

# Sandcastle Nursery and Preschool Menu Week One



Breakfast provided from 7:45am-8:30am - Choice of Weetabix, Shreddies, Cornflakes, and Porridge

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Morning snack</b> Cow milk or oat milk available Morning snack from 9.30am	Choice of fruit and breadsticks	Choice of fruit and breadsticks	Choice of fruit and breadsticks	Choice of fruit and breadsticks	Choice of fruit and breadsticks
<b>Lunch</b> Lunch for starfishes 11.30am Lunch for Turtles and Seahorses 11.45am	Spaghetti bolognese with garlic bread  Pancake with strawberries	Jacket potato with and choice of fillings  Banana and plain yoghurt	Chill con carne with rice  Pears with yoghurt	Sage and Onion chicken balls with potatoes, vegetables and gravy  Fruit yoghurt	Fish fingers, potatoes and Carrots  Melon slices
<b>Afternoon snack</b> Cow milk or oat milk available Afternoon snack from 2pm	Vegetable sticks and dip	Rice cakes and dips	Cheese sticks with pineapple	Malt loaf with raspberries (Starfishes to have alternative)	Crackers with cream cheese or butter
<b>Tea</b> Tea for Starfishes 4pm Tea for Turtles and Seahorses 4.15pm	Cheese with broccoli pinwheels and sausage, red pepper pinwheels with corn on the cobb  Melon Slices	Chicken curry, rice, and naan bread  Fruit yoghurt	Breaded chicken, carrot waffles and green beans  Fruit yoghurt	Veggie fingers with rice and broccoli  Banana whip	Broccoli Cauliflower pasta bake  Fruit Yoghurt

\*Dairy, lactose free, and allergy alternatives available    \* Nut Free Zone    \*We will provide free from or vegetarian alternatives to all our meals

\* Water is accessible throughout the day