

Anthony Roper Pre-School Menu

Week: 3 and 6 Autum term

Week	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Planned to provide 20% of a child's daily nutritional requirements Drinks: Water only	Scrambled egg with tomato and a slice of wholemeal toast with spread. And sliced apple	Malt wheat with milk or oat milk and sliced banana.	Beans on white toast.	N/A	N/A
Mid-morning snack Planned to provide 10% of a child's daily nutritional requirements	Cracker with spread and blueberries and orange segments Milk, oat milk or water	Half a bagel with spread and sliced grapes and orange segments. Milk, oat milk or water	Cracker with spread and mixed chopped fruit Milk, oat milk or water	Crumpet with spread and banana and apple slices Milk, oat milk or water	Cheese cut into sticks with vegetable sticks and a cracker with spread Milk, oat milk or water

Afternoon snack Water	Half a sliced pear	Carrot sticks	Kiwi	N/A	N/A
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Tea Planned to provide 20% of a child's daily nutritional requirements Drinks: Water only	Plant base sausages with beans and home-made potato wedges Raisins and sliced apple	Pasta with peas and marcel in tomato sauce. Sliced pear	Cheesy chips with tomato, cucumber and egg. Banana	N/A	N/A
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Note: Fresh drinking water will always be available and accessible