

Pre School AUTUMN TERM MENU 2021

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.

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

	Week 1 6 Sept 20 Sept 4 Oct 18 Oct 8 Nov 22 Nov 6 Dec 20 Dec	Week 2 13 Sept 27 Sept 11 Oct 1 Nov 15 Nov 29 Nov 13 Dec
MONDAY	Morning snack: Rice cakes Lunch: Beef bolognese or Five bean & vegetable chilli ✓ Spaghetti Fine green beans Apple crumble & vanilla sauce Tea Vegan sausage & vegetable casserole with mashed potato Fromage frais	Morning snack: Breadsticks Lunch: Caribbean chicken or Aubergine, potato & tomato bake ✓ Steamed rice Sweetcorn and peas Semolina & chocolate drops Tea Vegetable ravioli, cheese, green beans and petit pain Fruit Platter
TUESDAY	Morning snack: Breadsticks & cheese bites Lunch: Roast chicken & gravy or Courgette quiche ✓ Roast potatoes Steamed cabbage Date & toffee cake with cream Tea Assorted sandwiches, vegan rolls and crudités Ground rice pudding	Morning snack: Oaty biscuits Lunch: Meatballs in tomato & veg sauce or Tortellini bake ✓ Penne pasta Broccoli florets Jam Lovecake & custard Tea Scrambled eggs with salmon flakes, baked beans and potato wedges Fromage frais
WEDNESDAY	Morning snack: Pitta & spread Lunch: Tuna pasta bake or Mushroom enchilada ✓ Garlic bread slice Sweetcorn Jelly & biscuit curl Tea Yorkshire pudding filled with savoury mince & broccoli florets Fruit platter	Morning snack: Bread & butter triangles Lunch: Shepherd's pie & gravy or Creamy leek and vegetable pie ✓ Petit pain Mixed vegetables Crunchy orange biscuit Tea Wholemeal pizza square with spaghetti hoops and cucumber sticks Natural yogurt
THURSDAY	Morning snack: Apricot flapjack bites Lunch: Beef teriyaki or Lentil & vegetable dahl ✓ Steamed rice Country mixed vegetables Beetroot cake & chocolate sauce Tea Salmon fishcakes , potato bites and spaghetti hoops Fromage frais	Morning snack: Crackers & cheese Lunch: Sweet & sour pork or Sweet chilli oriental vegetables ✓ Noodles Julienne carrots Lemon & poppy seed cake & custard Tea Jacket potato with bean medley, cheese and mixed salad Fruit platter
FRIDAY	Morning snack: Crackers & cheese Lunch: Chicken fillet bites or Spinach & ricotta cannelloni ✓ Skin on fries/wedges Baked beans and/or peas Viennese cupcake Tea Lentil & vegetable curry with steamed rice, naan bread & diced carrots Fruit platter	Morning snack: Cheese & marmite biscuit Lunch: Cod fillet fish fingers or Stuffed peppers ✓ Skin on fries/wedges Baked beans and/or peas Crispy slice Tea Fajita chicken, pitta bread and sweetcorn Fromage frais

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