



Little Explorers Nursery and Preschool
Menu A
Autumn 2020

Key for allergen information – C– Celery, G -Gluten, C – Crustaceans, E – Eggs, F – Fish, L – Lupin, M –Milk, M – Molluscs, M – Mustard, N – Nuts, P–Peanuts, S – Sesame seeds, S– Soya, S–Sulphur Vegetarian option offered daily.

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		Lasagne with salad and garlic bread	Fish cakes, new potatoes, and peas	Toad in the hole, mash, mixed veg and gravy	Chilli Con Carne with rice	Pizza, Chips, and beans
Vegetarian Option (VO)		Vegetarian lasagne with salad and garlic bread	Vegetarian fillet, new potatoes and peas	Vegetarian toad in the hole, new potatoes, mixed veg and gravy	Vegetarian chill con carne and rice	Pizza, Chips, and beans
Dessert		Pineapple upside down cake and custard	Fruit salad	Fruit and Jelly	Plain Greek yoghurt with bananas and honey	Ice cream
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		Pitta pockets with a variety of fillings, salad and houmous	Quiche with pepper and cucumber sticks	Crumpets with a variety of spreads and salad.	Tuna pasta bake and salad	Sandwiches with a variety of fillings, salad
		Yoghurt and mixed fruit	Ice lollies	Plain popcorn and raisins	Apple cake slices	Grapes and melon
Drink		Water	Water	Water	Water	Water
Allergen Information		G, M,	M, G, F,E	M, G,	M, G,	M, G, S,

VO – Vegetarian Option



Little Explorers Nursery and Preschool
Menu B
Autumn 2020

Key for allergen information – C– Celery, G -Gluten, C – Crustaceans, E – Eggs, F – Fish, L – Lupin, M – Milk, M – Molluscs, M – Mustard, N – Nuts, P–Peanuts, S – Sesame seeds, S– Soya, S–Sulphur. Vegetarian option offered daily.

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		Chicken curry, rice, and naan bread	Macaroni cheese with mixed veg	Fish fingers, mash, and beans	Roast Gammon with roast potatoes, mixed veg and Yorkshire pudding	Beef bolognaise with spaghetti and garlic bread
Vegetarian option (VO)		Vegetable curry, rice, and naan bread	Macaroni cheese with mixed veg	Vegetarian fingers, mash, and beans	Vegetarian roast with roast potatoes, mixed veg and Yorkshire pudding	Vegetarian bolognaise with spaghetti and garlic bread
Dessert		Shortbread and satsuma segments	Berry Mess (Fromage frais, ginger biscuits and strawberries)	Mini Carrot cake	Fruit crumble and custard	Fruit salad
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		Bagels with cream cheese and salad sticks Angel Delight	Croissants with jam or cheese and salad Mini muffins	Cheese on toast with tomatoes Fruit salad with yoghurt	Wraps with a variety of fillings and salad sticks Pineapple slices	Banana pancakes with fruit salad Chocolate cornflake cakes
Drink		Water	Water	Water	Water	Water
Allergen Information		G, M, S, F	M, G,	M, G, S	M, G, S	M, G,

VOA– Vegetarian Option Available



Little Explorers Nursery and Preschool

Menu C

Summer 2020

Key for allergen information – C– Celery, G -Gluten, C – Crustaceans, E – Eggs, F – Fish, L – Lupin, M – Milk, 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 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		Sausage, mash, mixed veg and gravy.	Sweet potato curry, Rice and Naan bread	Jacket potato, baked beans, cheese, and salad	Tomato pasta bake with mixed veg and garlic bread	Roast chicken, roast potato, mixed veg, Yorkshire puddings and gravy
Vegetarian Option (VO)		Vegetarian sausage, mash, and beans	Sweet potato curry and Rice	Jacket potato, baked beans, cheese, and salad	Tomato pasta bake with mixed veg and garlic bread	Vegetarian roast, roast potato, mixed veg, Yorkshire puddings and gravy
Dessert		Banana and custard	Frozen yoghurt	Fruit salad	Peaches and Ice cream	Banana 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		Scrambled egg on toast Ice lollies	Crumpets with a variety of spreads and salad. Greek yoghurt with peaches and honey	Cheese scones with salad Blueberry muffins	Beans on toast with cucumber Homemade cookie	English muffin pizzas with salad Mango and pineapple
Drink		Water	Water	Water	Water	Water
Allergen Information		G, M, S, E	M, G, S	M, G, S,	M, G, S,	M, G, S

Vegetarian Option Available