

Breakfast / Snack / Tea menus: Spring/Summer April – September 2024 - 2025

Rainbow Pre-School & Extended Services

WEEK ONE:

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

Allergens:

Celery-Ce, Wheat-W, Crustaceans-Cr, Eggs-E, Fish-F, Lupin-L, Milk-Mi, Molluscs-Mo, Mustard-Mu, Sesame Seeds- Se, Soya-So, Sulphur Dioxide (sulphites)-SD, Dairy Free- DF

WEEK TWO:

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

Allergens:

Celery-Ce, Wheat-W, Crustaceans-Cr, Eggs-E, Fish-F, Lupin-L, Milk-Mi, Molluscs-Mo, Mustard-Mu, Sesame Seeds- Se, Soya-So, Sulphur Dioxide (sulphites)-SD

WEEK THREE:

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

Allergens:

Celery-Ce, Wheat-W, Crustaceans-Cr, Eggs-E, Fish-F, Lupin-L, Milk-Mi, Molluscs-Mo, Mustard-Mu, Sesame Seeds- Se, Soya-So, Sulphur Dioxide (sulphites)-SD

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

Allergens:

- When Dairy items are provided, we always have a dairy free alternative.

Breakfast / Snack / Tea Menus: Autumn/Winter October – March 2024/2025

Rainbow Pre-School & Extended Services

WEEK ONE:

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

Allergens:

Celery-Ce, Wheat-W, Crustaceans-Cr, Eggs-E, Fish-F, Lupin-L, Milk-Mi, Molluscs-Mo, Mustard-Mu, Sesame Seeds- Se, Soya-So, Sulphur Dioxide (sulphites)-SD

WEEK TWO:

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

Allergens:

Celery-Ce, Wheat-W, Crustaceans-Cr, Eggs-E, Fish-F, Lupin-L, Milk-Mi, Molluscs-Mo, Mustard-Mu, Sesame Seeds- Se, Soya-So, Sulphur Dioxide (sulphites)-SD

WEEK THREE:

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

Allergens:

Celery-Ce, Wheat-W, Crustaceans-Cr, Eggs-E, Fish-F, Lupin-L, Milk-Mi, Molluscs-Mo, Mustard-Mu, Sesame Seeds- Se, Soya-So, Sulphur Dioxide (sulphites)-SD

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

Allergens:

- When Dairy items are provided, we always have a dairy free alternative.