

Week Beginning 18th March 2024 FUNFISHERS OUT OF SCHOOL AND PRE-SCHOOL MENU BOARD

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Toast (50/50bread), spread, Jam, Honey, Porridge, Cereals, Fruit Water, Whole Milk * Gluten, milk, wheat, barley, oats, soya	Toast (50/50bread), spread, Jam, Honey, Porridge, Cereals, pancake, Fruit Water, Whole Milk * Gluten, milk, wheat, barley, oats, soya	Toast (50/50bread), spread, Jam, Honey, Porridge, Cereals, Fruit Water, Whole Milk * Gluten, milk, wheat, barley, oats, soya	Toast (50/50 bread), spread, Jam, Honey, Porridge, Cereals, Waffles, Fruit Water, Whole Milk * Gluten, milk, wheat, barley, oats, soya	Toast (50/50 bread), spread, Jam, Honey, Porridge, Cereals, Fruit Water, Whole Milk * Gluten, milk, wheat, barley, oats, soya
Mid-Morning Snack Pre-School	Toast and fruit Whole milk, Water * milk, gluten, wheat	Cereal and strawberries Whole milk, Water * Milk, Wheat, gluten,	Crumpets and fruit Whole milk, Water * milk, gluten, wheat	Crackers, cheese spread and raisins. Whole Milk, Water * milk, wheat, gluten	Waffles and banana Whole milk, Water * milk, gluten, wheat, egg
Lunch Pre-school	Fish Curry with Rice Vegetable Curry with Rice Sponge Cake Water * Milk, gluten, wheat, fish, egg	Ham and Cheese Sandwiches, egg, crisps and vegetable batons Cheese Sandwiches, egg, crisps and vegetable batons Yoghurt and Fruit Water * Milk, gluten, Wheat, egg	Spaghetti Bolognese and Garlic Bread Quorn mince Spaghetti Bolognese and Garlic Bread Fruit Jelly Water * Milk, Gluten, wheat	Panko Chicken with diced potatoes and sweetcorn Vegetable fingers with diced potatoes and sweetcorn Banana and Custard Water * Milk, wheat, gluten, egg	Cowboy Pie with mashed potato Quorn Cowboy Pie with mashed potato Fruit Salad Water * Milk, gluten, wheat, fish, egg
Mid-Afternoon Snack Pre-school	Fruit platter Whole Milk, Water * Milk	Fruit platter Whole milk, Water * Milk, wheat	Fruit platter Whole milk, Water * Milk	Fruit platter Whole milk, Water * Milk	Fruit platter Whole milk, Water * Milk, wheat
Afterschool-Snack	Vegetable Pasta Salad Water *wheat, gluten	Milkshake, Biscuit and Fruit Water * Gluten, wheat, milk	Beans/Spaghetti Hoops on Toast Water *Wheat, Gluten, milk	Pancake and Fruit Water *wheat, Gluten, Milk, egg	Chicken and Cheese Wraps with Salad Water *milk, wheat, gluten

* These foods contain allergens as listed, if you require additional information on these products please ask our cook on the day. A Vegetarian alternative is available each day and we also provide gluten and dairy free meals/snacks pre ordered. **Meals in green are vegetarian options**