

ELIZABETH COLLEGE JUNIOR SCHOOL

Pre-School Menu



Menu 1	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course	Pasta Bolognaise with Garlic Bread and Peas	Tandoori Chicken with Rice, Naan Bread and Broccoli	Roasted Gammon with Roasted New Potatoes and Grated Carrot	Pork Fried Rice and Veggies	Homemade Beef Burger with Chips and Baked Beans
Fresh Fruit	A selection of Fresh Fruits	A selection of Fresh Fruits	A selection of Fresh Fruits	A selection of Fresh Fruits	A selection of Fresh Fruits
Puddings	Homemade Fruit Yoghurt	Homemade Fruit Yoghurt	Strawberry Jelly	Homemade Fruit Yoghurt	Fresh Fruity Friday

Gluten Free & dairy free options will be available daily

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Menu 2	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course	Tuna Pasta Bake with Garlic Bread and Peas	Ham & Cheese Toasty with New Potatoes and Peas	Roasted Chicken with New Potatoes and Peas	Sausage and Mash with Gravy and Steamed Broccoli	Homemade Margherita Pizza
Fresh Fruit	A selection of Fresh Fruits	A selection of Fresh Fruits	A selection of Fresh Fruits	A selection of Fresh Fruits	A selection of Fresh Fruits
Puddings	Homemade Fruit Yoghurt	Shortbread Biscuit	Homemade Fruit Yoghurt	Homemade Fruit Yoghurt	Fresh Fruity Friday

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Menu 3	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course	Penne Pasta with Tomato Sauce or Peas	Teriyaki Chicken with Noodles and Veggies	Fish and Chips with Garden Peas	Chicken Korma with Rice and Naan Bread	Buttermilk Pancake with Sausage, Hash Brown and Baked Beans
Fresh Fruit	A selection of Fresh Fruits	A selection of Fresh Fruits	A selection of Fresh Fruits	A selection of Fresh Fruits	A selection of Fresh Fruits
Puddings	Homemade Fruit Yoghurt	Homemade Fruit Yoghurt	Chocolate chip Cookie	Homemade Fruit Yoghurt	Fresh Fruity Friday

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