



# ST. MARGARETS

## NURSERY & PRE-SCHOOL

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	<p align="center"><b>BREAKFAST INCLUDES:</b></p> <p align="center"><b>COLD:</b> A CHOICE OF CEREALS WITH A VARIETY OF FRESH FRUIT</p> <p align="center"><b>WARM:</b> BUTTERED WHOLEMEAL TOAST OR WARM PORRIDGE WITH HOMEMADE FRUIT PUREE</p> <p align="center"><b>DRINK:</b> FULL-FAT MILK OR WATER SERVED <b>G/DA/SY/</b></p>				
MORNING SNACK	<p align="center"><b>CHILDREN WILL HAVE A CHOICE OF:</b></p> <p align="center">CROISSANTS, TOASTED CRUMPETS, OR PANCAKES SERVED WITH A VARIETY OF FRESH FRUIT</p> <p align="center"><b>DRINK:</b> FULL FAT MILK OR WATER <b>G/DA/SY/E/</b></p>				
STARTER	PRAWN CRACKERS & DIP <b>F/E/</b>	SELECTION OF MEATS, CHEESE & VEGETABLES <b>DA/SD/SY/</b>			
LUNCH	SWEET AND SOUR CHICKEN & RICE  <b>VEGETARIAN:</b> QUORN CHICKEN  <b>DRINK:</b> WATER OR PUREED FRUIT JUICE DILUTED WITH WATER	PASTA BOLOGNESE <b>SIDE:</b> GARLIC BREAD <b>G/DA/</b> <b>VEGETARIAN:</b> QUORN MINCE  <b>DRINK:</b> WATER OR PUREED FRUIT JUICE DILUTED WITH WATER	VEGETABLE SOUP WITH A VARIETY OF FILLED ROLLS <b>C/SY/DA/SD/</b>  <b>DRINK:</b> WATER OR PUREED FRUIT JUICE DILUTED WITH WATER	BREADED FISH SLICE, POTATOS & VEGETABLES <b>F/G/E</b>  <b>DRINK:</b> WATER OR PUREED FRUIT JUICE DILUTED WITH WATER	HAGGIS AND POTATOES SERVED WITH BROCCOLI <b>G/SY/</b>  <b>VEGETARIAN:</b> VEGGIE HAGGIS  <b>DRINK:</b> WATER OR PUREED FRUIT JUICE DILUTED WITH WATER
DESSERT			APPLE AND ORANGE DRIZZLE SPONGE CAKE <b>G/E/</b>	ICE CREAM/FRUIT SORBET <b>DA/</b>	NATURAL YOGHURT WITH FRUIT PUREE <b>DA/</b>
AFTERNOON SNACK	ITALIAN PINWHEELS <b>G/DA/</b>  <b>DRINK:</b> FULL-FAT MILK OR WATER	CRACKERS, CHEESE AND VEGETABLE STICKS <b>G/DA/</b>  <b>DRINK:</b> FULL-FAT MILK OR WATER	BUTTERED TOASTED TEACAKE <b>G/SY/</b>  <b>DRINK:</b> FULL-FAT MILK OR WATER	HOMEMADE FRUIT MUFFIN <b>G/E/DA/</b>  <b>DRINK:</b> FULL-FAT MILK OR WATER	TUNA & SWEETCORN WRAPS <b>F/G/E/</b>  <b>DRINK:</b> FULL-FAT MILK OR WATER

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	<p align="center"><b>BREAKFAST INCLUDES:</b>  <b>COLD:</b> A CHOICE OF CEREALS WITH A VARIETY OF FRESH FRUIT  <b>WARM:</b> BUTTERED WHOLEMEAL TOAST OR WARM PORRIDGE WITH HOMEMADE FRUIT PUREE  <b>DRINK:</b> FULL-FAT MILK OR WATER SERVED <b>G/DA/SY/</b></p>				
MORNING SNACK	<p align="center"><b>CHILDREN WILL HAVE A CHOICE OF:</b>  CROISSANTS, TOASTED CRUMPETS, OR PANCAKES SERVED WITH A VARIETY OF FRESH FRUIT  <b>DRINK:</b> FULL FAT MILK OR WATER <b>G/DA/SY/</b></p>				
STARTER		VEGETABLE STICKS WITH HUMMUS <b>SE/</b>		HOMEMADE TORTILLA CHIPS WITH A SELECTION OF DIPS <b>G/DA/</b>	
LUNCH - VEGETARIAN OPTION	CARBONARA <b>E/DA/G/</b> SIDE: GARLIC BREAD VEGETARAIN: Cheesy pasta DRINK: WATER OR PUREED FRUIT JUICE DILUTED WITH WATER	CHICKEN FAJETIAS SERVED WITH VEGETABLES WRAPS AND CHEESE <b>G/DA/</b> VEGETARIAN- QUORN PIECES DRINK: WATER OR PUREED FRUIT JUICE DILUTED WITH WATER	BAKED POTATO SIDE: LOW-SALT BEANS, CHEESE, OR TUNA <b>F/DA/</b> SIDE: VEGETABLES DRINK: WATER OR PUREED FRUIT JUICE DILUTED WITH WATER	CHILLI CON CARNE WITH BROWN RICE DRINK: WATER OR PUREED FRUIT JUICE DILUTED WITH WATER	MIXED FISH PIE WITH VEG TOPPED WITH POTATO AND CHEESE <b>F/DA/G/</b> DRINK: WATER OR PUREED FRUIT JUICE DILUTED WITH WATER
DESSERT	YOGHURT AND SELECTION OF FRUIT <b>DA/</b>		ICE CREAM SERVED WITH FRUIT SAUCE <b>DA/</b>		LEMON CAKE <b>G/E/</b>
AFTERNOON SNACK	TOASTED-FILLED BAGEL WITH CREAM CHEESE <b>DA/SY/G/</b> DRINK: FULL-FAT MILK OR WATER	PITTA PIZZA POCKETS <b>DA/G/</b> DRINK: FULL-FAT MILK OR WATER	HAM AND CHEESE-FILLED CROISSANTS <b>E/G/DA/</b> DRINK: FULL-FAT MILK OR WATER	HOMEMADE SHORTBREAD BISCUIT AND FRUIT <b>G/DA/</b> DRINK: FULL-FAT MILK OR WATER	OATCAKES,CHEESE WITH A CHOICE OF VEGETABLES <b>G/DA/</b> DRINK: FULL-FAT MILK OR WATER

WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	<p align="center"><b>BREAKFAST INCLUDES:</b></p> <p align="center"><b>COLD:</b> A CHOICE OF CEREALS WITH A VARIETY OF FRESH FRUIT</p> <p align="center"><b>WARM:</b> BUTTERED WHOLEMEAL TOAST OR WARM PORRIDGE WITH HOMEMADE FRUIT PUREE</p> <p align="center"><b>DRINK:</b> FULL-FAT MILK OR WATER SERVED <b>G/DA/SY/</b></p>				
MORNING SNACK	<p align="center"><b>CHILDREN WILL HAVE A CHOICE OF:</b></p> <p align="center">CROISSANTS, TOASTED CRUMPETS, OR PANCAKES SERVED WITH A VARIETY OF FRESH FRUIT</p> <p align="center"><b>DRINK:</b> FULL FAT MILK OR WATER <b>G/DA/SY/</b></p>				
STARTER		POPPADOMS SERVED WITH MANGO CHUTNEY	VEGETABLE CHEESE ROLL <b>SY/DA/G/</b>		
LUNCH - VEGETARIAN OPTION	<p align="center">MINCE AND TATTIES <b>G/SY/</b></p> <p align="center">VEGETARIAN: Quorn mince</p> <p><b>DRINK:</b> WATER OR PUREED FRUIT JUICE DILUTED WITH WATER</p>	<p align="center">CHICKEN TIKKA MASALA WITH RICE SIDE: CHAPPATI <b>G/DA/</b></p> <p><b>DRINK:</b> WATER OR PUREED FRUIT JUICE DILUTED WITH WATER</p>	<p align="center">SALMON AND BROCCOLI PASTA BAKE <b>F/G/DA/</b></p> <p><b>DRINK:</b> WATER OR PUREED FRUIT JUICE DILUTED WITH WATER</p>	<p align="center">BEEF OR PORK MINCE TACOS SERVED WITH SALAD GRATED CHEESE AND SOUR CREAM <b>G/C/DA/</b></p> <p align="center">VEGETARAIN- Quorn mince <b>DRINK:</b> WATER OR PUREED FRUIT JUICE DILUTED WITH WATER</p>	<p align="center">ROAST CHICKEN WITH MASHED POTATO PEAS AND GRAVY <b>G/SY/</b></p> <p><b>DRINK:</b> WATER OR PUREED FRUIT JUICE DILUTED WITH WATER</p>
DESSERT	ICE CREAM/ FRUIT SORBET <b>DA/</b>			FRESH FRUIT PLATTER	JELLY
AFTERNOON SNACK	BUTTERED TOASTED TEACAKE <b>G/SY/</b> <b>DRINK:</b> FULL-FAT MILK OR WATER	SAUSAGE LATTICE WITH CHOICE OF VEGETABLE STICKS <b>G/SD/E/</b> <b>DRINK:</b> FULL-FAT MILK OR WATER	TURKEY AND PEPPER FILLED PITTA BREADS <b>G/DA/</b> <b>DRINK:</b> FULL FILL-FAT MILK OR WATER	CITRUS SPONGE CAKE <b>G/E/</b> <b>DRINK:</b> FULL-FAT MILK OR WATER	HAM/CHEESE/TURKEY SANDWICH <b>E/G/SY/</b> <b>DRINK:</b> FULL-FAT MILK OR WATER

