

Tots and Scholars Nursery and Preschool - Menu



| Week 1 | Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|---|---|---|--|
| Breakfast - served with milk or fruit juice | Toasted bread with choice of spreads, selection of cereals | | | | |
| Snack | Fresh fruit / Vegetable platter / Milk or Water | | | | |
| Lunch- served with water | Haddock (all kinds of fish) served with sweet potato and garden peas | Beef - Quorn - Spaghetti Bolognese served with steamed broccoli | Jacket Potatoes served with baked beans, topped with cheese and carrot sticks | Cheese pasta served with sweetcorn and garlic bread | Home made fish pie served with a selection of steamed vegetables |
| | Strawberry Mousse | Rice Pudding and Raisins | Lemon Sponge | Fruit Salad and Custard | Fruit Yoghurt |
| Snack | Cheese and crackers served with fresh vegetables / Pitta and hummus served with crunchy peppers / Dips and crunchy vegetables | | | | |
| Tea - served with water | Baked beans on toasted bread served with cucumber slices | Assorted savoury sandwiches with apple slices | Bagels and cream cheese with cherry tomatoes | Minestrone soup with herbs and butter croutons | Toasted crumpets with cheese / jam and cherry tomatoes |





| Week 2 | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|--|---|--|--|
| Breakfast - served with milk or fruit juice | Milk (Cup), selection of Sandwiches with butter / cheese / honey and Selection of Cereals | | | | |
| Snack | Fresh Fruits / Vegetable Platter / Milk or Water | | | | |
| Lunch- served with water | Fish (all kinds of fish) served with mash potatoes and green salad | Home baked cheese pasta | Potatoes / Vegetables balls served with fish (salmon/cod) | Home made Spaghetti Carbonara served with steamed broccoli | Home baked Italian Margherita Pizza |
| | Tapioka | Creamy Soya vanilla pudding | Selection of Jam tarts | Custard and strawberries | Fruits and Yoghurt |
| Snack | Selection on fruits served with creamy yoghurt | | | | |
| Tea - served with water | Sandwiches with cheese served with vegetables sticks | Hummus served with vegetables sticks (cucumber / carrot) | Fruits platter | Baked beans on toast with cheese Topping | Crackers with cheese served with vegetables sticks |

