

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
Morning snack 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
Lunch Lunch for starfishes 11.30am Lunch for Turtles and Seahorses 11.45am	Sage and Onion chicken balls with potatoes, vegetables and gravy Fruit yoghurt	Fish fingers, potatoes and Carrots Melon slices	Jacket potato with and choice of fillings Banana bread	Spaghetti bolognaise with garlic bread Pancake with strawberries	Five bean Chilli with rice and homemade Nachos Pears with yoghurt
Afternoon snack Cow milk or oat milk available Afternoon snack from 2pm	Malt loaf with raspberries (Starfishes to have alternative)	Crackers with cream cheese or butter	Rice cakes and dips	Vegetable sticks and dip	Cheese sticks with pineapple
Tea Tea for Starfishes 4pm Tea for Turtles and Seahorses 4.15pm	Veggie fingers with rice and broccoli Banana whip	Creamy ham and pea pasta Fruit Yoghurt	Chicken curry, rice, and naan bread Fruit yoghurt	Cheese with broccoli pinwheels and sausage, red pepper pinwheels with corn on the cobb Melon Slices	Breaded chicken, carrot waffles and green beans 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