

The Early Bird Pre-School (Wheathampstead)

Autumn Term 1 Menu

		Week 1	Allergens	Week 2	Allergens	Week 3	Allergens	Week 4	Allergens	Week 5	Allergens	Week 6	Allergens	Week 7	Allergens
Monday	Snack	Not open		Pineapple and cheese	milk	Mashed avocado and toasted pitta bread	gluten	Selection of fruit		Crumpets and fruit	gluten	Homemade hummus and breadsticks	gluten	Oatcakes and satsuma	gluten
	Lunch	Not open		Vegetarian sausages with mashed potato and baked beans	gluten soya	Pesto pasta and crudites	gluten milk	Tuna Fishcakes with vegetables	fish	Salmon and cream cheese / vegan cream cheese bagel with crudites	fish milk	Pitta bread pizzas with salad	gluten milk	Roast chicken or quorn with roast potatoes, seasonal vegetables and gravy	
	Dessert	Not open		Fruity flapjacks	gluten	Bananas and custard	milk	Fruit and yoghurt	milk	Stewed fruit and yoghurt	milk	Banana and cinnamon rice pudding	gluten milk	Fruit muffins	gluten eggs
Tuesday	Snack	Not open		Pineapple and cheese	milk	Mashed avocado and toasted pitta bread	gluten	Selection of fruit		Crumpets and fruit	gluten	Homemade hummus and breadsticks	gluten	Oatcakes and satsuma	gluten
	Lunch	Not open		Tuna, sweetcorn and vegan mayo wraps and crudites	Gluten mustard fish	Homemade hummus wraps with crudites and homemade vegetable crisps	gluten mustard	Tomato and hidden vegetable pasta with garlic bread	gluten milk	Pitta bread pizzas with salad	gluten milk	Mushroom sauce, pasta and vegetables	gluten	Veggie sausage hot dogs with sweet potato wedges	gluten soya
	Dessert	Not open		Fruity flapjacks	gluten	Bananas and custard	milk	Fruit and yoghurt	milk	Stewed fruit and yoghurt	milk	Banana and cinnamon rice pudding	gluten milk	Fruit muffins	gluten eggs
Wednesday	Snack	Selection of fruit		Oatcakes and satsuma	Gluten	Selection of fruit		Cracker and marmite	gluten	Selection of fruit		Pineapple and cheese	milk	Homemade tzatziki and rice cakes	Gluten Milk
	Lunch	Tomato and hidden vegetable pasta with garlic bread	Gluten	Pitta bread pizzas with a choice of toppings and crudites	Gluten milk	Pitta bread pizzas with salad	gluten milk	Turkey or quorn with mashed potato, vegetables and gravy		Cream of tomato and basil soup served with crusty prebaked rolls and flora	gluten	Tuna Fishcakes with vegetables	fish	Tuna, sweetcorn and vegan mayo wraps and crudites	gluten mustard fish
	Dessert	Stewed fruit and yoghurt	Milk	Banana and cinnamon rice pudding	Milk gluten	Fruit muffins	gluten egg	Fruity flapjacks	gluten	Bananas and custard	milk	Fruit and yoghurt	milk	Cocoa and beetroot cake and custard	milk gluten eggs
Thursday	Snack	Selection of fruit		Oatcakes and satsuma	gluten	Banana bread	gluten egg	Cracker and marmite	gluten	Selection of fruit		Pineapple and cheese	milk	Selection of fruit	
	Lunch	Pitta bread pizzas with a choice of toppings and crudites	Gluten Milk	Homemade popcorn chicken with potato wedges and vegetables	gluten	Fish Fingers, jacket potato and baked beans	fish	Picnic lunch - range of sandwiches and healthy picky bits	gluten	Turkey Bolognaise Vegetable Bolognaise Served with fusilli pasta	gluten	Homemade popcorn chicken with potato wedges and vegetables	gluten	Mushroom sauce, pasta and vegetables	gluten
	Dessert	Stewed fruit and yoghurt	Milk	Banana and cinnamon rice pudding	Milk gluten	Fruit muffins	gluten egg	Fruity flapjacks	gluten	Bananas and custard	milk	Fruit and yoghurt	milk	Cocoa and beetroot cake and custard	milk gluten eggs
Friday	Snack	Selection of fruit		Oatcakes and satsuma	gluten	Banana bread	gluten egg	Fruit kebabs		Homemade tzatziki and rice cakes	gluten milk	Banana bread	gluten egg	Selection of fruit	
	Lunch	Tuna Fishcakes with vegetables	fish	Pesto pasta and crudites	gluten milk	Turkey Bolognaise Vegetable Bolognaise Served with fusilli pasta	gluten	Pitta bread pizzas with a choice of toppings and crudites	gluten milk	Veggie sausage hot dogs with sweet potato wedges and beans		Picnic lunch - range of sandwiches and healthy picky bits	gluten	Pitta bread pizzas with a choice of toppings and crudites	Gluten Milk
	Dessert	Fruity flapjacks	gluten	Bananas and custard	milk	Fruit and yoghurt	milk	Stewed fruit and yoghurt	milk	Banana and cinnamon rice pudding	milk	Fruit muffins	gluten egg	Fruit and yoghurt	milk

Notes:

Please ensure you have filled in the allergen checklist and keep us up to date of any allergen / intolerance concerns

Breakfast consists of a range of low sugar cereals including cornflakes, weetabix, rice pops, shredded wheat and porridge (Allergens: Milk and Gluten)

There will always be fruit and vegetables in the setting to offer the children if they refuse snack/lunch

If your child has an allergy, a health care plan and allergy action plan will need to be completed and all menu items with that allergen in it will not be given to your child. An alternative will be provided

Where meat is on the menu, a vegetarian adaption will also be available

This is just a guide. Any changes will be published on tapestry on a daily / weekly basis