

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, marmite, grated cheese, Greek yogurt, honey, pear slices <i>W, Mi/DFMi,Ce</i>	Cereals Wholemeal toast & spread, grated cheese, marmite Banana, Greek yogurt, honey <i>W, Mi/DFMi,Ce</i>	Cereals Toasted wholemeal bagels & spread, grated cheese, marmite Oranges / satsumas, Greek yogurt, honey <i>W, Mi/DFMi,Ce</i>	Cereals Toasted teacakes & spread, grated cheese, marmite Melon chunks, Greek yogurt, honey <i>W, Mi/DFMi,Ce</i>	Cereals Wholemeal toast & spread, marmite, grated cheese, fresh fruit medley and Greek yogurt, honey <i>W, Mi/DFMi,Ce</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 and cheese chunks, breadsticks <i>Mi/DFMi,W</i>	Grapes, banana and yoghurt <i>Mi/DFMi</i>	Plain Rice Cake Peach slices Yogurt <i>Mi/DFMi</i>	Fresh fruit medley (use up fruit leftovers), cheese chunks <i>Mi, DFMi</i>
Sunset club tea Milk/water/juice	Reduced sugar and salt baked beans Roasted new potatoes Grated cheese <i>W, Mi/DFMi</i>	Rice medley - Plain rice with diced ham and diced peppers	Wholemeal cheese toasties Carrot sticks Hummus <i>W, Se, Mi/DFMi</i>	Wholewheat pasta Tuna dip (Tuna in low fat mayonnaise) Sweetcorn, Cucumber sticks <i>W, Mi/DFMi</i>	Chicken fajitas- chicken fillet, pepper sticks, wraps Hummus <i>W, Se, 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, Dairy Free- D

WEEK TWO:

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cereals Wholemeal toast & spread, marmite, grated cheese, Greek yogurt, honey Apple and pear slices <i>W, Mi/DFMi,Ce</i>	Cereals Crumpets marmite, grated cheese, Greek yogurt, honey, grapes <i>W, Mi/DFMi,Ce</i>	Cereals Wholemeal Toast marmite, grated cheese, Greek yogurt, honey Banana <i>W, Mi/DFMi,Ce</i>	Cereals Toasted breakfast muffins & spread, marmite, grated cheese, Greek yogurt, honey, Peach slices <i>W, Mi/DFMi,Ce</i>	Cereals Wholemeal toast marmite, grated cheese, Greek yogurt, honey Fresh fruit medley <i>W, Mi/DFMi,Ce</i>
Morning Milk/water	Tuna dip (Tuna in 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, Tzatziki <i>Mi/DFMi</i>	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), yogurt <i>Mi/DFMi</i>
After school club Milk/water/juice	Chicken wraps (wraps, chicken fillet and grated cheese), cucumber sticks <i>Mi/DFMi, W</i>	Mini toasted pizza (pieces of wrap, tomato puree, tinned sweetcorn, ham and grated cheese) <i>W, Mi/DFMi</i>	Fish cakes, Wholemeal pitta bread, Pepper sticks <i>F, W</i>	Wholemeal bagel & soft cheese, ham and pineapple <i>W, Mi/DFMi</i>	Reduced sugar and salt baked beans, Roasted potatoes, 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 marmite, grated cheese, Greek yogurt, honey, Pineapple <i>W, Mi/DFMi,Ce</i>	Cereals Toasted teacakes marmite, grated cheese, Greek yogurt, honey, Raisins <i>W, Mi/DFMi,Ce</i>	Cereals Wholemeal Toast marmite, grated cheese, Greek yogurt, honey, Strawberries <i>W, Mi/DFMi,Ce</i>	Cereals Wholemeal toast marmite, grated cheese, Greek yogurt, honey, Banana <i>W, Mi/DFMi,Ce</i>	Cereals Fruit toast marmite, grated cheese, Greek yogurt, honey, Fresh fruit medley <i>W, Mi/DFMi,Ce</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, yogurt <i>Mi/DFMi</i>
After school club Milk/water/juice	Rice medley - Plain rice with diced ham and diced peppers	Fish cakes, Wholemeal pitta bread, Pepper sticks <i>F, W</i>	Chicken fajitas -wrap, chicken fillet, pepper sticks, cheese, hummus. <i>W, Mi/DFMi</i>	Mini toasted pizza (wrap, tomato puree, tinned sweetcorn, ham and grated cheese) <i>W, Mi/DFMi</i>	Hawaiian wholemeal bagels – Soft cheese Ham, pineapple <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.

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, marmite, grated cheese, Greek yogurt, honey, Apple and pear slices <i>W, Mi/DFMi,Ce</i>	Cereals Wholemeal toast & spread, marmite, grated cheese, Greek yogurt, honey, Banana <i>W, Mi/DFMi,Ce</i>	Cereals Toasted wholemeal bagels & spread, grated cheese, marmite, Greek yogurt, honey, Oranges / Satsumas <i>W, Mi/DFMi,Ce</i>	Cereals Toasted teacakes & spread, marmite, grated cheese, Greek yogurt, honey, Melon <i>W, Mi/DFMi,Ce</i>	Cereals Wholemeal toast & spread, marmite, grated cheese, Greek yogurt, honey, Fresh fruit medley <i>W, Mi/DFMi,Ce</i>
Morning	Low salt tomato soup Wholemeal toast Apples <i>W, Mi/DFMi</i>	Rice medley - Plain rice with diced ham and diced peppers, tzatziki <i>Mi/DFMi</i>	tuna dip (in low fat mayonnaise) 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, yogurt <i>Mi/DFMi</i>	Plain rice cakes Fresh fruit medley (use up leftover fruit), yogurt <i>Mi,DFMi</i>
Sunset club tea	Wholemeal bagel Tuna dip (tuna in low fat mayonnaise), sweetcorn, cheese, cucumber <i>W, Mi/DFMi</i>	Reduced sugar & salt baked beans Wholemeal toast & spread <i>W, Mi/DFMi</i>	Spaghetti with passata and meatballs and carrot sticks <i>W, So</i>	Scrambled egg Wholemeal toast & spread Cherry tomatoes <i>W, Mi/DFMi</i>	Mini toasted pizza (wrap, tomato puree, tinned sweetcorn, ham and 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 TWO:

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast club	Cereals Wholemeal toast & spread, marmite, grated cheese, Greek yogurt, honey, Oranges / satsumas <i>W, Mi/DFMi,Ce</i>	Cereals Crumpets, marmite, grated cheese, Greek yogurt, honey, Apple slices <i>W, Mi/DFMi,Ce</i>	Cereals Wholemeal Toast, marmite, grated cheese, Greek yogurt, honey, Melon and grapes <i>W, Mi/DFMi,Ce</i>	Cereals Toasted breakfast muffins & spread, grated cheese, marmite, Greek yogurt, honey, Peach slices <i>W, Mi/DFMi,Ce</i>	Cereals Wholemeal toast, marmite, grated cheese, Greek yogurt, honey, Fresh fruit medley <i>W, Mi/DFMi,Ce</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, tzatziki <i>Mi/DFMi</i>	Mixed vegetable sticks (use up leftover veg) Hummus, Pitta strips <i>W, Se, Mi/DFMi</i>
Afternoon	Peaches and pineapple Plain / Greek yogurt, breadsticks <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, breadsticks <i>Mi/DFMi, W</i>	Fresh fruit medley (use up leftover fruit) Rice cakes
Sunset club tea	Reduced sugar & salt baked beans Roast new potatoes, grated cheese <i>W, Mi/DFMi</i>	Cooked rice, chicken fillet, sweetcorn and peas, tzatziki <i>Mi,DFMi</i>	Fish cakes, Wholemeal pitta bread, Pepper sticks <i>F, W</i>	Wholemeal cheese toasties and tomato soup, apple <i>Mi/DFMi</i>	Mixed vegetable sticks Wholewheat pasta Grated cheese <i>W, Mi/DFMi</i>

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WEEK THREE:

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cereals Wholemeal toast Apple and pear slices marmite, grated cheese, Greek yogurt, honey <i>W, Mi/DFMi,Ce</i>	Cereals Toasted wholemeal bagels marmite, grated cheese, Greek yogurt, honey Raisins <i>W, Mi/DFMi,Ce</i>	Cereals Wholemeal Toast marmite, grated cheese, Greek yogurt, honey Melon medley <i>W, Mi/DFMi,Ce</i>	Cereals Wholemeal toast marmite, grated cheese, Greek yogurt, honey Oranges / Satsumas <i>W, Mi/DFMi,Ce</i>	Cereals Fruit toast marmite, grated cheese, Greek yogurt, honey Fresh fruit medley <i>W, Mi/DFMi,Ce</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, Tzatziki <i>W, Mi/DFMi</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 cheese toastie, apple <i>W, Mi/DFMi</i>	Spaghetti with passata and meatballs with carrot sticks <i>W, So</i>	Toasted 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>	Chicken fajitas- chicken fillet, pepper sticks, wraps Hummus <i>W, Se, Mi/DFMi</i>

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