



Finch Nest Preschool Weekly Menus

Our menus run on a three-week rolling cycle.

Dietary Requirements

We cater to all dietary and allergy needs. Please let us know of your child's requirements.

We are a nut-free preschool.



Menu 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast (Breakfast Club- 7:30am – 9am)	Cereal- Multi Grain Hoops, Rice Snaps, Weetabix Toast Selection of fruit Yoghurt Topping choices- butter, jam, honey, marmite				
	Crumpets	Porridge	Scrambled eggs on toast	Croissant	Pancakes
Morning Snack	A selection of fresh fruit, plain biscuits and bread and butter				
Lunch (12pm – 1pm)	Hot lunch is provided by Zebedees Please see https://zebedees.co.uk/our-menus for their menus				
Tea (After School Club 3pm – 6pm)	Sandwiches with choice of fillings- ham, cheese, jam Selection of vegetable sticks				
	Chicken or veggie burger in a bap	Wraps with choice of fillings- tuna, ham, cheese	Fish fingers and peas	Beans or spaghetti on toast	Cheese and tomato pizza
A selection of fruit, yoghurt, jelly, ice cream, ice lollies, cookies and muffins will be on offer throughout the week					
All food is served with water, fruit juice or milk					



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Menu 2	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast (Breakfast Club- 7:30am – 9am)	Cereal- Multi Grain Hoops, Rice Snaps, Weetabix Toast Selection of fruit Yoghurt Topping choices- butter, jam, honey, marmite				
	Brioche	Beans on toast	Bagels	Waffles	Crumpets
Morning Snack	A selection of fresh fruit, plain biscuits and bread and butter				
Lunch (12pm – 1pm)	Hot lunch is provided by Zebedees Please see https://zebedees.co.uk/our-menus for their menus				
Tea (After School Club 3pm – 6pm)	Sandwiches with choice of fillings- ham, cheese, jam Selection of vegetable sticks				
	Cheese on toast	Chicken nuggets Veggie Nuggets	Wraps with choice of fillings- tuna, ham, cheese	Cheese and tomato pizza	Sausage rolls Veggie rolls
	A selection of fruit, yoghurt, jelly, ice cream, ice lollies, cookies and muffins will be on offer throughout the week				
All food is served with water, fruit juice or milk					



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Menu 3	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast (Breakfast Club- 7:30am – 9am)	Cereal- Multi Grain Hoops, Rice Snaps, Weetabix Toast Selection of fruit Yoghurt Topping choices- butter, jam, honey, marmite				
	Porridge	Scrambled eggs on toast	Bagel	Pancakes	Brioche
Morning Snack	A selection of fresh fruit, plain biscuits and bread and butter				
Lunch (12pm – 1pm)	Hot lunch is provided by Zebedees Please see https://zebedees.co.uk/our-menus for their menus				
Tea (After School Club 3pm – 6pm)	Sandwiches with choice of fillings- ham, cheese, jam Selection of vegetable sticks				
	Beans or spaghetti on toast	Tomato, vegetable or chicken soup with bread and butter	Cheese and tomato pizza	Wraps with choice of fillings- tuna, ham, cheese	Fish fingers and peas
	A selection of fruit, yoghurt, jelly, ice cream, ice lollies, cookies and muffins will be on offer throughout the week				
All food is served with water, fruit juice or milk					

