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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 breadvegetarian alternativeG,W,D | Bananas & custardD | *Pepper and cucumber sticks with pitta bread and dips*  | Fish fingers, new potatoes and spaghetti hoopsW | Fruit yoghurtD |
| ***Tuesday*** | *Pepper and cucumber sticks with pitta bread and dips* | Chicken roast, potatoes, broccoli, cauliflower, Peas and Yorkshire puddingvegetarian alternative D,W,E,S,C | Pears and yogurt D | *Cheese**Pineapple and breadsticks D* | Beans and buttered brown breadW,D,G | Fairy cakeD, 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 breadD,C,W,E,C | Fruit yoghurtD |
| ***Thursday***  | *Malt loaf with strawberries**W,D* | Homemade chilli con carne with ricevegetarian alternativeW,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 peasvegetarian alternativeD,W,C,E,M | Peaches & custardD |

**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***