## **NELMES PRE-SCHOOL – SAMPLE MENU**

(Below is an example of the foods children will be served at Pre-School and this will be rotated across the days.



DRINKS AVAILABLE : WATER

MONDAY  Crumpets Banana Satsuma/Clementine  TUESDAY  Brown Bread Toast Melon Apple  Fruit Bread Pears Banana  Dried Apricots  THURSDAY  Brown Bread Toast Pruit Bread Pears Banana  Curumber Raisins  Fruit Bread Pear  Fruit Bread Melon Raisins  FRIDAY  Crumpets Banana Pear  Rice Cakes Apple Sultana's		MORNING	AFTERNOON
Banana Satsuma/Clementine  TUESDAY  Brown Bread Toast Melon Apple  Fruit Bread Peadsticks Carrot Batons  Breadsticks Carrot Batons  Dried Apricots  THURSDAY  Brown Bread Toast Apple Satsuma/Clementine  FRIDAY  Crumpets Banana  Pepper's Carrot Batons Cucumber Raisins  Fruit Bread Melon Raisins  Rice Cakes Apple Satsuma/Clementine  Rice Cakes Apple			
TUESDAY  Brown Bread Toast Melon Cucumber Raisins  WEDNESDAY  Fruit Bread Pears Carrot Batons  Dried Apricots  THURSDAY  Brown Bread Toast Apple Melon Raisins  FRIDAY  Crumpets Banana  Carrot Batons Cucumber Raisins  Fruit Breadsticks Carrot Batons Dried Apricots  Fruit Bread Melon Raisins	MONDAY	Crumpets	Breadsticks
TUESDAY  Brown Bread Toast Melon Apple  Raisins  WEDNESDAY  Fruit Bread Pears Banana  THURSDAY  Brown Bread Toast Apple Satsuma/Clementine  Rice Cakes Cucumber Raisins  Breadsticks Carrot Batons Dried Apricots  Fruit Bread Melon Raisins  FRIDAY  Crumpets Banana  Rice Cakes Apple		Banana	Pepper's
Melon Apple  WEDNESDAY  Fruit Bread Pears Banana  Dried Apricots  THURSDAY  Brown Bread Toast Apple Satsuma/Clementine  FRIDAY  Crumpets Banana  Cucumber Raisins  Breadsticks Carrot Batons Dried Apricots  Fruit Bread Melon Raisins  Rice Cakes Apple		Satsuma/Clementine	Carrot Batons
Melon Apple  WEDNESDAY  Fruit Bread Pears Banana  Dried Apricots  THURSDAY  Brown Bread Toast Apple Satsuma/Clementine  FRIDAY  Crumpets Banana  Cucumber Raisins  Breadsticks Carrot Batons Dried Apricots  Fruit Bread Melon Raisins  Rice Cakes Apple	TUFSDAY	Brown Bread Toast	Rice Cakes
Apple Raisins  WEDNESDAY Fruit Bread Breadsticks Carrot Batons Dried Apricots  THURSDAY Brown Bread Toast Apple Melon Raisins  FRIDAY Crumpets Banana Rice Cakes Apple Apple	10235711		
WEDNESDAY  Fruit Bread Pears Banana  Dried Apricots  THURSDAY  Brown Bread Toast Apple Satsuma/Clementine  Fruit Bread Melon Raisins  FRIDAY  Crumpets Banana  Rice Cakes Apple Apple			
Pears Banana  Carrot Batons Dried Apricots  THURSDAY  Brown Bread Toast Apple Satsuma/Clementine  Raisins  Fruit Bread Melon Raisins  FRIDAY  Crumpets Banana  Rice Cakes Apple		прис	T.G.ISTITS
Banana Dried Apricots  THURSDAY  Brown Bread Toast Fruit Bread Melon Raisins  FRIDAY  Crumpets Rice Cakes Apple Banana Apple	WEDNESDAY	Fruit Bread	Breadsticks
THURSDAY  Brown Bread Toast Apple Satsuma/Clementine  Fruit Bread Melon Raisins  FRIDAY  Crumpets Banana  Rice Cakes Apple		Pears	Carrot Batons
Apple Satsuma/Clementine Melon Raisins  FRIDAY  Crumpets Rice Cakes Apple		Banana	Dried Apricots
Apple Satsuma/Clementine Melon Raisins  FRIDAY  Crumpets Rice Cakes Apple	THIRDEDAY	Drown Drood Toost	Fruit Brood
FRIDAY  Crumpets Banana  Raisins  Rice Cakes Apple	INUKSDAT		
Banana Apple			
Banana Apple			
	FRIDAY	Crumpets	Rice Cakes
Pear Sultana's		-	Apple
		Pear	Sultana's