



KEA PRESCHOOL AFTER SCHOOL MENU



MONDAY

**Crumpets with
Spaghetti hoops (G)**

**Peas
Apple**

Milk (M)/Water

TUESDAY

**Muffin Pizza (G) (M)
(S)
(cheese and tomato)**

**Cucumber Sticks
Pear**

Milk (M)/Water

WEDNESDAY

Beans on Toast (G)

**Cucumber sticks
banana**

Milk (M)/Water

THURSDAY

**cheese on toast (M)
(G) (S)**

**Cucumber Sticks
apple**

Milk (M)/Water

FRIDAY

'If it's Friday!

**Peas
banana**

Milk (M)/Water

Allergens Key:

G - Gluten

M - Milk

E- Egg

N - NUT

P - Peanuts

SU- Sulphates

S - Soya

SE - Sesame

C - Celery

F - Fish

L- Lupin

MO - Molluscs

CR - Crustaceans

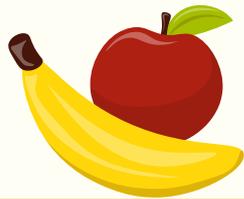
CE - Mustard



*Dairy/ Gluten free
alternatives available*



KEA PRESCHOOL BREAKFAST MENU



MONDAY

Choice of
cereal/Porridge Oats
(G) (M)

Wholemeal Toast (G)
(S)

Apple

Milk (M)/Water

TUESDAY

Choice of
cereal/Porridge oats
(G) (M)

Scotch pancakes (G)
(M) (E)

Banana

Milk (M)/Water

WEDNESDAY

Choice of
cereal/Porridge Oats
(G) (M)

crumpets (G)

Pear

Milk (M)/Water

THURSDAY

Choice of
cereal/Porridge Oats
(G) (M)

muffin (G) (S)

Apple

Milk (M)/Water

FRIDAY

Choice of
cereal/Porridge Oats
(G) (M)

Wholemeal Toast (S)
(G)

banana

Milk (M)/Water

Allergens Key:

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KEA PRESCHOOL SNACK MENU



MONDAY

Orange wedges
Peas and Sweetcorn
Rice cake

Milk (M)/Water

TUESDAY

Banana halves
Cucumber sticks
Yogurt (M)
Breadsticks (G)

Milk (M)/Water

WEDNESDAY

Apple slices
Carrot sticks
Cheese cubes (M)
Rice cake

Milk (M)/Water

THURSDAY

Cucumber sticks
Orange wedges
Soft cheese spread
(M)

Breadstick (G)

Milk (M)/Water

FRIDAY

Orange wedges
Carrot sticks
Rice cakes

Milk (M)/Water

Allergens Key:

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- N - NUT
- P - Peanuts
- SU - Sulphates
- S - Soya
- SE - Sesame
- C - Celery
- F - Fish
- L - Lupin
- MO - Molluscs
- CR - Crustaceans
- CE - Mustard



Kea Preschool and
Out of School Club

*Dairy/ Gluten free
alternatives available*