

# Pre School SPRING TERM MENU 2021

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

Our kitchen uses seasonal, locally sourced ingredients.

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

	<b>Week 1</b> 4 Jan 18 Jan 1 Feb <b>15 Feb</b> 1 Mar 15 Mar <b>5 Apr</b>	<b>Week 2</b> 11 Jan 25 Jan 8 Feb 22 Feb 8 Mar 22 Mar <b>12 Apr</b>
<b>MONDAY</b>	<b>Morning snack:</b> Digestives  <b>Lunch:</b> <b>Caribbean chicken</b> or Vegetable & bean chilli ✓ Steamed rice Country mixed vegetables <b>Apple &amp; cherry oat crumble and vanilla sauce</b> <b>Tea:</b> <b>Sausage pasta bake</b> , garlic bread & broccoli florets <b>Fromage frais</b>	<b>Morning snack:</b> Breadsticks  <b>Lunch:</b> <b>Beef teriyaki</b> or Mushroom stroganoff ✓ Couscous Green beans <b>Jam lovecake and custard</b> <b>Tea:</b> <b>Cod fillet fish fingers</b> , spaghetti hoops and mashed potato <b>Fruit platter</b>
<b>TUESDAY</b>	<b>Morning snack:</b> Cheese biscuit  <b>Lunch:</b> <b>Baked battered fish fillet</b> or Mozzarella & tomato puffs ✓ Herb diced potatoes Baked beans/peas <b>Lemon curd swirl sponge and custard</b> <b>Tea:</b> <b>Moroccan chicken</b> with rice and green beans <b>Jelly</b>	<b>Morning snack:</b> Bread & butter triangles  <b>Lunch:</b> <b>Roast chicken &amp; gravy</b> or Crunchy topped macaroni cheese ✓ Roast potatoes Steamed cabbage <b>Banana &amp; blueberry muffins</b> <b>Tea:</b> Tomato & vegetable sauce, pasta, cheese and peas <b>Fromage frais</b>
<b>WEDNESDAY</b>	<b>Morning snack:</b> Rice cakes  <b>Lunch:</b> <b>Beef meatballs</b> or Vegetable & lentil crumble ✓ Penne pasta Diced carrots <b>Viennese whirl biscuit</b> <b>Tea:</b> Salmon & scrambled eggs, hoops and potato wedges <b>Rice pudding</b>	<b>Morning snack:</b> Oat & wholemeal biscuit  <b>Lunch:</b> <b>Turkey bolognese</b> Tortellini bake ✓ Spaghetti Mixed vegetables <b>Jelly and wafer curl</b> <b>Tea:</b> <b>Wholemeal cheese &amp; ham pizza</b> , baked beans and cucumber sticks <b>Fruit platter</b>
<b>THURSDAY</b>	<b>Morning snack:</b> Breadsticks & cheese bites  <b>Lunch:</b> <b>Shepherd's pie</b> or Butternut squash & spinach lasagne ✓ Broccoli florets Petit pain bread <b>Semolina</b> <b>Tea:</b> Jacket potato, baked beans, cheese and sweetcorn <b>Fromage frais</b>	<b>Morning snack:</b> Flapjack bites  <b>Lunch:</b> <b>Chinese chicken</b> or Sweet chilli vegetables ✓ Noodles /rice Sweetcorn <b>Toffee &amp; date cake with custard</b> <b>Tea:</b> <b>Meat &amp; vegetable hotpot</b> , cauliflower florets & gravy <b>Fromage frais</b>
<b>FRIDAY</b>	<b>Morning snack:</b> Pitta bread & spread  <b>Lunch:</b> <b>Chicken fillet bites</b> or Cauliflower mornay ✓ Skin on fries/wedges Baked beans and/or peas <b>Gingernut biscuits</b> <b>Tea:</b> <b>Savoury mince</b> , Yorkshire pudding and mixed vegetables <b>Natural yogurt</b>	<b>Morning snack:</b> Cheese and crackers  <b>Lunch:</b> <b>Oven baked pork sausages</b> Tortellini bake ✓ Skin on fries/wedges Baked beans and/or peas <b>Semolina shortbread rounds</b> <b>Tea:</b> <b>Fajita chicken</b> with pitta bread and Diced carrots <b>Fruit platter</b>

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