey bolognese*✓ or Tortellini Spaghetti Mixed vegetables Ginger cake and custard Tea Fishcake, ✓ peas & plum tomatoes Jelly</p>	<p>Snack: Rice cakes</p> <p>Lunch: Caribbean chicken*✓ or Ratatouille Steamed rice Diced carrots Banana flapjack square Tea Sweetcorn Pitta pizza, spaghetti hoops & cucumber Fromage frais</p>
TUESDAY	<p>Snack: Bread & butter</p> <p>Lunch: Chicken & chorizo*✓ stew or Mushroom stroganoff Mashed potato Diced carrots Creamy rice pudding Tea Toast, spaghetti hoops and scrambled eggs Fromage frais</p>	<p>Snack: Pitta bread & spread</p> <p>Lunch: Barbecued pork✓ or Vegetable risotto Couscous or jacket potato Broccoli florets Lemon yoghurt mousse Tea Vegetable spaghetti bake & grated carrots Fruit platter</p>	<p>Snack: Breadstick & cheese</p> <p>Lunch: Savoury mince*✓ or Vegetable moussaka Herby dice potatoes Green beans Orange fudge cake & cream Tea Cowboy hotpot✓ & cauliflower florets Apples & custard</p>
WEDNESDAY	<p>Snack: Breadsticks</p> <p>Lunch: Chilli con carne*✓ & taco or Veg and 5 bean chilli Steamed rice Cauliflower florets Apple & oat crumble & custard Tea Vegetable ravioli with bread roll & cucumber Fruit platter</p>	<p>Snack: Crackers & cheese</p> <p>Lunch: Seasoned roast chicken✓ & gravy or Macaroni cheese Roast potatoes Steamed cabbage Chocolate sponge & chocolate sauce Tea Mince✓ with yorkshire pudding & diced carrots Natural yogurt & sauce</p>	<p>Snack: Bread & butter</p> <p>Lunch: Tuna ✓ vegetable sauce or Lentil & veg pie Pasta and garlic bread Peas & corn Strawberry swirl cheesecake Tea Chicken casserole, ✓ potato wedges & green beans Fruit platter</p>
THURSDAY	<p>Snack: Rice cakes</p> <p>Lunch: Arrabiata chicken*✓ or Butternut squash lasagne Fusilli pasta Green beans Ice cream & sauce Tea Assorted sandwiches & crudités Semolina</p>	<p>Snack: Apricot flapjack</p> <p>Lunch: Spanish sausages*✓ or Chickpea & vegetable bake Steamed rice Green beans Jelly and Viennese biscuit Tea Vegetable noodle soup with bread & butter Fromage frais</p>	<p>Snack: Crackers & cheese</p> <p>Lunch: Roast gammon or Cheese & courgette quiche Roast potatoes Broccoli florets Lemon tart & custard Tea Beef & veg pie✓ with gravy & broccoli florets Jelly</p>
FRIDAY	<p>Snack: Marmite whirls</p> <p>Lunch: Cheese & tomato pizza✓ or Potato & leek layer bake Skin on fries or wedges Baked beans and/or peas Chocolate crunch square Tea Vegetable curry, rice and naan bread Fromage frais</p>	<p>Snack: Oat biscuit</p> <p>Lunch: Cod fillet fish fingers✓ or Cheese & onion jackets Skin on fries or wedges Baked beans and/or peas Banana & blueberry muffin Tea Chicken & pea✓ risotto with green beans Fruit platter</p>	<p>Snack: Pitta fingers & spread</p> <p>Lunch: Chicken bites*✓ or Spinach & ricotta cannelloni Skin on fries or wedges Baked beans and/or peas Double chocolate cookie Tea Assorted sandwiches & crudités Natural yogurt & sauce</p>

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