

Anthony Roper Pre-School Menu

Week: 2 and 5 Autum term

Week	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Planned to provide 20% of a child's daily nutritional requirements Drinks: Water only	Malt wheat with milk or oat milk and sliced Banana Crumpet and spread	Corn flakes with milk or oat milk and mixed berries White toast and spread	Scrambled egg with tomato and bagel with spread	N/A	N/A
Mid-morning snack Planned to provide 10% of a child's daily nutritional requirements	Hardboiled egg with sliced Apple and cucumber Milk, oat milk or Water	Bread sticks cheese sticks and blueberry's Milk, oat milk or water	Toasted crumpet and spread Pear and plum slices Milk, oat milk or water	Orange segments Sliced grapes and cracker with spread Milk, oat milk or water	Yogurt and sliced grapes and banana Cheder cracker Milk, oat milk or water
Afternoon snack	Blueberries	Sliced pear	grapes	N/A	N/A

Tea Planned to provide 20% of a child's daily nutritional requirements Drinks: Water only	Wholemeal muffin pizza with various toppings and ham Orange segments	Beans on white toast Banana and apple slices	Plant based sausage with peas and home-made wedges Rice pudding	N/A	N/A
Note: Fresh drinking water will be available and accessible at all times					