

Little Explorers Nursery and Preschool Menu A

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		Fish cakes with minted new potatoes, sweetcorn, and peas	Lentil Spaghetti bolognaise and Garlic Bread	Sausage meat lattice, mashed potatoes, carrots, and broccoli	Tomato penne pasta with salmon and grated cheese	Jacket Potato with beans and cheese
Vegetarian Option (VO)		Vegetable cakes with minted new potatoes, sweetcorn, and peas	Lentil Spaghetti bolognaise and Garlic bread	Vegetarian sausage meat lattice, mashed potatoes, carrots, and broccoli	Tomato penne pasta and grated cheese	Jacket Potato with beans and cheese
Babies (under 1 or weaning stages) *Part of the meal that can be held		Fish cakes with minted new potatoes, sweetcorn, and peas	Lentil Spaghetti bolognaise and garlic bread	Sausage meat lattice, mashed potatoes, carrots and broccoli	Tomato penne pasta with salmon and grated cheese	Jacket potato with beans and cheese
Dessert		Vanilla ice cream with summer fruits	Watermelon and strawberries	Banana and custard	Homemade gingerbread man	Homemade Flapjack 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		A selection of wholemeal sandwiches and salad Homemade blueberry muffin	Warm pitta breads with pea hoummos and salad Chocolate cornflake cake	Pasta salad Ice lollies	Tomato and cheese pastries with Cucumber and cherry tomatoes Sliced Pineapple	Scrambled egg on toast Fruit Yoghurt pot
Babies (under 1 or weaning stages)		A selection of wholemeal sandwiches and salad	Warm pitta breads with pea hoummos and salad	Pasta salad	Tomato and cheese pastries with Cucumber and cherry tomatoes	Scrambled egg on toast
Drink		Water	Water	Water	Water	Water
Allergen Information		G, M, F	M, G, E	M, G,	M, G, F	M, G,

VO – Vegetarian Option

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Menu B

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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 beef bolognaise with Garlic Bread	Sweet potato curry, rice and naan bread	Mixed fish pie with creamy mash and sweetcorn	Homemade ham and cheese pizza with spinach dough and salad	Chicken Goujons with new potatoes and peas
Vegetarian Option (VO)		Tomato pasta with Garlic bread	Sweet potato curry, rice and naan bread	Creamy vegetable pie with mash and sweetcorn	Homemade cheese pizza with spinach dough and salad	Vegetarian goujons with new potatoes and peas
Babies (under 1 or weaning stages) *Part of the meal that can be held		Pasta beef bolognaise with Garlic Bread	Sweet potato curry, rice and naan bread	Mixed fish pie with creamy mash and sweetcornb	Homemade ham and cheese pizza with spinach dough and salad	Chicken goujons with new potatoes and peas
Dessert		Homemade pancakes with raspberries	Bakewell Tart	Strawberry yoghurt with fresh strawberries	Fresh Fruit salad	Fruit Jelly
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		Warm flatbread with houmous and salad fingers Peach and apricot slices	Spaghetti hoops on toast Mini milk ice lolly	Warm croissant with cheese or Jam Melon slices	Ham and cheese quiche with salad Frozen yoghurt	Bagels with a selection of toppings Banana angel delight
Babies (under 1 or weaning stages)		Warm flatbread with houmous and salad fingers	Spaghetti hoops on toast	Warm croissant with cheese	Ham and cheese quiche with salad	Bagels with a selection of toppings
Drink		Water	Water	Water	Water	Water
Allergen Information		G, M,	M, G,	M, G, F	M, G,	M, G,

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Menu C

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		Pasta with homemade broccoli and pea pesto with garlic bread	Mixed bean tagine and vegetable cous cous	Meatballs with tomato and mascarpone sauce and spaghetti	Gyros chicken with flatbread and Greek salad	Chilli con carne and rice
Vegetarian Option (VO)		Pasta with homemade broccoli and pea pesto with garlic bread	Mixed bean tagine and vegetable cous cous	"Meat Free" meatballs with tomato and mascarpone sauce and spaghetti	Vegetarian gyros with flatbread and Greek salad	Vegetarian chilli con carne and rice
Babies (under 1 or weaning stages) *Part of the meal that can be held		Pasta with homemade broccoli and pea pesto with garlic bread	Mixed bean tagine and vegetable cous cous	Meatballs with tomato and mascarpone sauce and spaghetti	Gyros chicken with flatbread and Greek salad	Chilli con carne and rice
Dessert		Fresh fruit salad	St Clements sponge	Banana cake	Rainbow jelly	Greek yoghurt with honey and fruit
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 straws with carrot and pepper sticks Swiss roll	Cheese on toast with salad fingers Grapes and apple	Veggie fingers and beans Yoghurt pot	Tortilla wraps with a selection of fillings and cucumber and pepper Fruit salad	A selection of savoury crackers with cheese, ham and salad Chocolate biscuit cake
Babies (under 1 or weaning stages)		Cheese straws with carrot and pepper sticks	Cheese on toast with salad fingers	Veggie fingers and beans	Tortilla wraps with a selection of fillings and cucumber and pepper	A selection of savoury crackers with cheese, ham and salad
Drink		Water	Water	Water	Water	Water
Allergen Information		G, M,	M, G, E	M, G, S, E	M, G,	M, G, E

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