



Example Playschool menu – Autumn Term

All meals provided are free from nuts.

Vegetarian, vegan, dairy free, gluten free, egg free and soya free options are made available if necessary.



Day	Main Course	Pudding
1	Breaded fish, potato chips, peas and sweetcorn	Apples slices and jam biscuit
2	Pork sausages, mashed potato, carrots and baked beans	Banana custard
3	Pasta with Bolognese sauce	Pear slices and chocolate milk whip
4	Roast chicken, gravy, roast potatoes, broccoli and sweetcorn	Melon and flapjack
5	Tuna pasta, green beans and cauliflower	Grapes and digestive biscuit
6	Jacket potato, cheese or ham, cucumber and carrot sticks	Satsuma and chocolate chip cookie
7	Cottage pie and mixed vegetables	Peach slices and yogurt
8	Chicken, potato chips, sweetcorn and cauliflower	Stewed fruit and custard
9	Sausage and bean casserole and garlic bread	Banana and crunch biscuit
10	Scrambled eggs/smoked salmon, new potatoes peas and green beans	Pear slices and jelly
11	Pork patty, hash browns with sweetcorn and carrots	Melon and rice pudding
12	Chicken pieces, baked potato and chargrilled Mediterranean vegetables	Rocky road with extra sultanas
13	Fishcakes, cauliflower and broccoli	Fruit loaf slice
14	Ham, potato waffles and salad	Satsuma and oat biscuit