

Weekly Menu

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Gorran Pre School hoglets



WEEK 1
DAYS

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FRUIT &
VEGETABLES

CARBOHYDRATE

PROTEIN

MILK & DAIRY

Monday	Apple & Bananas	Crumpets	Peanut Butter	Semi-Skimmed Milk
Tuesday	Oranges & Kiwis	Brown Pitta	Homemade Mackerel Pate	Semi-Skimmed Milk & Cream Cheese
Wednesday	Tomatoes & Cucumber	Pitta Bread	Broccoli	Semi-Skimmed Milk & Hard Cheese
Thursday	Strawberries & Raspberries	Bagels	Hard Boiled Eggs	Semi-Skimmed Milk Greek Yogurt
Friday	Bananas & Mangetout	Brown Bread (toasted)	Homemade Hummus	Semi-Skimmed Milk & Cottage Cheese

WEEK 2
DAYS

FRUIT &
VEGETABLES

CARBOHYDRATE

PROTEIN

MILK & DAIRY

Monday	Carrots & Strawberries	Crumpets	Peanut Butter	Semi-Skimmed Milk Greek Yogurt
Tuesday	Melon & Kiwi	Wraps	Homemade Hummus	Semi-Skimmed Milk
Wednesday	Pineapple & Sugarsnap Peas	Pitta Bread	Hard Boiled Eggs	Semi-Skimmed Milk
Thursday	Cucumber & Tomatoes	Wholemeal Bagels	Peanut Butter	Semi-Skimmed Milk
Friday	Bananas & Oranges	Brown Bread (toasted)	Homemade Mackerel Pate	Semi-Skimmed Milk & Cottage Cheese