

Pre school Spring TERM MENU 2025

These weekly menus rotate throughout the Spring term, including the Holiday Club weeks which are highlighted in yellow.

Allergen information
(g) gluten
(d) dairy
(e) egg
(s) soya
(f) fish
(c) celery

GREEN indicates that a vegan option is available as mince or soya chunks.
✓ Indicates vegetarian option

	Week 1 6 Jan 20 Jan 3 Feb 17 Feb 3 Mar 17 Mar 31 Mar	Week 2 13 Jan 27 Jan 10 Feb 24 Feb 10 Mar 24 Mar 7 Apr
MONDAY	<p>Morning snack: Oatmeal biscuit (g)</p> <p>Lunch: Barbecue chicken Spinach & tomato gnocchi bake ✓(g) (d) Pasta (g) or bread roll (g) Peas & sweetcorn Strawberry yogurt whip (d) & wafer (g)(s)(d) Sliced fruit or natural yogurt (d) & sauce Tea: (Owls 1) Sausage roll (d) (g), petit pain (g) and baked beans Semolina (g)(d)</p>	<p>Morning snack: Breadsticks (g) & raisins</p> <p>Lunch: Bolognese Vegetable & bean chilli ✓(c) Spaghetti (g) Sliced carrots Chocolate chip cake (d)(g)(e)(s) & sauce (d) Sliced fruit Tea: (Owls 1) Garlic bread pizza slice (d) (g), baked beans and cucumber sticks Fromage frais (d)</p>
TUESDAY	<p>Morning snack: Breadstick (g)& cheese (d)</p> <p>Lunch: Chilli con carne & taco Vegetable curry ✓(c) Steamed rice Fine green beans Pear & choc crumble (g) (d) & choc sauce (d) Sliced fruit Tea: (Owls 1) Fish stars (f) (g), spaghetti hoops (g) and potato wedges Fruit platter</p>	<p>Morning snack: Vanilla scone (g)</p> <p>Lunch: Baked battered fish (f) (g) Macaroni cheese bake ✓(d)(g) Crunchy potato bites or mashed potato Baked beans or sweetcorn Cinnamon crunch biscuit (g) Natural yogurt (d) & sauce Tea: (Owls 1) Pasta & vegetable bake (g)(c), petit pain (g) and peas Jelly</p>
WEDNESDAY	<p>Morning snack: Orange polenta cake (g) (e)</p> <p>Lunch Roast pork & gravy Tomato & veg pasta bake ✓(g) (d) (c) Roast potatoes Carrot batons Banana, apple & carrot muffins (g)(e) Natural yogurt (d) & sauce Tea: (Owls 1) Chicken meatballs, spaghetti (g) and sweetcorn Fromage frais (d)</p>	<p>Morning snack: Marmite & cheese biscuit (d)(g)</p> <p>Lunch: Tomato & vegetable sauce(c) Courgette & onion quiche ✓(d)(g) (e) Pasta(g) & garlic bread slice(g) Fine green beans Ginger flapjack (g) & custard (d) Sliced fruit Tea: (Owls 1) Savoury mince, yorkshire pudding (d) (g) (e) & broccoli florets Fromage frais (d)</p>
THURSDAY	<p>Morning snack: Crackers (g) & spread</p> <p>Lunch Teriyaki beef (g) (s) Cannelloni ✓(d) (g) (e) Noodles (g) Broccoli florets Jam lovecake (g) & custard (d) Sliced fruit Tea: (Owls 1) Toast triangles (g), baked beans and grated cheese(d) Melon platter</p>	<p>Morning snack: Lemon shortbread rounds(g)</p> <p>Lunch: Fajita chicken Roasted vegetable medley ✓ Steamed rice or couscous (g) Mixed vegetables Creamy rice pudding (d) & toppings Natural yogurt (d) & sauce Tea: (Owls 1) Salmon scrambled eggs (f) (e), spaghetti hoops (g) and crispy cubes (g) Natural yogurt & sauce (d)</p>
FRIDAY	<p>Morning snack: Jam whirls (g)</p> <p>Lunch: Battered chicken fillet bites (g) Cheese, leek & potato bake ✓(g) (d) Skin on fries/pasta (g) Baked beans and/or peas Shortbread friend biscuit (g) Natural yogurt (d) Sliced melon Tea: (Owls 1) Tuna sauce (f) (c), pasta (g) and mixed vegetables Fruit platter</p>	<p>Morning snack: Biscuit (g) & banana chips</p> <p>Lunch: Oven baked pork sausages (g) Mozzarella & tomato puffs ✓(d) (g) Skin on fries/pasta (g) Baked beans and/or peas Iced sprinkle sponge (g) (e) Natural yogurt (d) Sliced melon Tea: (Owls 1) Ravioli bake (d) (g) bread triangles (g)(s) and diced carrots Fromage frais (d)</p>

For further allergy advice please ask a member of the Catering team.