

Week Beginning 18<sup>th</sup> July 2022 FUNFISHERS OUT OF SCHOOL AND PRE-SCHOOL MENU BOARD

| Meal                                  | Monday   | Tuesday   | Wednesday  | Thursday   | Friday  |
|---------------------------------------|--|---|--|--|---|
| <b>Breakfast</b>                      | Toast (50/50bread), spread, Jam, Honey, Porridge, Cereals, Fruit<br><br><b>Water, Whole Milk</b><br><br><b>* Gluten, milk, wheat, barley, oats, soya</b> | Toast (50/50bread), spread, Jam, Honey, Porridge, Cereals, pancake, Fruit<br><br><b>Water, Whole Milk</b><br><br><b>* Gluten, milk, wheat, barley, oats, soya</b> | Toast (50/50bread), spread, Jam, Honey, Porridge, Cereals, Fruit<br><br><b>Water, Whole Milk</b><br><br><b>* Gluten, milk, wheat, barley, oats, soya</b> | Toast (50/50 bread), spread, Jam, Honey, Porridge, Cereals, Waffles, Fruit<br><br><b>Water, Whole Milk</b><br><br><b>* Gluten, milk, wheat, barley, oats, soya</b> | Toast (50/50 bread), spread, Jam, Honey, Porridge, Cereals, Fruit<br><br><b>Water, Whole Milk</b><br><br><b>* Gluten, milk, wheat, barley, oats, soya</b> |
| <b>Mid-Morning Snack Pre-School</b>   | Toast and Fruit<br><br><b>Whole milk, Water</b><br><b>* milk, gluten, wheat</b>  | Cereal and Fruit<br><br><b>Whole Milk, Water</b><br><b>* milk, wheat, gluten</b>  | Crackers, cheese and Raisins<br><br><b>Whole milk, Water</b><br><b>* milk, gluten, wheat</b>   | Fruit salad and Natural yoghurt<br><br><b>Whole milk, Water</b><br><b>* milk</b>   | Weetabix and fruit<br><br><b>Whole milk, Water</b><br><b>* Milk, Wheat, gluten</b>  |
| <b>Lunch Pre-school</b>               | Panko Chicken and Savoury Vegetable Rice<br><br>Yoghurt and Fruit<br><br><b>Water</b><br><b>* Milk, Gluten, wheat, egg</b>                               | Ham and Dairylea Wraps, vegetable batons, egg and crisps<br><br>Swiss Roll and Custard<br><br><b>Water</b><br><b>* Milk, wheat, gluten, egg, soya</b>             | Chicken/Tuna and vegetable Pasta Bake with Garlic bread<br><br>Ice cream and Peaches<br><br><b>Water</b><br><b>* Milk, gluten, wheat, fish, soya</b>     | Sausage and Mash with Carrots and sweetcorn<br><br>Crispy cake<br><br><b>Water</b><br><b>* Milk, gluten, wheat, soya</b>   | Pitta Bread Pizza/Tuna Pittas, Potato shapes and Vegetable sticks<br><br>Fruit Sala<br><br><b>Water</b><br><b>* Gluten, Wheat, Fish</b>                   |
| <b>Mid-Afternoon Snack Pre-school</b> | Fruit platter<br><br><b>Whole Milk, Water</b><br><b>* Milk</b>   | Fruit platter<br><br><b>Whole milk, Water</b><br><b>* Milk, wheat</b>   | Fruit platter<br><br><b>Whole milk, Water</b><br><b>* Milk</b>   | Fruit platter<br><br><b>Whole milk, Water</b><br><b>* Milk</b>   | Fruit platter<br><br><b>Whole milk, Water</b><br><b>* Milk, wheat</b>   |
| <b>Afterschool-Snack</b>              | Rice cake, Humous and Vegetables<br><br><b>Water</b><br><b>*Wheat, Gluten,</b>   | Crumpet and Fruit<br><br><b>Water</b><br><b>*wheat, Gluten, Milk</b>  | Toasted Muffin and Fruit<br><br><b>Water</b><br><b>* milk, wheat, gluten</b>   | Brioche and Fruit<br><br><b>Water</b><br><b>*wheat, gluten, milk, egg</b>  | Strawberry Milkshake Biscuit and Fruit<br><br><b>Water</b><br><b>* Gluten, wheat, milk</b>  |

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\* 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.