

Rascals Menu

Fresh Fruit & Vegetables



Carrotts
Cucumber
Apples
Oranges
Banana



Drinks
Orange Squash
Apple Squash
Blackcurrant Squash
Milk
Water

Breakfast



Cereals



Toast



Pastries



Waffles

Monday

Toast with beans or spaghetti (G&S)

Tuesday

Hot dogs - Main or halal sausages
(S, G & C)

Wednesday

Sandwich or wrap - fillings cheese, ham or
tuna (G, M & F)

Thursday

Chicken nuggets or korn nuggets &
waffles

Friday

Pizza (Pitta bread with choice of ham or
cheese, sauce tomoato sauce or bbq)

Allergen key:

G- Gluten. S- Soya M-Milk F-Fish, E-Egg, B-Barley, C-celery

