



# Finch Nest Preschool Weekly Menu



## 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.



<b>Menu</b>	<b>A selection of food will be on offer daily and throughout the week</b>
<b>Breakfast (Breakfast Club- 7:30am – 9am)</b>	Cereal- Cornflakes, Multi Grain Hoops, Rice Snaps, Weetabix Toast Selection of fruit Yoghurt Porridge, Pancakes, Brioche, Croissant Topping choices- butter, jam, honey, marmite
<b>Morning Snack</b>	A selection of fresh fruit/veg, plain biscuits and bread and butter
<b>Lunch (12pm – 1pm)</b>	Hot lunch is provided by Zebedees Please see <a href="https://zebedees.co.uk/our-menus">https://zebedees.co.uk/our-menus</a> for their menus
<b>Tea (After School Club 3pm – 6pm)</b>	Sandwiches, wraps, finger rolls with choice of fillings- ham, cheese, jam, tuna mayo. Fish fingers, waffle and peas Beans or spaghetti on toast Cheese on toast Cheese and tomato pizza Chicken or veggie burger in bap Sausage or veggie rolls Tomato/chicken/vegetable soup with bread and butter All served with vegetable sticks
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	

