

# EYFS & Pre Prep Menu Michaelmas term week 1

## MONDAY

Fresh Fruit  
French Stick  
(cream cheese EYFS only)

Go Meat Free on  
Monday  
Whole Wheat  
Penne in Tomato &  
Vegetable Sauce (V)

Garlic Bread Fingers

Apricot Flapjack

Savoury Mince,  
Mashed Potato &  
Mixed Vegetables

Fromage Frais/  
Yoghurt

## TUESDAY

Fresh Fruit  
Cheese & Crackers

Roast Chicken Breast &  
Gravy  
*or*  
Quorn Fillets & Gravy (V)

Roast Potatoes  
Carrot & Swede Mash  
Garden Peas

Lemon Posset

Salmon & Tomato  
Fish Cakes, Steamed  
Potatoes & Peas

Fresh Fruit Pudding

## WEDNESDAY

### MORNING BREAK

Fresh Fruit  
Banana Bread

### LUNCH

Slow Cooked Mild Lamb  
Curry & Naan Bread  
*or*  
Butternut & Chickpea  
Curry & Naan Bread (V)

### LUNCH SIDE DISH

Brown Basmati Rice  
Cauliflower

### LUNCH DESSERT

Apple Crumble & Custard

### NURSERY TEA

Pizza, Crudites &  
Potato Wedges

Fresh Fruit Pudding

## THURSDAY

Fresh Fruit  
Malt Loaf

All Beef Beef Burgers  
*or*  
The Vegetarian Best  
Burger (V)

Burger Buns  
Sweetcorn  
Cucumber Slices

Mango & Coconut Cake

Gammon Ham, Roast  
Potatoes & Vegetables

Fromage Frais/ Yoghurt

## FRIDAY

Fresh Fruit  
Fresh Baked Tomato &  
Herb Bread  
(houmous EYFS only)

Baked MSC Cod  
Fingers  
*or*  
Breaded Fishless  
Fingers (V)

Oven Chips  
Reduced Sugar &  
Salt Baked Beans  
Garden Peas

Friday Selection

Sandwiches

Fruit

**There is always bread, a selection of fresh fruit and lots of drinking water available at lunch times.**

A M E S B U R Y

### ASC TEA

1/2 wholemeal & white sandwiches with various fillings, fruit and fromage frais.

