

Breakfast / Snack / Tea menus: Spring/Summer April – September 2021 - 2022

Rainbow Pre-School & Extended Services

WEEK ONE:

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Milk/water/juice	Cereals Wholemeal toast & spread Pear slices	Cereals Wholemeal toast & spread Banana	Cereals Toasted bagels & spread Oranges / satsumas	Cereals Toasted teacakes & spread Melon chunks	Cereals Wholemeal toast & spread Fresh fruit medley
Morning Milk/water	Wholewheat pasta Cucumber Cherry Tomatoes Cheddar cheese chunks	Carrot sticks and cucumber slices Hummus Plain rice cakes	Rice medley - Plain rice with diced ham and diced peppers)	Apple slices and melon chunks Wholemeal toast with soft cheese spread	Mixed vegetable sticks (Use up veg leftovers) Hummus Pitta bread strips
Afternoon Milk/water	Chunks of pear, apple and peaches canned in juice	Apple, grapes and cheddar cheese chunks	Grapes, banana and yoghurt	Plain Rice Cake Pear slices	Fresh fruit medley (use up fruit leftovers)
Sunset club tea Milk/water/juice	Reduced sugar and salt baked beans Wholemeal toast	Rice medley - Plain rice with diced ham and diced peppers)	Carrot sticks, cherry tomato, cucumber Hummus Wholemeal toast triangles	Carrot, cucumber and pepper sticks Wholewheat pasta Tuna dip (Tuna in plain yogurt)	Mixed vegetable sticks (use up veg leftovers) Pitta bread strips Hummus

WEEK TWO:

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cereals Wholemeal toast & spread Apple and pear slices	Cereals Crumpets Grapes	Cereals Wholemeal Toast Banana	Cereals Toasted breakfast muffins & spread Dried apricots	Cereals Wholemeal toast Fresh fruit medley
Morning Milk/water	Tuna dip (Tuna in plain yogurt) Canned sweetcorn Pitta strips	Reduced sugar & salt baked beans Wholemeal toast	Mini pizza (wrap, tomato puree, tinned sweetcorn, ham and grated cheese)	Plain cous cous with cooked chicken and diced peppers	Mixed vegetable sticks (use up leftover veg) Soft cheese spread Bagels
Afternoon Milk/water	Apple and pear slices Cheese chunks	Banana, strawberries and yoghurt	Apple and pear slices Greek / plain yogurt	Grapes and melon chunks	Plain Rice Cake Fresh fruit medley (use up leftover fruit)
After school club Milk/water/juice	Rice cakes Hummus Pepper, cucumber and carrot sticks	Mini pizza (pieces of wrap, tomato puree, tinned sweetcorn, ham and grated cheese)	Plain cous cous with cooked chicken and diced peppers	Bagel & soft cheese Mixed vegetable sticks (Carrot, peppers, cucumber & cherry tomatoes)	Reduced sugar and salt baked beans Wholemeal toast

WEEK THREE:

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cereals Wholemeal toast Tinned pineapple	Cereals Toasted teacakes Raisins	Cereals Wholemeal Toast Strawberries	Cereals Wholemeal toast Banana	Cereals Fruit toast Fresh fruit medley
Morning Milk/water	Hawaiian bagels – Bagel Soft cheese Ham Canned pineapple in juice	Plain cous cous with cooked chicken and diced peppers	Wholewheat pasta Cucumber and tomato Cheddar cheese chunks	Scrambled or hard boiled eggs Cherry tomatoes Wholemeal toast	Mixed vegetable sticks (use up veg leftovers) Hummus Bagels
Afternoon Milk/water	Canned peaches in juice Greek / plain yogurt	Bananas, grapes and yoghurt	Strawberries and grapes Greek / plain yogurt	Apple Cheese chunks Breadsticks	Fresh fruit medley (use up fruit leftovers) Plain popcorn
After school club Milk/water/juice	Rice medley - Plain rice with diced ham and diced peppers	Hawaiian bagels – Bagel Soft cheese Ham Canned pineapple in juice	Bagel and soft cheese Mixed vegetable sticks – cucumber carrot, pepper and cherry tomatoes	Mini pizza (pieces of wrap, tomato puree, tinned sweetcorn, ham and grated cheese)	Reduced sugar & salt baked beans Wholemeal toast

Notes to accompany menu:

Drinks:

- Fruit juice (not from concentrate) diluted ½ and ½ with water, semi skimmed milk and water are provided with breakfast club
- Semi skimmed milk and water are provided with morning and afternoon snack for pre-school children, at the after school club and at morning and afternoon snack at the holiday club
- Drinking water is available at all times and is provided for children at lunchtime

Cereals: Cereals provided include shredded wheat, plain porridge, Ready Brek and Weetabix

Tinned fruit and vegetables:

- Tinned fruit should be in juice (not syrup)
- Tinned vegetables should be in water (unsalted)

Yogurt:

- All yogurt is natural or Greek (plain)

Other:

- Rice cakes should be unsalted
- Rice cakes should be plain popping corn (e.g., not sugar / salt / butter coated)

Juice:

- Should be 'not from concentrate', diluted 50/50 with water and provided only at breakfast time

Breakfast / Snack / Tea Menus: Autumn/Winter October – March 2021/2022

Rainbow Pre-School & Extended Services

WEEK ONE:

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast club	Cereals Wholemeal toast & spread Apple and pear slices	Cereals Wholemeal toast & spread Banana	Cereals Toasted bagels & spread Oranges / Satsumas	Cereals Toasted teacakes & spread Melon	Cereals Wholemeal toast & spread Fresh fruit medley
Morning	Low salt tomato soup Wholemeal toast Apples	Rice medley - Plain rice with diced ham and diced peppers	Salmon dip (canned salmon in plain yogurt) Wholemeal toast fingers Cucumber, cherry tomato, pepper and carrot sticks	Hawaiian bagel Bagel, soft cheese spread, ham and canned pineapple in juice	Mixed vegetable sticks (use up leftover veg) Hummus Pitta bread strips
Afternoon	Pear and grapes Cheese chunks	Oranges/satsumas Plain rice cakes	Apple and pear slices and plain / Greek yogurt	Bananas and grapes	Plain rice cakes Fresh fruit medley (use up leftover fruit)
Sunset club tea	Cooked chicken Canned sweetcorn Plain rice cakes	Reduced sugar & salt baked beans Wholemeal toast & spread	Wholemeal bagel Tuna dip (canned tuna in plain yogurt) Cucumber, carrot, peppers and cherry tomatoes	Scrambled egg Wholemeal toast & spread Cherry tomatoes	Mixed vegetable sticks (use up leftover veg) Pitta strips Hummus

WEEK TWO:

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast club	Cereals Wholemeal toast & spread Oranges / satsumas	Cereals Crumpets Apple slices	Cereals Wholemeal Toast Melon and grapes	Cereals Toasted breakfast muffins & spread Dried apricots	Cereals Wholemeal toast Fresh fruit medley
Morning	Scrambled egg Wholemeal toast & spread Tomatoes	Hawaiian bagel Bagel, soft cheese spread, ham and canned pineapple in juice	Reduced salt tomato soup Wholemeal toast & spread	Rice medley - Plain rice with diced ham and diced peppers	Mixed vegetable sticks (use up leftover veg) Hummus Pitta strips
Afternoon	Canned peaches and pineapple in juice Plain / Greek yogurt	Melon and grapes Plain popcorn	Oranges / satsumas and bananas	Fruit medley Plain / Greek yogurt	Fresh fruit medley (use up leftover fruit) Rice cakes
Sunset club tea	Reduced sugar & salt baked beans Wholemeal toast & spread	Rice cakes Soft cheese Grapes and apple slices	Tuna dip (canned tuna in plain yogurt) Canned sweetcorn Pitta strips	Salmon dip (Salmon in plain yogurt) Wholemeal toast fingers Cucumber & tomato	Mixed vegetable sticks Wholewheat pasta Grated cheese

WEEK THREE:

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cereals Wholemeal toast Apple and pear slices	Cereals Toasted bagels Raisins	Cereals Wholemeal Toast Melon medley	Cereals Wholemeal toast Oranges / Satsumas	Cereals Fruit toast Fresh fruit medley
Morning	Scrambled or hardboiled egg Wholemeal toast fingers	Wholemeal pasta, cherry tomatoes and grated cheese	Hummus Carrot, cucumber and pepper sticks Pitta strips	Chicken & veg rice - Plain rice with cooked chicken and peas / sweetcorn (canned or frozen)	Plain cous cous with cooked chicken and diced leftover veg
Afternoon	Apple and pear slices Cheese chunks	Winter berries Plain / Greek yogurt	Oranges / satsumas Plain rice cakes	Banana, pear and yoghurt	Plain rice cakes Fresh fruit medley (use up leftover fruit)
Sunset club tea	Low salt tomato soup Wholemeal toast & spread	Chicken & veg rice - Plain rice with cooked chicken and peas / sweetcorn (canned or frozen)	Mini pizza (wrap, tomato puree, tinned sweetcorn and grated cheese)	Cous cous with diced ham and diced peppers Apple and pear slices	Mixed vegetable sticks (use up leftover veg) Hummus Pitta strips

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