**Balmore Kindergarten Menu – Week**

 

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| --- | --- | --- | --- | --- | --- |
|  | Monday | Tuesday | Wednesday | Thursday | Friday |
| Lunch choice 1(vegetarian option) | Lentil with a Sandwich | Lentilwith a Sandwich | Lentilwith a Sandwich | Lentilwith a Sandwich | Lentilwith a Sandwich |
| Lunch choice 2 | Mac and Cheese with garlic bread and mixed vegFresh Fruit and yoghurt | Fish Cakes with boiled potatoes and pea’s Fresh Fruit and yoghurt | Chicken curry and boiled rice with prawn crackers  Fresh Fruit and yoghurt | Pizza/ Tomato Pasta and mixed vegFresh Fruit and yoghurt | Bangers and mash with carrots and onions Fresh Fruit and yoghurt |
| Afternoon snack | Fresh Fruit &Crackers and cheese | Fresh Fruit&Filled wraps | Fresh Fruit&Yoghurt Cake  | Fresh Fruit&Bread sticks and dips | Fresh Fruit&Pancakes |



**Fresh milk and water are offered with all meals and snacks, Water is available throughout the day**