

# Blakeney Preschool

## Weekly Menu

Week Commencing - 19<sup>th</sup> October 2026

### Week 1

| Day       | Breakfast (cereal every day) | Snack                        |
|-----------|------------------------------|------------------------------|
| Monday    | Toast                        | Grapes, cucumber, apple      |
| Tuesday   | Croissants                   | Pineapple, peppers, banana   |
| Wednesday | Toast                        | Orange, carrots, blueberries |
| Thursday  | Waffles                      | Plums, tomato, melon         |
| Friday    | Toast                        | Watermelon, cucumber, apple  |

Fresh drinking water is available all day, Menu is subject to change

Milk and water is served at breakfast and snack

Please see the allergy matrix for a list of allergens, please speak to a staff member if you have any concerns

# Blakeney Preschool

## Weekly Menu

Week Commencing - 2<sup>nd</sup> November 2026

### Week 2

| Day       | Breakfast (cereal every day) | Snack                        |
|-----------|------------------------------|------------------------------|
| Monday    | Toast                        | Banana, peppers, orange      |
| Tuesday   | Pancakes                     | Grapes, pineapple, carrots   |
| Wednesday | Toast                        | Blueberries, cucumber, apple |
| Thursday  | Brioche                      | Melon, tomato, plums         |
| Friday    | Toast                        | Watermelon, carrots, orange  |

Fresh drinking water is available all day, Menu is subject to change

Milk and water is served at breakfast and snack

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# Blakeney Preschool

## Weekly Menu

Week Commencing - 9<sup>th</sup> November 2026

### Week 3

| Day       | Breakfast (cereal every day) | Snack                          |
|-----------|------------------------------|--------------------------------|
| Monday    | Toast                        | Apple, peppers, grapes         |
| Tuesday   | Crumpets                     | Banana, pineapple, blueberries |
| Wednesday | Toast                        | Orange, cucumber, melon        |
| Thursday  | Toasted muffin               | Plums, carrots, watermelon     |
| Friday    | Toast                        | Tomato, apple, grapes          |

Fresh drinking water is available all day, Menu is subject to change

Milk and water is served at breakfast and snack

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# Blakeney Preschool

## Weekly Menu

Week Commencing - 16<sup>th</sup> November 2026

### Week 4

| Day       | Breakfast (cereal every day) | Snack                        |
|-----------|------------------------------|------------------------------|
| Monday    | Toast                        | Pineapple, cucumber, banana  |
| Tuesday   | Fruit toast                  | Orange, carrots, blueberries |
| Wednesday | Toast                        | Grapes, tomato, melon        |
| Thursday  | Croissants                   | Apple, peppers, watermelon   |
| Friday    | Toast                        | Plums, cucumber, orange      |

Fresh drinking water is available all day, Menu is subject to change

Milk and water is served at breakfast and snack

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# Blakeney Preschool

## Weekly Menu

Week Commencing - 23<sup>rd</sup> November 2026

### Week 5

| Day       | Breakfast (cereal every day) | Snack                       |
|-----------|------------------------------|-----------------------------|
| Monday    | Toast                        | Banana, carrots, grapes     |
| Tuesday   | Waffles                      | Pineapple, cucumber, plums  |
| Wednesday | Toast                        | Apple, peppers, blueberries |
| Thursday  | Pancakes                     | Orange, melon, tomato       |
| Friday    | Toast                        | Watermelon, carrots, banana |

Fresh drinking water is available all day, Menu is subject to change

Milk and water is served at breakfast and snack

Please see the allergy matrix for a list of allergens, please speak to a staff member if you have any concerns

## Allergy matrix

BLAKENEY PRESCHOOL AS FROM SEPTEMBER 2025



Celery



## Gluten



Crustacea



## Eggs



Fish



Lupin



Milk



## Molluscs



## Mustards



Nuts



### Peanuts



Sesame



Soya



### Sulphites

## Dishes

[illegible]