



Tots Academy
where it all begins...

AUTUMN TERM MENU 24/25

WEEK 1

Breakfast

Lunch

Monday	Banana pancakes with honey and warm cocoa or milk	White rice, vegetable sauce with grilled chicken
Tuesday	Fish roll with hibiscus drink	Spaghetti Bolognese
Wednesday	Grilled cheese & sausage toasties with fruit juice	Sweet potatoes with scrambled eggs
Thursday	Cereal or oat meal with apple slices	Tuwon shinkafa, semovita with miyan kuka soup or Amala with okro soup and beef
Friday	Spanish omelette Catalan style with hibiscus drink	Barbecue chicken vegetable pizza with chips

WEEK 2

Breakfast

Lunch

Monday	Oat & raisin cookies with warm cocoa or milk	Beans and plantain porridge with grilled fish
Tuesday	Chicken and cheese toasties with hibiscus drink	Jollof rice with grilled chicken
Wednesday	Apple pie with custard	Beef burger with hibiscus drink
Thursday	Club Sandwich with hibiscus drink	Semovita or Amala with okro soup and beef
Friday	Spanish omelette Catalan style mixed fruit juice	Chicago- style deep dish pizza with chips

WEEK 3

Breakfast

Lunch

Monday	Waffles with honey, bananas and warm cocoa or milk	Baked macaroni corn and cheese with diced / shredded beef
Tuesday	Meat pie with hibiscus drink	Sweet potatoes with fish sauce
Wednesday	Fried plantain with egg sauce	Shepherd's Pie
Thursday	Egg or sausage cheese toasties with fruit juice	Fried rice with chicken sausages
Friday	Spanish omelette Catalan style with hibiscus drink	Hawaiian Barbecue Chicken pizza with chips

WEEK 4

Breakfast

Lunch

Monday	Banana oatmeal pancakes with warm milk or cocoa	Fried rice with beef
Tuesday	Oats/pap with bean cakes	Baked Macaroni cheese with diced chicken sausages
Wednesday	Pineapple upside down cake with hibiscus drink	Jollof rice with grilled chicken
Thursday	Yam and egg sauce with mixed fruit juice with fruit juice	Semovita or Amala with ogbona soup and beef
Friday	Spanish omelette Catalan style with hibiscus drink	Chicken cheese sweetcorn vegetable pizza with chips



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WEEK 5

	Breakfast	Lunch
Monday	Oat & raisin cookies with warm milk or cocoa	Beans and plantain porridge with grilled fish
Tuesday	Chicken and cheese toasties with hibiscus drink	Jollof rice with grilled chicken
Wednesday	Apple pie with custard	Beef burger with hibiscus drink
Thursday	Club Sandwich with hibiscus drink	Semovita or Amala with okro soup and beef
Friday	Spanish omelette Catalan style with mixed fruit juice	Chicago- style deep dish pizza with chips

WEEK 6

	Breakfast	Lunch
Monday	Banana pancakes with honey and warm cocoa or milk	White rice, vegetable sauce with grilled chicken
Tuesday	Fish roll with hibiscus drink	Spaghetti Bolognese
Wednesday	Grilled cheese & sausage toasties with fruit juice	Sweet potatoes with scrambled eggs
Thursday	Cereal or Oat meal with apple slices	Tuwon shinkafa, semovita with miyan kuka soup or Amala with okro soup and beef
Friday	Spanish omelette Catalan style with hibiscus drink	Barbecue Chicken vegetable pizza with chips

WEEK 7

	Breakfast	Lunch
Monday	Banana oatmeal pancakes with warm milk or cocoa	Fried rice with beef
Tuesday	Oats/pap with bean cakes	Baked Macaroni cheese with diced chicken sausages
Wednesday	Pineapple upside down cake with hibiscus drink	Jollof rice with grilled chicken
Thursday	Yam and egg sauce with mixed fruit juice with fruit juice	Semovita or Amala with ogbona soup and beef
Friday	Spanish omelette Catalan style with hibiscus drink	Chicken cheese sweetcorn vegetable pizza with chips

WEEK 8

	Breakfast	Lunch
Monday	Waffles with honey, bananas and warm cocoa or milk	Baked macaroni corn and cheese with diced / shredded beef
Tuesday	Meat pie with hibiscus drink	Sweet potatoes with fish sauce
Wednesday	Fried plantain with egg sauce	Shepherd's Pie
Thursday	Egg or sausage cheese toasties with fruit juice	Fried rice with chicken sausages
Friday	Spanish omelette Catalan style with hibiscus drink	Hawaiian barbecue Chicken pizza with chips



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WEEK 9

Breakfast

Lunch

Monday	Banana oatmeal pancakes with warm milk or cocoa	Fried rice with beef
Tuesday	Oats/pap with bean cakes	Baked Macaroni cheese with diced chicken sausages
Wednesday	Pineapple upside down cake with hibiscus drink	Jollof rice with grilled chicken
Thursday	Yam and egg sauce with mixed fruit juice	Semovita or Amala with ogbona soup and beef
Friday	Spanish omelette Catalan style with hibiscus drink	Chicken cheese sweetcorn vegetable pizza with chips

WEEK 10

Breakfast

Lunch

Monday	Oat & raisin cookies with warm milk or cocoa	Beans and plantain porridge with grilled fish
Tuesday	Chicken and cheese toasties with hibiscus drink	Jollof rice with grilled chicken
Wednesday	Apple pie with custard	Beef burger with hibiscus drink
Thursday	Club Sandwich with hibiscus drink	Semovita or Amala with okro soup and beef
Friday	Spanish omelette Catalan style with mixed fruit juice	Chicago- style deep dish pizza with chips

WEEK 11

Breakfast

Lunch

Monday	Banana pancakes with honey and warm cocoa or milk	White rice, vegetable sauce with grilled chicken
Tuesday	Fish roll with hibiscus drink	Spaghetti Bolognese
Wednesday	Grilled cheese & sausage toasties with fruit juice	Sweet potatoes with scrambled eggs
Thursday	Cereal or Oat meal with apple slices	Tuwon shinkafa, semovita with miyan kuka soup or Amala with okro soup and beef
Friday	Spanish omelette Catalan style with hibiscus drink	Barbecue Chicken vegetable pizza with chips

WEEK 12

Breakfast

Lunch

Monday	Waffles with honey, bananas and warm cocoa or milk	Baked macaroni corn and cheese with diced / shredded beef
Tuesday	Meat pie with hibiscus drink	Sweet potatoes with fish sauce
Wednesday	Fried plantain with egg sauce	Shepherd's Pie
Thursday	Egg or sausage cheese toasties with fruit juice	Fried rice with chicken sausages
Friday	Spanish omelette Catalan style with hibiscus drink	Hawaiian barbecue Chicken pizza with cheese

❖ All Early years children will have warm milk and not cocoa. Beef and chicken will be shredded for them.