



Little Explorers Nursery and Preschool  
Menu A  
Spring 2019

**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
<b>Breakfast</b>		Choice of cereals; Rice Pops, Weetabix, Cornflakes or Multigrain Hoops followed by toast and milk or water to drink.				
<b>Morning Snack</b>		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.				
<b>Drink</b>		Water or Milk	Water or Milk	Water or Milk	Water or Milk	Water or Milk
<b>Lunch</b>		Jacket potato, Cheese or Beans with salad	Chicken Goujons, New potatoes and Carrots	Meatballs, in tomato sauce, spaghetti and Garlic Bread	Fish Cakes, sauté Potatoes and peas	Sausage, Mash Potatoes and Beans
<b>Vegetarian Option (VO)</b>		As above	Vegetarian Goujons, New potatoes and Carrots	Vegetarian meatballs with tomato spaghetti and garlic bread	Vegetarian Fishcakes, sauté potatoes and Peas	Vegetarian Sausage, Mash Potato and Beans
<b>Dessert</b>		Fruity Ice Lollies	Orange Jelly and mandarins	Greek yoghurt and Strawberries	Fresh Fruit Salad	Frozen Yoghurt
<b>Drink</b>		Water	Water	Water	Water	Water
<b>Afternoon Snack</b>		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.				
<b>Drink</b>		Water or Milk	Water or Milk	Water or Milk	Water or Milk	Water or Milk
<b>Tea</b>		Selection of sandwiches and Crudités  Fresh Fruit	Cheese Wraps and Coleslaw  Blueberry Muffins	Homemade sausage rolls and salad  Ice cream and Grapes	Scrambled Egg on toast  Shortbread	Pasta Salad  Fruity Flapjack
<b>Drink</b>		Water	Water	Water	Water	Water
<b>Allergen Information</b>		G, M,	M, G, S	M, G,	M, G, F, E	M, G, S



Little Explorers Nursery and Preschool  
Menu B  
Summer 2019

**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.**

Week B		Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>		Choice of cereals; Rice Pops, Weetabix, Cornflakes or Multigrain Hoops followed by toast and milk or water to drink.				
<b>Morning Snack</b>		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.				
<b>Drink</b>		Water or Milk	Water or Milk	Water or Milk	Water or Milk	Water or Milk
<b>Lunch</b>		Cottage Pie, Carrots and Broccoli	Tuna and Tomato Pasta Bake and Garlic Bread	BBQ Chicken, new potatoes and Vegetables	Vegetable Curry, Rice and Naan Bread.	Fish Pie with sweetcorn and peas.
<b>Vegetarian option (VO)</b>		As above	Tomato pasta Bake and Garlic Bread	Vegetarian BBQ Chicken, new potatoes and vegetables.	As above	As above
<b>3Dessert</b>		Melon and Grapes	Fresh Fruit Salad	Ice cream and fruit	Frozen Yoghurt	Pineapple upside down cake
<b>Drink</b>		Water	Water	Water	Water	Water
<b>Afternoon Snack</b>		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.				
<b>Drink</b>		Water or Milk	Water or Milk	Water or Milk	Water or Milk	Water or Milk
<b>Tea</b>		Ham Wraps and Salad Sticks  Yoghurt and Pear Slices	Savoury muffins and cream cheese  Apple and banana Slices	Savoury Omelette, Cheese and Salad sticks  Swiss roll	Selection of sandwiches and salad sticks  Fruit Flapjacks	Cheese, Crackers, Ham and Pickle with salad sticks  Fruit salad
<b>Drink</b>		Water	Water	Water	Water	Water
<b>Allergen Information</b>		<b>G, M,</b>	<b>M, G, F</b>	<b>M, G, E</b>	<b>M, G,</b>	<b>M, G, F</b>



Little Explorers Nursery and Preschool  
Menu C  
Summer 2019

**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
<b>Breakfast</b>		Choice of cereals; Rice Pops, Weetabix, Cornflakes or Multigrain Hoops followed by toast and milk or water to drink.				
<b>Morning Snack</b>		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.				
<b>Drink</b>		Water or Milk	Water or Milk	Water or Milk	Water or Milk	Water or Milk
<b>Lunch</b>		Chilli con carne with Rice	Spaghetti Carbonara and garlic bread	Fish Fingers, homemade chips and peas	Sweet and sour chicken with noodles	Macaroni cheese and a selection of vegetables
<b>Vegetarian Option (VO)</b>		Vegetarian Chilli con carne with rice	Vegetarian spaghetti carbonara and garlic bread	As above	Vegetarian Sweet and Sour Chicken with noodles	Macaroni cheese and a selection of vegetables
<b>Dessert</b>		Fresh Fruit Salad	Strawberry flan	Frozen Yoghurt and Pear Slices	Summer fruit crumble and Custard	Apple Cake
<b>Drink</b>		Water	Water	Water	Water	Water
<b>Afternoon Snack</b>		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.				
<b>Drink</b>		Water or Milk	Water or Milk	Water or Milk	Water or Milk	Water or Milk
<b>Tea</b>		Ham and cheese Pitta breads, houmous and salad  Homemade biscuits	Homemade Sausage rolls with Salad Sticks  Shortbread	Cheese and tomato on English Muffins and salad sticks  Fresh Fruit	Chicken or Cheese sandwiches and salad Sticks Angel Delight and Fruit	Ham and Cream cheese wraps, cucumber and Carrot Sticks Banana Loaf
<b>Drink</b>		Water	Water	Water	Water	Water
<b>Allergen Information</b>		G, M, S	M, G,	M, G, S, F	M, G,	M, G,