

Pre School AUTUMN TERM MENU 2023

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/vegetarian option is available
Indicates vegetarian/vegan option

	Week 1 4 th Sept 18 th Sept 2 nd Oct 16 th Oct 6 th Nov 20 th Nov 4 th Dec 18 th Dec	Week 2 11 th Sept 25 th Sept 9 th Oct 30 th Oct 13 th Nov 27 th Nov 11 th Dec
MONDAY	Morning snack: Rice cake Lunch: Barbecued pork or Barbecue vegan strips ✓ Noodles Fine green beans Marble sponge & chocolate sauce Tea: Sea stars , mashed potato and baked beans Natural yogurt & sauce	Morning snack: Breadstick Lunch: Arrabiata chicken or Arrabiata soya strips ✓ Penne pasta Julienne carrots Vanilla fork biscuit Tea: Jacket potatoes, beans, cheese/tuna and sweetcorn Semolina
TUESDAY	Morning snack: Breadsticks & cheese Lunch: Beef chilli con carne & taco or Vegan chilli con carne & taco ✓ Steamed rice Sweetcorn Caramel squares Tea: Tuna & veg sauce , pasta, sweetcorn & grated cheese Fromage frais	Morning snack: Pitta bread & spread Lunch: Roast pork & gravy or Vegan slice & gravy ✓ Roast potatoes Steamed cabbage Oaty apple crumble & custard Tea: Garlic bread pizza slice, baked beans & cucumber sticks Fruit platter
WEDNESDAY	Morning snack: Crackers & cheese Lunch: Chicken meatballs in tomato & veg sauce or Vegan meatballs in tomato & veg sauce ✓ Spaghetti Mixed vegetables Zingy orange sponge & custard Tea: Meat & veg pie & gravy with bread triangle and mixed vegetables Fruit platter	Morning snack: Crackers & spread Lunch: Beef & vegetable casserole or Vegan strips & veg casserole ✓ Mashed potato Diced carrots Creamy rice pudding with jam or chocolate Tea: Fajita chicken , pitta bread and grated carrots Natural yogurt & sauce
THURSDAY	Morning snack: Bread & butter Lunch: Turkey lasagne or Soya mince lasagne ✓ Garlic bread Sweetcorn Banana & chocolate flapjack Tea: Scrambled eggs, spaghetti hoops & rosti bites Fromage frais	Morning snack: Homemade oat biscuit Lunch: Spanish sausages or Vegan Spanish sausage ✓ Steamed rice Broccoli florets Lemon lovecake & vanilla sauce Tea: Savoury mince , mashed potato and mixed vegetables Fruit platter
FRIDAY	Morning snack: Cheese biscuit Lunch: Chicken fillet bites or Vegetarian nuggets ✓ Skin on fries Baked beans and/or peas Ginger shortbread friend Tea: Turkey bolognaise , Yorkshire pudding & green beans Fruit platter	Morning snack: Marmite whirls Lunch: Cod fillet fish fingers or Vegetable fingers Skin on fries Baked beans and/or peas Blueberry muffins Tea: Pasta milanaise bake , garlic bread and mixed salad Natural yogurt & sauce