



Acorn to Oak Pre-School - 2 week sample menu

	Breakfast	Snack 1	Lunch	Snack 2	Dinner	Desserts
Monday	Selection of Cereals , with milk, wholemeal toasts, jams , spreads and honey	Fruit and Vegetables selection	Cottage pie with steamed veg. Vegetarian/Halal option.	Fruit and Vegetable selection	Self made in class Pizza with various topping	Fruit salad . Oat and raisin cookies
Tuesday	Selection of Cereals , with milk, wholemeal toasts, jams , spreads and honey	Fruit and Vegetables selection	Chicken Korma and rice	Fruit and Vegetables selection	Pasta with hidden Vegetables	Frozen yogurt. Fruit Jelly
Wednesday	Selection of Cereals , with milk, wholemeal toasts, jams , spreads and honey	Fruit and Vegetables selection	Roast Chicken ,roast potatoes and steamed vegetables	Fruit and Vegetables selection	Wholemeal bread ,cucumber, tomatoes and carrot sticks	Fruit bar. Rice pudding
Thursday	Selection of Cereals , with milk, wholemeal toasts, jams , spreads and honey	Fruit and Vegetables selection	Jacket Potatoes , cheese, baked beans , tuna fillings	Fruit and Vegetables selection	Homemade Vegetable soup, wholemeal roll. Soup made in class.	Flapjack . Fresh fruit salad
Friday	Selection of Cereals , with milk, wholemeal toasts, jams , spreads and honey	Fruit and Vegetables selection	Fish Pie , carrots , peas and Sweetcorn.	Fruit and Vegetables selection	Quiche with steamed Vegetables	Apple pie and custard. Fruit selection
Monday	Selection of Cereals , with milk, wholemeal toasts, jams , spreads and honey	Fruit and Vegetables selection	Spaghetti Bolognese , hidden vegetables	Fruit and Vegetables selection	Chicken goujon in wrap with salad	Lemon drizzle cake . Yogurt
Tuesday	Selection of Cereals , with milk, wholemeal toasts, jams , spreads and honey	Fruit and Vegetables selection	Chicken Chow mein	Fruit and Vegetables selection	Tuna pasta , sweetcorn , cucumber	Ice cream, fruit coulis. Muffin
Wednesday	Selection of Cereals , with milk, wholemeal toasts, jams , spreads and honey	Fruit and Vegetables selection	Lasagne	Fruit and Vegetables selection	Beans on Wholemeal toast	Fruit Bar. Yogurt
Thursday	Selection of Cereals , with milk, wholemeal toasts, jams , spreads and honey	Fruit and Vegetables selection	Homemade beef burgers, vegetables, bap.	Fruit and Vegetables selection	Macaroni Cheese	Jelly. Frozen Yogurt
Friday	Selection of Cereals , with milk, wholemeal toasts, jams , spreads and honey	Fruit and Vegetables selection	Sweet and sour pork with vegetable rice	Fruit and Vegetables selection	Pita bread , hummus and vegetables sticks	Peaches and custard. Fresh fruit.

Any special dietary requirements can be catered for i.e dairy free, gluten free

Please ask our staff for more details if you have any concerns