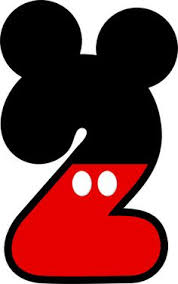
**Balmore Kindergarten Menu – Week**



|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 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 1  Lunch choice 2 - V  Pudding | 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 potato  Veggie fingers mash with peas  Rice pudding/apple and banana | Pizza and wedges  Sponge cake/cream and watermelon |
| Afternoon snack | Babies – Melty sticks Owls - Selection of cereal  Fresh Fruit  Fresh milk or water | Crackers with choice of butter/cheese  Fresh fruit  Fresh milk or water | Tortilla chips and dips  Fresh fruit  Fresh milk or water | Cheese sandwich and Fresh fruit.  Fresh milk or water | Pancakes and choice of spreads  Fresh fruit  Fresh milk or water |

