

Anthony Roper Pre-School Menu

Week: 1 and 4 Autum term

Week	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Planned to provide 20% of a child's daily nutritional requirements Drinks: Water only	Weetabix with milk/oat milk Sliced bananas	Hardboiled egg wholemeal toast with spread sliced tomatoes	Corn flakes with milk/oat milk and raisins	N/A	N/A
Mid-morning snack Planned to provide 10% of a child's daily nutritional requirements	Cracker with spread and mixed chopped fruit Milk, oat milk or Water	Cheese cut into sticks with vegetable sticks a cracker and spread Milk oat milk or water	Half a bagel with cheese spread and sliced grapes and sliced apple Milk, oat milk or water	Wholemeal toast with spread and banana and apple slices Milk, oat milk or water	White toast with spread Blueberries and orange segments Milk, oat milk or water

Afternoon snack	Half an apple	Half a banana	Sliced Pear	N/A	N/A
Tea Planned to provide 20% of a child's daily nutritional requirements Drinks: Water only	Pasta with tuna and sweetcorn Yogurt and mixed berries	Jacket potato with cheese and peas and half boiled egg Raisins and apple slices	Egg on wholemeal toast with spread and tomatoes Rice pudding	N/A	N/A
Note: Fresh drinking water will be available and accessible at all times					

