



Merton Pre-School Meal Planner

Week commencing Monday 3rd November

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast/Snack	Cereal Yogurt Rice cakes Pineapple Fruit/Veg of the day	Cereal Yogurt Sourdough bread Cucumber Fruit/Veg of the day	Cereal Yogurt Naan bread Pineapple Fruit/Veg of the day	Cereal Yogurt Bread sticks Cucumber Fruit/Veg of the day	Cereal Yogurt Cheese and crackers Pineapple Fruit/Veg of the day
Afternoon snack	Naan bread Cucumber Fruit/Veg of the day	Toast Pineapple Fruit/Veg of the day	Sourdough bread Cucumber Fruit/Veg of the day	Rice cakes Pineapple Fruit/Veg of the day	Bread sticks Cucumber Fruit/Veg of the day



Week commencing Monday 10th November

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast/Snack	Cereal Yogurt Bread sticks Sweetcorn Fruit/Veg of the day	Cereal Yogurt Crumpets Watermelon Fruit/Veg of the day	Cereal Yogurt Bread and butter Sweetcorn Fruit/Veg of the day	Cereal Yogurt Toast Watermelon Fruit/Veg of the day	Cereal Yogurt Breadsticks Sweetcorn Fruit/Veg of the day
Afternoon snack	Cheese and crackers Watermelon Fruit/Veg of the day	Rice cakes Sweetcorn Fruit/Veg of the day	Bread sticks Watermelon Fruit/Veg of the day	Crumpets Sweetcorn Fruit/Veg of the day	Rice cakes Watermelon Fruit/Veg of the day



Week commencing Monday 17th November

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast/Snack	Cereal Yogurt Crackers Strawberries Fruit/Veg of the day	Cereal Yogurt Croissants Beetroot Fruit/Veg of the day	Cereal Yogurt Bagels Strawberries Fruit/Veg of the day	Cereal Yogurt Toast Beetroot Fruit/Veg of the day	Cereal Yogurt Bread and butter Strawberries Fruit/Veg of the day
Afternoon snack	Bagels Beetroot Fruit/Veg of the day	Bread sticks Strawberries Fruit/Veg of the day	Rice cakes Beetroot Fruit/Veg of the day	Croissants Strawberries Fruit/Veg of the day	Bagels Beetroot Fruit/Veg of the day



Week commencing Monday 24th November

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast/Snack	Cereal Yogurt Rice cakes Celery Fruit/Veg of the day	Cereal Yogurt Ciabatta Kiwi Fruit/Veg of the day	Cereal Yogurt Pitta and hummus Celery Fruit/Veg of the day	Cereal Yogurt Bread sticks Kiwi Fruit/Veg of the day	Cereal Yogurt Bread and butter Celery Fruit/Veg of the day
Afternoon snack	Pitta and hummus Kiwi Fruit/Veg of the day	Cheese and crackers Celery Fruit/Veg of the day	Toast Kiwi Fruit/Veg of the day	Ciabatta Celery Fruit/Veg of the day	Pitta and hummus Kiwi Fruit/Veg of the day



Week commencing Monday 1st December

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast/Snack	Cereal Yogurt Baguette Grapes Fruit/Veg of the day	Cereal Yogurt Rice cakes Spring onion Fruit/Veg of the day	Cereal Yogurt Croissants Grapes Fruit/Veg of the day	Cereal Yogurt Cheese and crackers Spring onion Fruit/Veg of the day	Cereal Yogurt Baguette Grapes Fruit/Veg of the day
Afternoon snack	Bread sticks Spring onion Fruit/Veg of the day	Croissants Grapes Fruit/Veg of the day	Baguette Spring onion Fruit/Veg of the day	Toast Grapes Fruit/Veg of the day	Crackers Spring onion Fruit/Veg of the day



Week commencing Monday 8th December

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast/Snack	Cereal Yogurt Bread sticks Carrots Fruit/Veg of the day	Cereal Yogurt Toast Mango Fruit/Veg of the day	Cereal Yogurt Naan bread Carrots Fruit/Veg of the day	Cereal Yogurt Cheese and crackers Mango Fruit/Veg of the day	Cereal Yogurt Rice cakes Carrots Fruit/Veg of the day
Afternoon snack	Naan bread Mango Fruit/Veg of the day	Crackers Carrots Fruit/Veg of the day	Rice cakes Mango Fruit/Veg of the day	Bread and butter Carrots Fruit/Veg of the day	Bread sticks Mango Fruit/Veg of the day



Week commencing Monday 15th December

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast/Snack	Cereal Yogurt Croissants Cherries Fruit/Veg of the day	Cereal Yogurt Cheese and crackers Sweet peppers Fruit/Veg of the day	Cereal Yogurt Bread and butter Cherries Fruit/Veg of the day	Cereal Yogurt Sourdough bread Sweet peppers Fruit/Veg of the day	Cereal Yogurt Bread sticks Cherries Fruit/Veg of the day
Afternoon snack	Toast Sweet peppers Fruit/Veg of the day	Sourdough bread Cherries Fruit/Veg of the day	Rice cakes Sweet peppers Fruit/Veg of the day	Croissants Cherries Fruit/Veg of the day	Toast Sweet peppers Fruit/Veg of the day