

# **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				
	Cereal- Multi Grain Hoops, Rice Snaps, Weetabix								
Breakfast	Toast								
(Breakfast Club-	Selection of fruit								
7:30am – 9am)	Yoghurt								
	Topping choices- butter, jam, honey, marmite								
	Crumpets	Porridge	Scrambled eggs on	Croissant	Pancakes				
			toast						
Morning Snack	A selection of fresh fruit, plain biscuits and bread and butter								
				_					
Lunch	Hot lunch is provided by Zebedees Please see <u>https://zebedees.co.uk/our-menus</u> for their menus								
(12pm – 1pm)									
		Sandwiches y	with choice of fillings- har	n chaese iam					
Теа	Sandwiches with choice of fillings- ham, cheese, jam Selection of vegetable sticks								
(After School Club	Sciellon of vegetable sticks								
3рт – 6рт)	Chicken or veggie	Wraps with choice of	Fish fingers and peas	Beans or spaghetti on	Cheese and tomato				
	burger in a bap	fillings- tuna, ham,	0 1	toast	pizza				
		cheese			I				
	A selection of fru	it, yoghurt, jelly, ice crear	n, ice lollies, cookies and r	nuffins will be on offer thre	oughout the week				
		All food is served with	water, fruit juice or milk						



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Menu 2	Monday	Tuesday	Wednesday	Thursday	Friday		
Breakfast	Cereal- Multi Grain Hoops, Rice Snaps, Weetabix Toast						
(Breakfast Club- 7:30am – 9am)	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 <u>https://zebedees.co.uk/our-menus</u> 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 fru	it, yoghurt, jelly, ice creat	n, ice lollies, cookies and n	ouffins will be on offer thro	ughout the week		
		All food is served with	water, fruit juice or milk				



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Menu 3	Monday	Tuesday	Wednesday	Thursday	Friday			
	Cereal- Multi Grain Hoops, Rice Snaps, Weetabix							
Breakfast	Toast							
(Breakfast Club-	Selection of fruit							
7:30am – 9am)	Yoghurt							
	Topping choices- butter, jam, honey, marmite							
	Porridge	Scrambled eggs on	Bagel	Pancakes	Brioche			
		toast						
Morning Snack	A selection of fresh fruit, plain biscuits and bread and butter							
U								
Lunch	Hot lunch is provided by Zebedees							
(12pm – 1pm)	Please see <u>https://zebedees.co.uk/our-menus</u> for their menus							
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<b>m</b>	Sandwiches with choice of fillings- ham, cheese, jam							
Tea	Selection of vegetable sticks							
(After School Club								
3рт – 6рт)	Beans or spaghetti on	Tomato, vegetable or	Cheese and tomato	Wraps with choice of	Fish fingers and peas			
	toast	chicken soup with	pizza	fillings- tuna, ham,	8 F			
		bread and butter	1	cheese				
	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 w	ater, fruit juice or milk					