**Balmore Kindergarten Menu – Week**

 

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| 0-3 departments | Monday | Tuesday | Wednesday | Thursday | Friday |
| Breakfast | Selection of cereal and toast with milk or water | Selection of cereal and toast with milk or water | Selection of cereal and toast with milk or water | Selection of cereal and toast with milk or water | Selection of cereal and toast with milk or water |
| Soup of the week  |  Chicken and rice soup with selection of sandwiches  |
| Lunch choice 1Lunch choice 2 - VPudding | Chicken nuggets and smiley faces with broccoli Cheese pitta pocket smiley faces and broccoli Ice cream and melon/pears | Fish Fingers and Mash with peas Tomato pasta and garlic bread Yoghurt/banana and tangerine | Stewed sausage, mash with carrots Scrambled egg and toast Jelly/pineapple and pears | Mince and mash potatoVeggie fingers mash with peasRice pudding/apple and banana | Pizza and wedges Sponge cake/cream and watermelon |
| Afternoon snack | Babies – Melty sticks Owls - Selection of cerealFresh FruitFresh milk or water | Crackers with choice of butter/cheeseFresh fruitFresh milk or water | Tortilla chips and dipsFresh fruitFresh milk or water | Cheese sandwich and Fresh fruit.Fresh milk or water | Pancakes and choice of spreadsFresh fruitFresh milk or water |

