

Winter Menus—Toddler & Preschool



WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Choice of Cereals	Choice of Cereals	Choice of Cereals	Choice of Cereals	Choice of Cereals
MORNING SNACK	Fruit Salad	Fruit Salad	Fruit Salad	Fruit Salad	Fruit Salad
DINNER	Pasta with Three Cheese Sauce & Spinach	Spaghetti Bolognese	Shepherd's Pie	Chicken & Bacon Pasta	Sweet & Sour Pork with Saffron Rice
TEA	Apple Bread	Winter Vegetable Soup & Brown Bread	Warm Banana Muffina	Vegetable Potato Cakes	Ham & Cheese Melt
EVENING SNACK	Dried Fruits	Winterberry Scones	Organic Corncakes with Honey Yoghurt	Fruit Flapjacks	Wholegrain Crackers with Cream Cheese
WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Choice of Cereals	Choice of Cereals	Choice of Cereals	Choice of Cereals	Choice of Cereals
MORNING SNACK	Fruit Salad	Fruit Salad	Fruit Salad	Fruit Salad	Fruit Salad
DINNER	Tomato and Lentil Bake	Beef Stir Fry with mixed Peppers and Noodles	Rosemary & Garlic Lamb With Potato	Chicken & Green Peas Risotto	Beef Lasagne
TEA	Turkey and Avocado Toasties	Tomato and Basil Soup & Brown Bread	Cream Cheese and Ham Sandwiches	Fish Goujans and Vegetable Dip	Winterberries Sponge Pudding
EVENING SNACK	Banana Slices & Raisins	Organic Yoghurt with Melon Slices	Steamed Carrot Sticks and Hummus	Apple and Cinnamon Muffins	Rice Cakes with Tomato Spread
WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Choice of Cereals	Choice of Cereals	Choice of Cereals	Choice of Cereals	Choice of Cereals
MORNING SNACK	Fruit Salad	Fruit Salad	Fruit Salad	Fruit Salad	Fruit Salad
DINNER	Vegetable Curry with Rice	Spaghetti & Meatballs	Chicken Casserole with Mash Potato	Salmon & Broccoli Tagliatelle	Chili Con Carne With White Rice
TEA	Milky Rice Pudding with Raisins	Broccoli & Cheddar Soup	Warm Banana Bread & Yoghurts	Mixed Pizza Slices	Turkey Melts
EVENING SNACK	Dried Fruit	Rice Cakes with Cheese Spread	Crackers with Jam	Fruit Flapjacks	Winterberry Muffins
WEEK 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Choice of Cereals	Choice of Cereals	Choice of Cereals	Choice of Cereals	Choice of Cereals
MORNING SNACK	Fruit Salad	Fruit Salad	Fruit Salad	Fruit Salad	Fruit Salad
DINNER	Mix Beans and Root Vegetable Stew with Brown Rice	Beacon & Cabbage with Mash Potato	Chicken & Mushroom Bake	Pasta Siciliana with Aubergine	Chicken With Chinese Vegetables & Noodles
TEA	Cheesy Tuna and Red Onion Sandwiches	Wholegrain Carrot and Apple Loaf with Butter	Carrot, Parsnip and Sweet Potato Soup	Mozzarella and Mix Peppers Melts	Pancakes with Winterberries
EVENING SNACK	Banana Slices & Raisins	Assorted Yoghurts	Crackers with Cheese	Apple and Cinnamon Scones	Buttered Biscuits