** The Rocking Horse Pre-school and Nursery**

Week 1

 All menus are subject to availability and may change without notice. Our meat is locally sourced from MARSH TOP MEATS Oxenhope. We grow our own vegetables in the nursery garden and eat the fruits of our labours where possible. The cook and staff who have achieved the basic food and hygiene certificate prepare and cook the fresh produce on the premises daily.

We are able to offer a vegetarian, halal option, and alternative food for special diets if required**.**

**Snack**

Fruit pieces

**Tea**

Pizza, wedges and salad.

**Dessert**

Fruit pieces

**Snack**

Breadsticks and dip

**Lunch**

Chicken sweet and sour rice and vegetables.

**Dessert**

Fruit or carrot cake

**Tea**

Quiche and hoops

**Dessert**

Yoghurts.

**Tea**

Sandwiches and salad

**Dessert**

Flap Jack

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**Lunch**

Sausage Italian couscous and vegetables

**Dessert**

Semolina

**Snack**

Veggie sticks and humous

Friday

**Tea**

Jacket potatoes tuna /cheese and tomatoes

**Dessert**

Fruit pieces

**Lunch**

Veggie stew with potatoes

and cheesy dumplings

**Dessert**

Fruit crumble or fruit pie and custard

**Lunch**

Tuna fishcakes parsley sauce and vegetables

**Dessert**

Fruit salad

**Snack**

Marmite Fingers.

 Monday

Wednesday

**Snack**

Dried fruit or fruit smoothie.

**Tea**

Savoury crepes and salad

**Dessert**

Oat biscuits and Greek yoghurt.

 Thursday

**Lunch**

Spaghetti Bolognese

and veg

 **Dessert**

Sultana sponge and custard

 Tuesday