

Preschool 3 Week Menu

Week Beginning:

Week 1

Monday	Breakfast Lunch Dinner Snack	Multigrain hoops/Cheerios/Wheat bisks/Malted Wheeties Cream Crackers/Wholemeal bread/toast with jam/butter/cheese , yogurt and fruit. Chicken Pasta Bake served with sweetcorn and peas/Homemade Frittata served with sweetcorn and peas Fruit
Tuesday	Breakfast Lunch Dinner Snack	Multigrain hoops/Cheerios/Wheat bisks/Malted Wheeties Cream Crackers/Wholemeal bread/toast with jam/butter/cheese , yogurt and fruit. Lasagne served with broccoli and sweetcorn / Chow Mein Noodles with broccoli and sweetcorn Fruit
Wednesday	Breakfast Lunch Dinner Snack	Multigrain hoops/Cheerios/Wheat bisks/Malted Wheeties Cream Crackers/Wholemeal bread/toast with jam/butter/cheese , yogurt and fruit. Roast pork, mashed potatoes & with carrots & peas/Veg soup with brown roll/bread Fruit
Thursday	Breakfast Lunch Dinner Snack	Multigrain hoops/Cheerios/Wheat bisks/Malted Wheeties Cream Crackers/Wholemeal bread/toast with jam/butter/cheese , yogurt and fruit. Beef curry & brown rice with broccoli and carrot / Mac & cheese with carrot and broccoli Fruit
Friday	Breakfast Lunch Dinner Snack	Multigrain hoops/Cheerios/Wheat bisks/Malted Wheeties Cream Crackers/Wholemeal bread/toast with jam/butter/cheese , yogurt and fruit. Homemade pizza, wedges & beans / Pasta in tomato sauce with carrots Fruit

Week Beginning:

Week 2

Monday	Breakfast Lunch Dinner Snack	Multigrain hoops/Cheerios/Wheat bisks/Malted Wheeties Cream Crackers/Wholemeal bread/toast with jam/butter/cheese , yogurt and fruit. Chicken Curry & brown rice with peas & sweetcorn / Pasta bake with peas & sweetcorn Fruit
Tuesday	Breakfast Lunch Dinner Snack	Multigrain hoops/Cheerios/Wheat bisks/Malted Wheeties Cream Crackers/Wholemeal bread/toast with jam/butter/cheese , yogurt and fruit. Spaghetti bolognese served with broccoli & sweetcorn / Homemade Frittata served with broccoli & sweetcorn Fruit
Wednesday	Breakfast Lunch Dinner Snack	Multigrain hoops/Cheerios/Wheat bisks/Malted Wheeties Cream Crackers/Wholemeal bread/toast with jam/butter/cheese , yogurt and fruit. Ham , mashed potatoes with carrot & broccoli / Macaroni & cheese with carrot & broccoli Fruit
Thursday	Breakfast Lunch Dinner Snack	Multigrain hoops/Cheerios/Wheat bisks/Malted Wheeties Cream Crackers/Wholemeal bread/toast with jam/butter/cheese , yogurt and fruit. Shepherd's Pie served with carrots and peas / Vegetable soup with brown bread/brown roll Fruit
Friday	Breakfast Lunch Dinner Snack	Multigrain hoops/Cheerios/Wheat bisks/Malted Wheeties Cream Crackers/Wholemeal bread/toast with jam/butter/cheese , yogurt and fruit. Fish fingers , mashed potato with beans & carrots / Penne pasta with tomato sauce served with carrots Fruit

Week Beginning:

Week 3

Monday	Breakfast Lunch Dinner Snack	Multigrain hoops/Cheerios/Wheat bisks/Malted Wheeties Cream Crackers/Wholemeal bread/toast with jam/butter/cheese , yogurt and fruit. Chicken pasta bake with peas & sweetcorn / Chow mein noodles with peas & sweetcorn Fruit
Tuesday	Breakfast Lunch Dinner Snack	Multigrain hoops/Cheerios/Wheat bisks/Malted Wheeties Cream Crackers/Wholemeal bread/toast with jam/butter/cheese , yogurt and fruit. Chicken casserole & brown rice with broccoli & sweetcorn / Pasta bake with broccoli & sweetcorn Fruit
Wednesday	Breakfast Lunch Dinner Snack	Multigrain hoops/Cheerios/Wheat bisks/Malted Wheeties Cream Crackers/Wholemeal bread/toast with jam/butter/cheese , yogurt and fruit. Roast beef , potatoes with carrots & peas / Vegetable soup with brown bread/brown roll Fruit
Thursday	Breakfast Lunch Dinner Snack	Multigrain hoops/Cheerios/Wheat bisks/Malted Wheeties Cream Crackers/Wholemeal bread/toast with jam/butter/cheese , yogurt and fruit. Chilli con carne & brown rice with carrot & broccoli / Macaroni & Cheese with carrot and broccoli Fruit
Friday	Breakfast Lunch Dinner Snack	Multigrain hoops/Cheerios/Wheat bisks/Malted Wheeties Cream Crackers/Wholemeal bread/toast with jam/butter/cheese , yogurt and fruit. Chicken goujons, wedges with beans & carrots / Spaghetti pasta with tomato sauce with carrots & beans Fruit