

Little Learners Nursery Spring Menu Week One

	Breakfast 7am – 9am	Morning Snack 10am – 10.30am	Lunch 11.30am – 12.00pm	Afternoon Snack 2pm	Tea 3.30pm
Monday	Selection of cereals and toast <b>(Wheat, Dairy)</b>	Satsumas and rice cake Fresh Juice/Water	Skinless sausages, hashbrowns and baked beans <i>Vegetarian Option: Meat Free Sausage</i>  Ice Cream <b>(Wheat/Soya/Sulphates/Dairy)</b>	Biscuits Milk/Water <b>(Dairy/Wheat/Sulphates)</b>	Bagels with cream cheese/butter and cucumber and tomatoes <b>(Wheat/Soya/Dairy)</b>
Tuesday	Selection of cereals and toast <b>(Wheat, Dairy)</b>	Cucumber Sticks Carrot sticks Milk/Water <b>(Dairy)</b>	Jacket Potato Cheese & Beans or Tuna and Sweetcorn  Flapjack <b>(Dairy/Fish/Oats)</b>	Banana and Rice cakes  Milk/Water <b>(Dairy)</b>	Potato wedges and Vegetable Sticks with Tomato Ketchup
Wednesday	Selection of cereals and toast <b>(Wheat, Dairy)</b>	Breadsticks and selection of dips Milk/Water <b>(Barley/Dairy/Egg)</b>	Vegetable Tikka Masala Curry White Rice  Strawberries <b>(Dairy)</b>	Selection of Fruit (Orange, Apple, Banana) Water/Milk <b>(Dairy)</b>	Cheese Pasta Salad <b>(Dairy)</b>
Thursday	Selection of cereals and toast <b>(Wheat, Dairy)</b>	Oat Cake with Cream cheese/Butter Milk/Water <b>(Oatmeal/Dairy)</b>	Sweet and Sour Chicken White Rice  <i>Vegetarian Option: Meat Free Sweet and Sour Chicken</i> <i>White Rice</i>  Jelly	Watermelon Slices  Water	Margarita Pizza and Cucumber Sticks <b>(Dairy/Wheat)</b>
Friday	Selection of cereals and toast <b>(Wheat, Dairy)</b>	Pepper Sticks and Houmous Milk/Water <b>(Sesame Seed/Dairy)</b>	Roasted Vegetable Pasta bake with Basil and Cheese.  Watermelon <b>(Wheat/Dairy)</b>	Grapes and Pear  Milk/Water <b>(Dairy)</b>	Wraps with Ham and Cheese <b>(Dairy/Wheat)</b>

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Little Learners Day Nursery Spring Menu Week Two

	Breakfast 7am – 9am	Morning Snack 10am – 10.30am	Lunch 11.30am – 12.00pm	Afternoon Snack 2pm	Tea 3.30pm
Monday	Selection of cereals and toast <b>(Wheat, Dairy)</b>	Cheese Twists Milk/Water <b>(Wheat/Dairy/Barley)</b>	Fish Fingers, Potato, peas and sweetcorn <i>Vegetarian Option: Veggie Fingers, Potato, peas, and sweetcorn</i>  Mini Milk Ice Lolly <b>(Dairy/Fish/Wheat)</b>	Banana and Rice cakes  Milk/Water <b>(Dairy)</b>	Croissants with Butter/Jam  Grapes/Strawberries <b>(Dairy/Eggs/Wheat)</b>
Tuesday	Selection of cereals and toast <b>(Wheat, Dairy)</b>	Watermelon Slices  Water	Vegetable Lasagne (V) Jelly <b>(Mustard/Dairy/Wheat)</b>	Pepper sticks and Hummus Milk/Water <b>(Sesame Seed/Dairy)</b>	Garlic Bread and Baked Beans  <b>(Wheat)</b>
Wednesday	Selection of cereals and toast <b>(Wheat, Dairy)</b>	Breadsticks and Cheese cubes Milk/Water <b>(Barley/Dairy/Egg)</b>	Chicken and Chorizo Paella with Salad <i>Vegetarian Option: Vegetable Paella with salad</i> Fromage Frais <b>(Dairy)</b>	Selection of Fruit (Orange, Apple, Banana) Water/Milk <b>(Dairy)</b>	Crackers with Ham, Cheese and Chicken slices  <b>(Dairy/Wheat)</b>
Thursday	Selection of cereals and toast <b>(Wheat, Dairy)</b>	Selection of Fruit (Orange, Apple, Banana) Water/Milk <b>(Dairy)</b>	Spaghetti Bolognaise with Garlic Bread <i>Vegetarian Option: Spaghetti Bolognaise with Garlic Bread</i>  Homemade Sponge Cake <b>(Wheat/Dairy/Egg)</b>	Cucumber Sticks Carrot sticks Milk/Water <b>(Dairy)</b>	Bagels with Cheese/Ham/Chicken <b>(Dairy/Wheat/Soya)</b>
Friday	Selection of cereals and toast <b>(Wheat, Dairy)</b>	Biscuits Milk/Water <b>(Dairy/Wheat/Sulphates)</b>	Mexican Chicken Fajita's with Tortilla chips  <i>Vegetarian Option: Vegetable Chicken Fajita's with Tortilla Chips</i>  Raspberries <b>(Dairy/Wheat/Egg)</b>	Satsumas and Rice cake Fresh Juice/Water	Sausage rolls and Vegetable Sticks <i>Vegetarian Option: Vegetarian Sausage Rolls and Vegetable Sticks</i> <b>(Wheat/Soya/Sulphates)</b>

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Little Learners Day Nursery Spring Menu Week Three

	Breakfast 7am – 9am	Morning Snack 10am – 10.30am	Lunch 11.30am – 12.00pm	Afternoon Snack 2pm	Tea 3.30pm
Monday	Selection of cereals and toast <b>(Wheat, Dairy)</b>	Satsumas and rice cake Fresh Juice/Water	Cheese and Tomato Pasta Bake with Salad Sticks  Fromage Frais <b>(Dairy/Wheat)</b>	Biscuits Milk/Water  <b>(Dairy/Wheat/Sulphates)</b>	Nachos with Mozzarella sticks  <b>(Dairy/Wheat)</b>
Tuesday	Selection of cereals and toast <b>(Wheat, Dairy)</b>	Cucumber Sticks Carrot sticks Milk/Water <b>(Dairy)</b>	Jacket Potato with Chilli con carne and salad <i>Vegetarian Option: Jacket Potato with meat free and salad</i>  Banana and Custard <b>(Soya/Dairy)</b>	Banana and Rice cakes  Milk/Water <b>(Dairy)</b>	Crackers with Ham, Cheese and Chicken slices  <b>(Dairy/Wheat)</b>
Wednesday	Selection of cereals and toast <b>(Wheat, Dairy)</b>	Breadsticks and selection of dips Milk/Water <b>(Barley/Dairy/Egg)</b>	Spaghetti Carbonara with Bacon and Broccoli <i>Vegetarian Option: Spaghetti Carbonara with Mushroom and Broccoli</i>  Ice cream <b>(Dairy/Wheat)</b>	Selection of Fruit (Orange, Apple, Banana) Water/Milk <b>(Dairy)</b>	Margarita Pizza and Cucumber Sticks  <b>(Dairy/Wheat)</b>
Thursday	Selection of cereals and toast <b>(Wheat, Dairy)</b>	Oat Cake with Cream cheese/Butter Milk/Water <b>(Oatmeal/Dairy)</b>	Braised Chicken with vegetables and rice <i>Vegetarian Option: Meat free chicken with vegetables and rice</i> Melon Slices <b>(Soya)</b>	Watermelon Slices  Water	Potato Wedges with Tomato Ketchup  Fruit Salad
Friday	Selection of cereals and toast <b>(Wheat, Dairy)</b>	Pepper Sticks and Houmous Milk/Water <b>(Sesame Seed/Dairy)</b>	Gammon with New Potatoes and Mixed Salad <i>Vegetarian Option: Quorn Roast with New Potatoes and Mixed Salad</i>  Mini milks <b>(Dairy/Soya/Egg)</b>	Grapes and Pear  Milk/Water  <b>(Dairy)</b>	Bagels with Cream Cheese/Butter with Cucumber and Tomatoes  <b>(Wheat/Soya/Dairy))</b>

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Little Learners Day Nursery Spring Menu Week Four

	Breakfast 7am – 9am	Morning Snack 10am – 10.30am	Lunch 11.30am – 12.00pm	Afternoon Snack 2pm	Tea 3.30pm
Monday	Selection of cereals and toast <b>(Wheat, Dairy)</b>	Cheese Twists Milk/Water <b>(Wheat/Dairy/Barley)</b>	Chicken Nuggets, Mash and Baked Beans  <i>Vegetarian Option: Meat Free Chicken Nuggets, Mash and Baked Beans</i>  Ice Cream <b>(Dairy/Wheat)</b>	Banana and Rice cakes  Milk/Water <b>(Dairy)</b>	Sausage rolls and Vegetable Sticks <i>Vegetarian Option: Vegetarian Sausage Rolls and Vegetable Sticks</i> <b>(Wheat/Soya/Sulphates)</b>
Tuesday	Selection of cereals and toast <b>(Wheat, Dairy)</b>	Watermelon Slices  Water	Beef Lasagne with Mixed Salad <i>Vegetarian Option: Meat Free Lasagne</i>  Chocolate Chip Sponge <b>(Mustard/Milk/Wheat)</b>	Pepper sticks and Hummus Milk/Water <b>(Sesame Seed/Dairy)</b>	Croissants with Butter/Jam  Grapes/Strawberries <b>(Dairy/Eggs/Wheat)</b>
Wednesday	Selection of cereals and toast <b>(Wheat, Dairy)</b>	Breadsticks and Cheese Sticks Milk/Water <b>(Barley/Dairy/Egg)</b>	Chinese Chicken Curry with Rice <i>Vegetarian Option: Meat Free Chinese Chicken Curry with Rice</i>  Jelly <b>(Wheat/Dairy/Barley/Soya)</b>	Selection of Fruit (Orange, Apple, Banana) Water/Milk <b>(Dairy)</b>	Spring Rolls, Prawn Crackers and Cucumber Sticks  <b>(Wheat/Soya/Sesame/Crustacean)</b>
Thursday	Selection of cereals and toast <b>(Wheat, Dairy)</b>	Selection of Fruit (Orange, Apple, Banana) Water/Milk <b>(Dairy)</b>	Macaroni Cheese with Broccoli and Cauliflower (V)  Fromage Frais <b>(Wheat/Dairy)</b>	Cucumber Sticks Carrot sticks Milk/Water <b>(Dairy)</b>	Crackers with Ham, Cheese and Chicken slices  <b>(Dairy/Wheat)</b>
Friday	Selection of cereals and toast <b>(Wheat, Dairy)</b>	Biscuits Milk/Water <b>(Dairy/Wheat/Sulphates)</b>	Sausage, Mash, Vegetables and Gravy <i>Vegetarian Option: Meat Free Sausage, Mash, Vegetables and Gravy</i>  Fruit Salad <b>(Dairy/Wheat/Soya)</b>	Satsumas and Rice Cake Fresh Juice/Water	Pitta Bread, Vegetable sticks and Houmous  <b>(Wheat/ Sesame Seed)</b>

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