



The West Finchley Preschool
EXPLORE | DISCOVER | CREATE | LEARN

Organic Café

The West Finchley Preschool Spring Summer Week 3

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of cereals Toast with various toppings Oranges ●●●●	Selection of Cereals Breakfast loaf Yogurt ●●●	Selection of cereals Toast with various toppings Yogurt ●●●	Selection of Cereals Cheese scones Bananas ●●●●	Selection of cereals Toast with various toppings Dried Cranberries ●●●●
Morning snack	Fresh seasonal fruit Rice cakes with pumpkin hummus Milk/water ●●●●	Fresh seasonal fruit Breadsticks with pea and avocado dip Milk/water ●●●●	Fresh seasonal fruit Cheese and crackers Milk/water ●●●●	Fresh seasonal fruit Pizza Rolls Milk/water ●●●●	Fresh seasonal fruit Savoury muffins Milk/water ●●●●
Lunch	Veggie croquettes with baked beans and butternut squash ●●●●	Cod pasta gratin with green beans ●●●●	Roast chicken with root mash and cauliflower ●●●●	Lamb shepherds pie with roast courgette and peas ●●●●	Tuscan bean stew with quinoa and carrots ●●●●
Vegetarian	Veggie croquettes with baked beans and butternut squash ●●●●	Creamy vegetable pasta with green beans ●●●●	Veggie turnovers with root mash and cauliflower ●●●●	Mushroom shepherds pie with roast courgette and peas ●●●●	Tuscan bean stew with quinoa and carrots ●●●●
Dessert	Fresh fruit salad ●	Raspberry Oat Slice ●●●	Bananas and custard ●●●	Apple Pie ●●●	Fruit yogurt ●●
Tea	Chicken souvlaki with rice and Greek salad ●●●●	Beef chilli with baked sweet potatoes and sweetcorn ●●●●	Chunky minestrone soup with pesto dippers ●●●●	Butternut squash and lentil curry with rice and courgette ●●●●	Salmon nuggets with potato wedges and broccoli ●●●●
Vegetarian	Halloumi souvlaki with rice and Greek salad ●●●●	Veggie chilli with baked sweet potatoes and sweetcorn ●●●●	Chunky minestrone soup with pesto dippers ●●●●	Butternut squash and lentil curry with rice and courgette ●●●●	Lentil nuggets with potato wedges and broccoli ●●●●
Dessert	Pineapple Upside Down Cake ●●●	Mango lollies ●	Peach Crumble ●●●	Fresh fruit salad ●	Blueberry and Oat Muffins ●●●

- Protein
- Fruits and vegetables
- Carbohydrates
- Dairy

All our meals are planned by a nutritionist and freshly cooked on our premises. They are designed to be healthy and nutritionally well balanced. We do not add sugar or salt to any of our meals. We aim to broaden your child's palate, by introducing food from a range of cultures, develop social skills and good manners at meal times. We teach children how to set and clear a table and serve themselves. In addition, we teach children about healthy eating.



The West Finchley Preschool
EXPLORE | DISCOVER | CREATE | LEARN