

Gingerbread House Pre-School

4 Week Menu

	<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>	<i>WEEK 1</i>
<i>BREAKFAST</i>	Cereal or Toast Milk	Cereal or Toast Milk	Cereal or Toast Milk	Cereal or Toast Milk	Cereal or Toast Milk	Water, is available throughout the day and at meal times
<i>LUNCH</i>	Fish & Vegetable Risotto Or Vegetable Risotto Fresh Fruit	Vegetable Pasta Bolognaise Fruit Scones	Sausage Casserole Or Vegetarian Sausage Casserole Banana & Custard	Chicken & Tomato Bake New Potatoes Peas Or Chickpea Casserole with Spinach Sugar Free Jelly with mandarins	Shepherds Pie Sweet corn Gravy or Vegetarian Shepherds Pie Ice Cream & Fruit Puree	Milk or Water Vegetarian / Vegan Options are In Red Fresh Fruit is also an option for dessert
<i>TEA</i>	Baked Potatoes Beans	<u>Sandwiches</u> Tuna mayo Cheese	Pasta shells in Tomato & Basil sauce	Home made Vegetable Soup with bread roll	Scrambled Eggs wholemeal bread and butter	Beans are reduced salt and sugar
<i>Babies Tea</i>	New Potatoes With Beans	Assorted Vegetable Puree	Pasta shells in Tomato & Basil sauce	Home made Vegetable Soup with bread roll	Assorted Vegetable Puree	

SNACKS Assorted fresh fruit, vegetable crudités, raisins and breadsticks are available throughout the day

	<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>	<i>WEEK 2</i>
<i>BREAKFAST</i>	Cereal or Toast Milk	Cereal or Toast Milk	Cereal or Toast Milk	Cereal or Toast Milk	Cereal or Toast Milk	Water, is available throughout the day and at meal times
<i>LUNCH</i>	Mild Mixed Vegetable Curry with Rice Pineapple Cake Custard	Spaghetti Bolognaise or Vegetarian Bolognaise Apple Crumble Cream	Fish Pie topped with mashed potatoes and peas Fresh Fruit Platter	Roast Gammon Roast Potatoes Carrot & Turnips or Carrot & Cheese Bake Ice Cream With Fruit Puree	Chicken Casserole with vegetables New Potatoes or Vegetarian Casserole Home made Rice Pudding	Milk or Water Fresh Fruit is also an option for dessert
<i>TEA</i>	Sandwiches Cheese spread and Ham	Home made Vegetable & Lentil Soup Bread	Home made Cheese & Tomato Pizza	Egg Fried Rice with Diced Vegetables	Reduced Salt / Sugar Beans on Toast	Vegetarian Options are in red
<i>Babies Tea</i>	Assorted Vegetable Puree	Home made Vegetable & Lentil Soup Bread	Assorted Vegetable Puree	Mashed Sweet Potato With Cheese	Beans on Toast	

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	<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>	<i>WEEK 3</i>
<i>BREAKFAST</i>	Cereal or Toast Milk	Cereal or Toast Milk	Cereal or Toast Milk	Cereal or Toast Milk	Cereal or Toast Milk	Water, is available throughout the day and at meal times
<i>LUNCH</i>	Minced Lamb Stew with New Potatoes Or <i>Mixed Vegetable Stew with new potatoes</i> Fresh Fruit Platter	<i>Chunky Tomato Vegetable Pasta Bake</i> Fromage Frais	Home made Meatballs or <i>Vegetarian Meatballs</i> , Mash Peas and gravy Carrot Cake	Roast Turkey, or <i>Falafel</i> Potatoes, Broccoli and gravy Yoghurt Cake	Curry Pork Mince with Rice or <i>Mushroom & Cheese Burgers, with Cous Cous</i> Sugar Free Jelly	Milk or Water Vegetarian Options are in red Fresh Fruit is also an option for dessert
<i>TEA</i>	Mushroom Rice with Vegetables	Baked Potatoes With Cheese	Home Made Potato & Leek Soup with Toast	<u>Sandwiches</u> Chicken Cheese & Cracker	Oven Baked Jacket Wedges With Mayo Banana slices	
<i>Babies Tea</i>	Mushroom Rice with Vegetables	Baby boiled Potatoes With Cheese	Home Made Potato & Leek Soup with Toast	Assorted Vegetable Puree	Jacket Wedges With Ketchup Banana slices	

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	<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>	<i>WEEK 4</i>
<i>BREAKFAST</i>	Cereal or Toast Milk	Cereal or Toast Milk	Cereal or Toast Milk	Cereal or Toast Milk	Cereal or Toast Milk	Water, is available throughout the day and at meal times
<i>LUNCH</i>	Chicken Curry with Rice Or Vegetable Curry with Rice Melon	Mixed Vegetable White Sauce Pie with wholemeal pastry Mashed Potatoes Cabbage Ice Cream Fruit Puree	Oven Baked Sausage, or Vegetarian Sausage , Beans and Boiled Potato Banana Cake	Normandy Pork and Rice Vegetarian Normandy Pork & Rice Pears & Cream	Scouse & Red cabbage Or Vegetarian Scouse & Red Cabbage Home made Rice Pudding	Milk or Water Vegetarian Options are in red Fresh Fruit is also an option for dessert
<i>TEA</i>	Fish Fingers Mushy Peas Bread & Butter	Vegetable Tomato Sauce With Spaghetti	Scrambled Egg with Ham	Cheesy Mash and Beans	<u>Sandwiches</u> Tuna light mayo And Cheese	
<i>Babies Tea</i>	Fish cakes Mushy Peas Bread & Butter	Vegetable Tomato Sauce With Spaghetti	Assorted Vegetable Puree	Waffles and Beans	Assorted Vegetable Puree	

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