

Week One	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Fruit loaf and cheese	Rice cakes and Fruit	Buttered Crumpets	Homemade bread with Jam	Vegetable Sticks and Dips
Lunch	Homemade Mac and Cheese served with a medley of fresh vegetables	Chicken Biryani served with Rice and a Chapati	Fresh Vegetable Lasagne served with Homemade Garlic Bread	Chicken Fettuccine Alfredo served with Broccoli, Green Beans and Homemade Focaccia Bread	Homemade Fish Goujons served with Skin on Potato Wedges, Homemade Tartar Sauce and Peas and Sweetcorn
Pudding	Fresh Fruit Salad with Cream	Watermelon Fruit Pizza	Natural Yogurt with Fresh Fruit	Beetroot and Chocolate Loaf served with Crème Fraiche	Homemade Rice Pudding with Mango Chunks
Tea	Homemade Fish Finger Sandwiches with Salad	Jacket Potato with Baked Beans	Build your own Butties with a selection of fillings	Hot Baguettes with a variety of fillings	Tuna Pasta Bake

Week Two	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Buttered Crumpets	Fruit loaf and cheese	Rice cakes and Fruit	Vegetable Sticks and Dips	Homemade bread with Jam
Lunch	Fish Pie served with Julienne Carrots and Broccoli	Beef Brisket Ragu served on a bed of Tagliatelle and Fresh Spinach	Chicken Fajita Wraps stuffed with Salad and Cheese	Plant Based Chilli Con Carne served with Rice and Homemade Garlic Flatbreads	Pulled Pork* Salad Tacos served with a Homemade Salsa and Guacamole Dip
Pudding	Natural Yogurt with Granola	Fresh Fruit Kebabs sprinkled with Chia Seeds	Apple and Carrot Muffins	Oaty Fruit Crumble with Yogurt	Oaty Berry Flapjack
Tea	Little Explorers Pizzas with a variety of Toppings	Mini Frittata served with Skin on Potato Fries	Baked Beans on Sourdough Toast	Tomato and Vegetable Pasta served with a sprinkling of Cheese	Build your own Butties with a selection of fillings

*An alternative meat will be provided
Fresh Fruit is available to our children all day

Little
Explorers
Day Nursery



Week Three	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Rice cakes and Fruit	Fruit loaf and cheese	Homemade bread with Jam	Buttered Crumpets	Vegetable Sticks and Dips
Lunch	Fresh Vegetable Lasagne served with Homemade Garlic Bread	Homemade Fish Goujons served with Skin on Potato Wedges, Homemade Tartar Sauce and Peas and Sweetcorn	Chicken Fettuccine Alfredo served with Broccoli, Green Beans and Homemade Focaccia Bread	Homemade Mac and Cheese served with a medley of fresh vegetables	Chicken Biryani served with Rice and a Chapati
Pudding	Natural Yogurt with Fresh Fruit	Homemade Rice Pudding with Mango Chunks	Watermelon Fruit Pizza	Fresh Fruit Salad with Cream	Beetroot and Chocolate Loaf served with Crème Fraiche
Tea	Build your own Butties with a selection of fillings	Tuna Pasta Bake	Hot Baguettes with a variety of fillings	Homemade Fish Finger Sandwiches with Salad	Jacket Potato with a selection of fillings available

Week Four	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Vegetable Sticks and Dips	Homemade bread with Jam	Rice cakes and Fruit	Buttered Crumpets	Fruit loaf and cheese
Lunch	Plant Based Chilli Con Carne served with Rice and Homemade Garlic Flatbreads	Pulled Pork* Salad Tacos served with a Homemade Salsa and Guacamole Dip	Fish Pie served with Julienne Carrots and Broccoli	Chicken Fajita Wraps stuffed with Salad and Cheese	Beef Brisket Ragu served on a bed of Tagliatelle and Fresh Spinach
Pudding	Apple and Carrot Muffins	Oaty Berry Flapjack	Natural Yoghurt with Granola	Oaty Fruit Crumble with Yogurt	Fresh Fruit Kebabs sprinkled with Chia Seeds
Tea	Tomato and Vegetable Pasta served with a sprinkling of Cheese	Build your own Butties with a selection of fillings	Little Explorers Pizzas with a variety of Toppings	Baked Beans on Sourdough Toast	Mini Frittata served with Skin on Potato Fries

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