**Balmore Kindergarten Menu – Week**

 

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|  | Monday | Tuesday | Wednesday | Thursday | Friday |
| Lunch choice 1 | Chicken & Rice soup With a Sandwich | Chicken & Rice soup With a Sandwich | Chicken & Rice soup With a Sandwich |  Chicken & Rice soup With a Sandwich | Chicken & Rice soup With a Sandwich |
| Lunch choice 2(vegetarian option) | Quorn Pasta Bolognese with carrots and Garlic breadFresh Fruit and yoghurt | Quiche and Mix Vegetables Fresh Fruit and yoghurt | Quorn Cowboy Pie’s with mixed vegetables Fresh Fruit and yoghurt | Bake potatoes with mix toppings (cheese, tuna, beans) Fresh Fruit and yoghurt  | Pizza/ Tomato Pasta and mix VegetablesFresh Fruit and yoghurt |
| Afternoon snack | Fresh Fruit &Banana Loaf | Fresh Fruit &Cheese cubes & bread sticks | Fresh Fruit&Rice cakes | Fresh Fruit &Homemade sponge cake | Fresh Fruit &Filled sandwiches (ham/cheese) |



 Fresh Milk and Water is offered with all meals and snacks, Water is available throughout the day