

Preschool - Menu A - Summer Term

Breakfast

	Monday	Tuesday	Wednesday	Thursday	Friday
Cereals	Weetabix (g), Cornflakes (g), Rice Krispies (g), Cheerios (g) and Shreddies (g)				
Bread	Wholemeal Toast (g) (soy), Bagels (g, d), Crumpets (g) (d) and English muffins (g) (d)				
Spreads	Jam, Dairy Free Spread and Butter (d)				
Hot	Porridge (g)				
Fruit	Assorted Fruit				
Drink	Water, Milk (d),				

Lunch

	Monday	Tuesday	Wednesday	Thursday	Friday
Main dish	BBQ Chicken Drumstick/Thigh (g) (e) (soy) or Baked Quorn fillet (g) (soy) served with Red Cabbage Coleslaw (e)	Pasta bake - tomato and oregano ragout, topped with mornay sauce (g) (d)	Chicken tikka masala or Vegetable tikka masala with pilau rice	Spaghetti Bolognese (g) or Vegetable & Lentil Bolognese (g) with garlic and flat parsley	Breaded herbed chicken (g) (e) or Quorn dippers (soy) (e) with lime crème fraiche (d)
Vegetable / Side dish	Seasonal Jacket Wedges Sweetcorn	Cherry tomatoes, basil, olives and cos lettuce salad Crusty bread (g)	Naan bread (g) (d)	Green beans Steamed carrots	baked jacket wedges peas
Dessert	Fresh fruit	Strawberry Yoghurt (d)	Fresh fruit	Greek Yogurt with honey	Fresh fruit

Dinner

	Monday	Tuesday	Wednesday	Thursday	Friday
Main dish including vegetarian alternative	Wholemeal pitta bread with houmous, cheese (g) (d)	Baked salmon (fish)	Pasta and Quorn provençal with marinated olives (g)	Vegetable & Bean Biryani	Lentil & Herb Ragù with couscous (g)
Vegetable	Cucumber and carrot sticks	New potatoes and green beans	Cucumber and carrot sticks	Steamed sweetcorn	Steamed carrots
Dessert	Fresh Fruit	Yoghurt (d)	Fresh Fruit	Yoghurt (d)	Fresh Fruit

(g) - gluten

(e) - egg

(fish) - fish

(soy) - soy

(d) - dairy

Please note that we will always aim to provide wholemeal and the meals on this menu however we have been experiencing some difficulties with wholesalers.

Preschool - Menu B - Summer Term

Breakfast

	Monday	Tuesday	Wednesday	Thursday	Friday
Cereals	Weetabix (g), Cornflakes (g), Rice Krispies (g), Cheerios (g) and Shreddies (g)				
Bread	Wholemeal Toast (g) (soy), Bagels (g) (d), Crumpets (g) (d) and English muffins (g) (d)				
Spreads	Jam, Dairy Free Spread and Butter (d)				
Hot	Porridge (g)				
Fruit	Assorted Fruit				
Drink	Water, Milk (d),				

Lunch

	Monday	Tuesday	Wednesday	Thursday	Friday
Main dish	Vegetable and chickpea tagine	Brisket of beef or Vegan nugget (g)	Mixed pepper, red onion and mozzarella pizza or vegan pizza (g) (d)	Cajun chicken wrap (g) (d) or Grilled Mediterranean vegetable wrap (g) (d) with avocado guacamole and vegan slaw/iceberg lettuce	Fish fingers (d),(e),(g) and (fish) or Vegan sausage roll (vegan) (d),(e) (g)
Vegetable / Side dish	Couscous (g)	Seasoned jacket wedges, mixed salad and pickled gherkins	New potatoes in chive and mayonnaise (e), Beetroot and sweetcorn	Herb and lime cracked wheat (g)	Baked sweet potato wedges, peas, tartare sauce (e) Wedge of lemon
Dessert	Cheese (d) and Crackers (g) with apple wedges	Honey Greek yoghurt (d)	Fresh fruit	Summer berry fool with a trio of fresh berries (d)	Fresh fruit

Dinner

	Monday	Tuesday	Wednesday	Thursday	Friday
Main dish including vegetarian alternative	Steamed cod (fish)	Pepper and chickpea curry	Wholemeal pitta bread with hummus, cheese (g)(d)	Baked tomato and cheese focaccia with mixed salad (g)(d)	Chicken or vegetable cracked wheat with garlic and herb dressing (g)
Vegetable	New potatoes and Broccoli	Basmati rice	Cherry tomatoes, cucumber and carrot sticks	Mixed peppers and celery sticks	Cucumber and carrot sticks
Dessert	Fresh Fruit	Yoghurt (d)	Fresh Fruit	Yoghurt (d)	Fresh Fruit

(g) - gluten

(e) - egg

(fish) - fish

(soy) - soy

(d) - dairy

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Preschool - Menu C - Summer Term

Breakfast

	Monday	Tuesday	Wednesday	Thursday	Friday
Cereals	Weetabix (g), Cornflakes (g), Rice Krispies (g), Cheerios (g) and Shreddies (g)				
Bread	Wholemeal Toast (g) (soy), Bagels (g) (d), Crumpets (g) (d) and English muffins (g) (d)				
Spreads	Jam, Dairy Free Spread and Butter (d)				
Hot	Porridge (g)				
Fruit	Assorted Fruit				
Drink	Water, Milk (d),				

Lunch

	Monday	Tuesday	Wednesday	Thursday	Friday
Main dish	Lemon and herb roasted chicken or Lemon and herb roasted quorn fillet (g) (soy) with steamed Broccoli	Minced beef lasagne (d) (g) or Roast Mediterranean vegetable lentil lasagne (d) (g)	Vegetable Mexican and bean stew	Lamb and smoked cheese macaroni or macaroni cheese (d) (g)	Breaded chicken tenders served with BBQ sauce (g) or Breaded mozzarella sticks served with BBQ sauce (d) (e) (g)
Vegetable / Side dish	Greek salad, (d) new potato and chive salad, beetroot and tarragon salad	Cherry tomato, cucumber and lettuce salad	Steamed Cracked wheat (g) avocado guacamole,	Garlic bread (d) (g) Sweetcorn	Baked jacket wedges Peas
Dessert	Fresh fruit	Greek yoghurt (d) with a blueberry compote	Fresh fruit	Lemon syllabub (d) with summer berries	Fresh fruit

Dinner

	Monday	Tuesday	Wednesday	Thursday	Friday
Main dish including vegetarian alternative	Wholemeal pitta bread with hummus, cheese (g) (d)	Penne Pasta with white beans, roasted tomatoes and herb pesto (g)	Vegetable Puy Lentil and basil tomato ragu with slow-baked new potatoes	Mixed bean chilli con carne	Steamed salmon with couscous (fish) (g)
Vegetable	Cucumber and carrot sticks	Mixed peppers and celery sticks	Steamed sweetcorn	Rice	Steamed broccoli
Dessert	Fresh Fruit	Yoghurt (d)	Fresh Fruit	Yoghurt (d)	Fresh Fruit

(g) - gluten

(e) - egg

(fish) - fish

(soy) - soy

(d) - dairy

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