

# Toddlers and Pre-School Children

## 12 months to 5 years

	BREAKFAST	A.M. SNACK	LUNCH	P.M. SNACK	LIGHT TEA
	(selection of 5/6 cereals)				
	Choice of 2		Vegetable & Lentil		Assorted
	Wholemeal toast		Balti with brown		sandwiches
<b>MONDAY</b>	Plain/Fruit Bagels	Cucumber	rice & flat breads	Mixed Grapes	
	Pancakes				
	Crumpets		Banana & ginger	1/2 cheese	Fresh fruit
	Potato cakes		cake	crumpet	selection
			*Roast chicken		Sardines/
	Choice of 2	Tomatoes	diced roast		Marmite
	Wholemeal toast		potatoes	Peaches	on toast
<b>TUESDAY</b>	Plain/Fruit Bagels		mashed potatoes		
	Pancakes	1/4 Slice	3 fresh seasonal		Rice pudding
	Crumpets	Wholemeal	veg & gravy		with
	Potato cakes	toast			raspberries
			Fresh fruit		
			selection		
	Choice of 2		Cheese, onion	Mixed Peppers	Butternut squash,
	Wholemeal toast		grated carrots		sweet potato
<b>WEDNESDAY</b>	Plain/Fruit Bagels	Banana	potato pie		& red pepper soup
	Pancakes		with beans	Hummus &	with
	Crumpets			Mini bread	focaccia bread
	Potato cakes		Fromage fraise	sticks	
					Melon selection
	Choice of 2	Pea Pods	*Savoury minced		
	Wholemeal toast		lamb, minted		Pitta bread
	Plain/Fruit Bagels		new potatoes,		Pizza
<b>THURSDAY</b>	Pancakes	1/2 toasted	broccoli	Strawberries	(made by
	Crumpets	bagel	Carrot batons		the children)
	Potato cakes		Carrot & sultana		Greek yoghurt
			cake		
	Choice of 2		Cod in tomato		Savoury
	Wholemeal toast		& basil sauce	Celery	egg fried rice
<b>FRIDAY</b>	Plain/Fruit Bagels	Oranges	Pasta spirals		& cucumber
	Pancakes		& garlic bread	Water biscuit	sticks
	Crumpets			with	
	Potato cakes		Cranberry, apricot	cheese spread	Fresh fruit
			& Oat cookie		selection

FULL LIST OF INGREDIENTS INCLUDING ALLERGENS ARE AVAILABLE ON REQUEST

\*Vegetarian meals available on request as an alternative