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| ***Day*** | **Snack** | **Lunch** | **Dessert** | **Snack** | **Tea** | **Dessert** |
| ***Monday*** | *Crackers with cream cheese and apple*  *(melon for babies)* | Homemade chicken & chick pea curry with rice and naan bread  vegetarian alternative  G,W,D | Bananas & custard  D | *Pepper and cucumber sticks with pitta bread and dips* | Fish fingers, new potatoes and spaghetti hoops  W | Fruit yoghurt  D |
| ***Tuesday*** | *Pepper and cucumber sticks with pitta bread and dips* | Chicken roast, potatoes, broccoli, cauliflower, Peas and Yorkshire pudding  vegetarian alternative D,W,E,S,C | Pears and yogurt  D | *Cheese*  *Pineapple and breadsticks D* | Beans and buttered brown bread  W,D,G | Fairy cake  D, E |
| ***Wednesday*** | *Cheese*  *pineapple and breadsticks D* | Fish cakes, with savoury rice  tomato sauce reduced salt  D,W,M | Mandarins and yoghurt | *Malt loaf with blueberries*  *W,D* | Homemade vegetable spaghetti bolognaise with cheese and garlic bread  D,C,W,E,C | Fruit yoghurt  D |
| ***Thursday*** | *Malt loaf with strawberries*  *W,D* | Homemade chilli con carne with rice  vegetarian alternative  W,D,G | Fruit Yoghurt  D | *Crackers with cream cheese*  *and apple*  *(melon for babies)* | Pasta twists, tuna, sweetcorn, cheese with cucumber sticks and houmous  W | Fruit platter-(*babies)*  Choice of fruit |
| ***Friday*** | *Fruit platter* | Turkey Bolognese with tricolour fusilli and broccoli forlets | Fruit yoghurt  D | *Muffins with butter & blueberries*  *D,W* | Fish pie carrots and green peas  vegetarian alternative  D,W,C,E,M | Peaches & custard  D |

**11th November 2019 Sandcastle Nursery & Preschool Menu**

**Cow’s milk is offered at every snack time and water is accessible throughout the day**

**Breakfast cereals are Weetabix, shreddies and cornflakes Meals with Egg –E, Dairy –D, Wheat – W, Gluten- G, Soya – S, Mustard – M, Celery – C**

***No grapes or cherry tomatoes are served due to high choking hazard***