

Pre School AUTUMN TERM MENU 2024

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

Allergen information

(g) gluten
(d) dairy
(e) egg
(s) soya
(f) fish
(c) celery

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

	Week 1 2 Sept 16 Sept 30 Sep 14 Oct 4 Nov 18 Nov 2 Dec 16 Dec	Week 2 9 Sept 23 Sept 7 Oct 21 Oct 11 Nov 25 Nov 9 Dec
MONDAY	Morning snack: Breadstick(g) Lunch: Sweet & sour pork (g) Sweet chilli veg ✓ Noodles (g) Sweetcorn/cucumber Marble sponge (g) (e) & chocolate sauce (d) Sliced fruit Tea: Vegetable pasta bake(g), garlic bread(g) & peas Fromage frais (d)	Morning snack: Digestive biscuit (g) Lunch: Arrabiata chicken Aubergine & potato layer (d) ✓ Pasta(g) Mixed vegetables/tomato wedges Apple layer cake (e)(g) & custard (d) Sliced fruit Tea: Salmon fishcake(f) (g) potato puffs and baked beans Natural yogurt & sauce(d)
TUESDAY	Morning snack: Orange fork biscuit (g) Lunch: Chicken curry Butternut & spinach curry ✓ Steamed rice & naan bread (g) Diced carrots /tomato wedges Lemon cheesecake (g) (d) or Jelly Natural yogurt (d) or fruit Tea: Paprika pork , potato wedges & green beans Fruit platter	Morning snack: Marmite whirls(g) Lunch: Savoury mince Mushroom stroganoff(d)(g) ✓ Couscous (g) Steamed rice (g) Sweetcorn/cucumber Crunchy ginger biscuit(g) Natural yogurt (d)/fruit Tea: Ravioli & cheese bake, (d)(g) garlic bread (g) & peas Jelly
WEDNESDAY	Morning snack: Crackers (g) & cheese (d) Lunch: Meatballs (g) in tomato & veg sauce (c) Vegetable ratatouille ✓ Spaghetti (g) Mixed vegetables/grated carrots Melted moments (g) & custard (d) Sliced fruit Tea: Cheese & bacon stuffed jackets(d) baked beans and sweetcorn Natural yogurt & sauce	Morning snack: Sunflower seed flapjack(g) Lunch: Roast gammon & gravy Macaroni cheese(g) (d) ✓ Roast potatoes Fine green beans Semolina (d)(g) with jam/choc drops(d)(g) Natural yogurt (d) & sauce /sliced fruit Tea: Chilli con carne , steamed rice & diced carrots Fruit platter
THURSDAY	Morning snack: Cheese biscuit (d) (g) Lunch: Baked sausages (g) & gravy (s) Cauliflower mornay (g) (d) ✓ Mashed potato or petit pain(g) Broccoli florets /cucumber Warm carrot cake square (g)(e) Natural yogurt (d) Tea: Cheese pitta pizza, (g) (d) spaghetti hoops (g) & cucumber sticks Rice pudding (d)	Morning snack: Breadstick(g) & cheese (d) Lunch: Tomato & tuna vegetable sauce (f)(c) Vegetable lasagne (g) (c) (d) ✓ Pasta (g) & garlic bread (g) Sliced carrots/shredded lettuce Cornflake tart (g) & vanilla sauce(d) Sliced fruit Tea: Chicken pie & gravy (g) , petit pain(g) & mixed vegetables Fromage frais (d)
FRIDAY	Morning snack: Banana & date cake(g)(e) Lunch: Cod fillet fish fingers(g) (f) Cheese & tomato & baked potatoes (d) ✓ Skin on fries/pasta (g) Baked beans and/or peas Viennese biscuit(g) Natural yogurt (d) & sauce Tea: Barbecue chicken , bread & butter (g)(s) & carrots Fromage frais(d)	Morning snack: Homemade oat biscuit (g) Lunch: Cheese & tomato pizza (g) (d) Tortellini bake (g) (d)(e) ✓ Skin on fries/pasta (g) Baked beans and/or peas Blueberry muffins (g)(e) Natural yogurt (d) & sauce Tea: Scrambled eggs, (e) spaghetti hoops(g) & toast triangles (g)(s) Fruit platter

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