

Pre School AUTUMN TERM MENU 2020

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

Our kitchen uses seasonal, locally sourced ingredients.

Fresh fruit and milk are offered with snack

GREEN indicates that a vegan option is available as mince or soya chunks.
✓ Indicates vegetarian option

	Week 1 31 Aug, 14 Sept, 28 Sept, 12 Oct, 2 Nov, 16 Nov, 30 Nov, 14 Dec	Week 2 7 Sept, 21 Sept, 5 Oct, 19 Oct, 9 Nov, 23 Nov, 7 Dec, 21 Dec
MONDAY	<p>Morning snack: Oatmeal biscuit</p> <p>Lunch: Turkey chilli con carne & taco or vegetable ratatouille ✓ Steamed rice Green beans Lemon & poppy seed cake & custard Tea: Jacket potato, beans, cheese & grated carrot Fruit platter</p>	<p>Morning snack: Breadsticks</p> <p>Lunch: Barbecued pork or mushroom enchilada ✓ Noodles Broccoli florets Chocolate & pear crumble & sauce Tea: Pitta cheesy pizza, baked beans & cucumber sticks Natural yoghurt & sauce</p>
TUESDAY	<p>Morning snack: Breadsticks & cheese bite</p> <p>Lunch: Tomato & veg sauce or roasted vegetable quiche ✓ Pasta & Garlic bread Sweetcorn Warm courgette brownie Tea: Shepherd's pie & gravy with green Beans Ground rice pudding</p>	<p>Morning snack: Pitta & spread</p> <p>Lunch: Spanish sausages or spinach & ricotta tortellini ✓ Steamed rice Green beans Apple flapjack squares Tea: Chicken casserole, sweetcorn and couscous Bananas & custard</p>
WEDNESDAY	<p>Morning snack: Rice cakes & spread</p> <p>Lunch: Mild chicken curry or Butternut and lentil curry ✓ Steamed rice/naan bread Cauliflower florets Vanilla ice cream and biscuit curl Tea: Sausage, bean and veg casserole with bread & butter triangles Fromage frais</p>	<p>Morning snack: Bread & butter triangles</p> <p>Lunch: Beef bolognese or aubergine, tomato & potato layer ✓ Penne pasta Diced carrots Shortbread biscuit Tea: Salmon fishcakes, spaghetti hoops & mixed vegetables Fromage frais</p>
THURSDAY	<p>Morning snack: Marmite whirls</p> <p>Lunch: Roast gammon & gravy or crunchy macaroni cheese bake ✓ Roast potatoes Diced carrots & swede Jam shortbread and custard Tea: Toast, spaghetti hoops and scrambled eggs Fruit platter</p>	<p>Morning snack: Rice cakes & spread</p> <p>Lunch: Moroccan chicken or vegetable and bean shepherd's pie ✓ Herb diced potatoes Sweetcorn Marbled sponge and custard Tea: Meatballs in tomato sauce, pasta and green beans Natural yoghurt & sauce</p>
FRIDAY	<p>Morning snack: Crackers & cheese</p> <p>Lunch: Chicken fillet bites & garlic mayo or and gnocchi pepper bake ✓ Skin on fries or wedges Baked beans and/or peas Iced sponge with sprinkles Tea: Tuna & sweetcorn pasta bake with garlic bread Fromage frais</p>	<p>Morning snack: Cheese biscuit</p> <p>Lunch: Cod fillet fish fingers or cheese & onion turnovers ✓ Skin on fries or wedges Baked beans and/or peas Chocolate crunch squares Tea: Savoury mince, steamed rice and diced carrots Fruit platter</p>

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