



Little Explorers Nursery and Preschool
Menu
Spring 2018

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		Cottage pie with sweet potato and cheese topping & Carrots.	Pasta with a tomato & garlic sauce. Grilled chicken breast & garlic bread.	Fish Pie topped with mash potato (option of grated cheese). Served with Peas.	Vegetable Curry with boiled rice and naan bread & salad.	Homemade short crust chicken and vegetable pie. Broccoli and new potatoes.
Dessert		Custard and peach slices.	Ice-cream scoop.	Yoghurt and pear.	Chocolate drizzled banana.	Apple crumble and custard.
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		Sausage and cheese lattice. Sliced apple and flapjack.	Ham frittatas, cheese chunks. Grapes and raisins.	Butternut squash soup, a fresh roll. Banana and yoghurt.	Egg mayonnaise wraps, pear and fruit loaf.	Mini sausages with baked beans and toast, Melon.
Drink		Water	Water	Water	Water	Water
Allergen Information		G, D,	D, G,	D, G, F	D, G, E	D, G,



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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		Homemade fishcakes, Freshly cut wedges & baked beans.	Vegetable bolognaise, garlic bread and green beans.	Mild chilli con carni, vegetable rice and popadoms.	Spanish chicken and mashed potatoes with broccoli.	Roast chicken pittas, cous cous and salad sticks.
Dessert		Swiss roll and custard.	Yoghurt and short bread.	Chocolate & raisin crispy cakes.	Fresh fruit salad.	Apple and banana muffins.
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		Spaghetti in tomato sauce on toast, sultanas and shortbread.	Pasta bake, orange slices and jam tart.	Hotdog, mixed salad and yoghurt.	Crumpets, fresh fruit and jelly.	Toasted tea cakes with butter, raspberries and angel delight.
Drink		Water	Water	Water	Water	Water
Allergen Information		G, D, F	D, G,	D, G,	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		Meatballs in a red pepper and basil sauce pasta & Broccoli.	Sausage & vegetable casserole with Roast potatoes.	BBQ Pork with vegetable rice & popadoms.	Fish curry and rice with naan bread.	Homemade chicken goujons and chunky chips with peas.
Dessert		Yoghurt & a melon slice.	Banana and custard.	Fresh fruit salad.	Lemon cake.	Yoghurt and strawberries.
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		Melba toast with a choice of toppings, Brownie and Apple.	Pitta pizza, cucumber sticks & cookie.	Boiled egg & solders. Pear slices and jelly.	Homemade sausage rolls, cherry tomatoes & biscuit.	Finger sandwiches, scones with jam & orange slices.
Drink		Water	Water	Water	Water	Water
Allergen Information		G, D,	D, G,	D, G,	D, G, F	D, G,