



Little Explorers Nursery and Preschool
Menu
Autumn 2017

Key for allergen information – C– Celery, **G** -Gluten, **C** – Crustaceans, **E** – Eggs, **F** – Fish, **L** – Lupin, **D** – Dairy, **M** – Molluscs, **M** – Mustard, **N** – Nuts, **P**– Peanuts, **S** – Sesame seeds, **S**– Soya, **S**–Sulphur

Vegetarian option offered daily. Please refer to your child's Daily Diary – Thank you.

| Week A | | Monday | Tuesday | Wednesday | Thursday | Friday |
|-----------------------------|--|---|--|--|--|---|
| Breakfast | | Choice of cereals; Rice Pops, Weetabix, Cornflakes or Multigrain Hoops followed by toast and milk or water to drink. | | | | |
| Morning Snack | | Each day the chef will choose a selection of fruits or savoury snacks for the children, depending on the plan of the session and food requirements of the children. Please see your child's diary or preschool information board for details. | | | | |
| Drink | | Water or Milk | Water or Milk | Water or Milk | Water or Milk | Water or Milk |
| Lunch | | Pasta Bolognese, grated cheese, Garlic bread | Roast Chicken Lunch, potatoes, vegetable and Yorkshire pudding | Jacket Potatoes stuffed with cheese, bacon and sweetcorn | Homemade pizza with a selection of toppings, Potato wedges and salad | Fish cakes, vegetable rice and broccoli |
| Dessert | | Flapjack | Fresh fruit salad | Sliced banana and custard | Ice Lolly | Yoghurt |
| Drink | | Water | Water | Water | Water | Water |
| Afternoon Snack | | Each day the chef will choose a selection of fruits or savoury snacks for the children, depending on the plan of the session and food requirements of the children. Please see your child's diary or preschool information board for details. | | | | |
| Drink | | Water or Milk | Water or Milk | Water or Milk | Water or Milk | Water or Milk |
| Tea | | Ham and Cheese sandwiches, Apple slices and cornflake cake | Pizza muffins, Sliced grapes and shortbread | Chicken slices, Vegetable rice, Orange slices, Brownie | Pancakes with a selection of toppings, Strawberries and yoghurt | Toast with a choice of spreads, Banana and a jam tart |
| Drink | | Water | Water | Water | Water | Water |
| Allergen Information | | G, D, | D, G, | D,G, | D, G, | D,G,F |



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| Week B | | Monday | Tuesday | Wednesday | Thursday | Friday |
|-----------------------------|--|---|--|---|---------------------------------------|---|
| Breakfast | | Choice of cereals; Rice Pops, Weetabix, Cornflakes or Multigrain Hoops followed by toast and milk or water to drink. | | | | |
| Morning Snack | | Each day the chef will choose a selection of fruits or savoury snacks for the children, depending on the plan of the session and food requirements of the children. Please see your child's diary or preschool information board for details. | | | | |
| Drink | | Water or Milk | Water or Milk | Water or Milk | Water or Milk | Water or Milk |
| Lunch | | Toad in the hole served with peas. | Cauliflower and broccoli bake with green beans | Tuna, sweet corn and red pepper risotto | Beef casserole and dumplings | Chicken and vegetable curry, rice and naan bread |
| Dessert | | Ice cream | Fruit jelly | Yoghurt | Stewed pear and custard | Rice-crispy cake |
| Drink | | Water | Water | Water | Water | Water |
| Afternoon Snack | | Each day the chef will choose a selection of fruits or savoury snacks for the children, depending on the plan of the session and food requirements of the children. Please see your child's diary or preschool information board for details. | | | | |
| Drink | | Water or Milk | Water or Milk | Water or Milk | Water or Milk | Water or Milk |
| Tea | | Ham stuffed pitta pockets, vegetable sticks and yoghurt | Cocktail sausages, cheese chunks, cherry tomatoes and a cup cake | Ploughman's tea and a cookie | Mini pizzas, fresh fruit and flapjack | Crumpets with a choice of spreads, banana and biscuit |
| Drink | | Water | Water | Water | Water | Water |
| Allergen Information | | G, D, | D, G, | D,G,F | D, G, | D,G, |



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Vegetarian option offered daily. Please refer to your child's Daily Diary – Thank you.

| Week C | | Monday | Tuesday | Wednesday | Thursday | Friday |
|-----------------------------|--|---|---|--|--|---|
| Breakfast | | Choice of cereals; Rice Pops, Weetabix, Cornflakes or Multigrain Hoops followed by toast and milk or water to drink. | | | | |
| Morning Snack | | Each day the chef will choose a selection of fruits or savoury snacks for the children, depending on the plan of the session and food requirements of the children. Please see your child's diary or preschool information board for details. | | | | |
| Drink | | Water or Milk | Water or Milk | Water or Milk | Water or Milk | Water or Milk |
| Lunch | | Tuna Pasta Bake, Carrots and Garlic bread | Sweet and sour chicken, Rice and prawn crackers | Cottage Pie and peas | Roast chicken, mashed potato, broccoli and gravy | Tomato and basil pasta with grated cheese, and garlic bread |
| Dessert | | Cake and custard | Choc Ice | Fresh fruit salad | Yoghurt | Cornflake cake |
| Drink | | Water | Water | Water | Water | Water |
| Afternoon Snack | | Each day the chef will choose a selection of fruits or savoury snacks for the children, depending on the plan of the session and food requirements of the children. Please see your child's diary or preschool information board for details. | | | | |
| Drink | | Water or Milk | Water or Milk | Water or Milk | Water or Milk | Water or Milk |
| Tea | | Cheese or egg mayonnaise wraps, cucumber chunks and yoghurt | Bagels with a choice of spreads, Cheery tomatoes and Flapjack | Homemade sausage rolls, Sliced apple and pear, biscuit | Beans on toast, Sultanas and jelly | Ham and cheese stuffed pittas, red pepper slices, jam tart |
| Drink | | Water | Water | Water | Water | Water |
| Allergen Information | | G, D, F, E | D, G, | D,G, | D, G, | D,G, |