

LITTLE CHERUBS NURSERY & PRE SCHOOL WINTER MENU – WEEK 1

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast 8-8.45am</b>	Selections of cereals (Weetabix, rice pops, multigrain hoops & ready brek) Full fat, semi skimmed, soya & oat milk White & wholegrain toast	Selections of cereals (Weetabix, rice pops, multigrain hoops & ready brek) Full fat, semi skimmed, soya & oat milk White & wholegrain toast	Selections of cereals (Weetabix, rice pops, multigrain hoops & ready brek) Full fat, semi skimmed, soya & oat milk White & wholegrain toast	Selections of cereals (Weetabix, rice pops, multigrain hoops & ready brek) Full fat, semi skimmed, soya & oat milk White & wholegrain toast	Selections of cereals (Weetabix, rice pops, multigrain hoops & ready brek) Full fat, semi skimmed, soya & oat milk White & wholegrain toast
<b>Snack 10am</b>	Breadsticks with Sour cream & chive dip All milk choices & water	Selection of fresh fruit All milk choices & water	Buttered crumpets All milk choices & water	Selection of fresh fruit All milk choices & water	Crackers with cream cheese All milk choices & water
<b>Lunch 11.45-12pm</b>	Mild Chicken korma (chicken breast in a mild coconut curry sauce)	Hungarian beef goulash Slow cooked stewing steak, onions, garlic, carrot, new potatoes & paprika	Salmon & broccoli Wholemeal pasta bake In a homemade creamy sauce with topped grated cheese	'Meatloaf' Pork sausage meat with sage & onion stuffing wrapped in a puff pastry	Spanish frittata Egg based baked omelette, red onion, red pepper, potato & peas
<b>Vegetable/ Side Dish</b>	White rice Green beans Homemade mango chutney	Braised red cabbage Crème fraiche Chucky White bread wedge	Garden Peas	Mashed potatoes Leeks & Carrots Gravy	Broccoli Florets Garlic bread
<b>Vegetarian</b>	<b>Tofu Korma</b> (Tofu in a mild coconut curry sauce)	Hungarian <b>Quorn</b> goulash Slow cooked Quorn, onions, garlic, carrot, new potatoes & paprika	Mixed <b>bean</b> & broccoli Wholemeal pasta bake In a homemade creamy sauce with topped grated cheese	'veggie loaf' <b>Soya</b> with sage & onion stuffing wrapped in a puff pastry	Spanish frittata <b>Egg based</b> baked omelette, red onion, red pepper, potato & peas
<b>Dessert</b>	Melon Platter Watermelon, Yellow melon & Galia Melon	Banana cake	Rock cakes with dried fruit	Peach & ginger crumble Custard	Red berry compote served with dairy ice cream (soy non dairy ice cream as alternative)
<b>Snack 2pm</b>	Selection of fresh fruit	Buttered wholemeal toast with Avocado slices	Selection of fresh fruit	Rice cakes Homemade Hummus dip	Selection of fresh fruit
<b>Tea 4pm</b>	<b>(V) Baked beans on wholemeal toast</b> Sweetcorn Fruit bowl	<b>(V) Jacket potato with tuna mayo or tofu</b> Peas Fruit bowl	<b>(V) Homemade tomato, red lentil &amp; basil soup</b> with White bread & butter Fruit bowl	Cream crackers, chicken, cheese triangles, babybels, hard boiled eggs & cucumber sticks Butterbean & beetroot Dip Low sugar fromage frais	Selection of sandwiches on white & brown bread (ham, chicken & <b>(V)</b> cheese) with cucumber sticks & cherry tomatoes with hummus dip Fruit bowl

**ALL ALLERGENS ARE NOTED ON THE ALLERGEN CARDS FOR EACH INDIVIDUAL MEAL & CATERED FOR APPROPRIATELY**

FRESH DRINKING WATER IS AVAILABLE THROUGHOUT THE ENTIRE DAY, SERVED WITH EACH MEAL & SNACK

BREAKFAST : FRUIT & VEGETABLE PLATTERS OFFERED : BANANAS, BLUEBERRIES, STRAWBERRIES, CHERRY TOMATOES & AVOCADO

SEASONAL FRUIT INCLUDES, APPLES, ORANGES, MANDARINS, PEARS, BANANAS, WATERMELON, HONEYDEW MELON, PINEAPPLE, KIWI & STRAWBERRIES

\*CRUDITÉS : PEPPERS, CHERRY TOMATOES, CARROTS, CELERY & CUCUMBER

VEGETARIAN PROTEIN SHOWN IN BOLD

## LITTLE CHERUBS NURSERY & PRE SCHOOL - SUMMER MENU – WEEK 4

Little Cherubs' menu is planned to meet the Eat Better Start Better voluntary food and drink guidelines and has received approval from the Early Start Nutrition team. Our menu is nutritionally balanced, while reflecting dietary and cultural requirements. \*Please note menus for individual children with medical requirements (e.g. allergies) are not included in this review

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<b>Snack 10am</b>	Bread sticks with sour cream & chive dip All milk choices & fresh water	Selection of fresh fruit All milk choices & fresh water	Baked pitta bread & homemade tuna dip All milk choices & fresh water	Selection of fresh fruit All milk choices & fresh water	Toasted buttered crumpets All milk choices & fresh water
<b>Lunch 11.45-12pm</b>	Italian beef meatballs In a homemade tomato sauce	Moroccan lamb tagine With dried dates & apricots	Roast Chicken dinner With Stuffing, Yorkshire pudding & gravy	Beef sausage & butter bean casserole	'Sag aloo' Potato, <b>chickpeas, green lentils</b> & spinach curry
<b>Vegetable/ Side Dish</b>	Peas & carrots Wholemeal Spaghetti Sprinkle of grated cheese	Savoury cous cous Green beans	Roast Potatoes Seasoned Carrots Swede & Peas	Mashed potato Broccoli florets	Brown rice Kachumber (finely diced red onion, tomatoes, cucumber & coriander)
<b>Vegetarian</b>	Homemade Italian <b>Tofu</b> , spinach, squash & <b>red lentil</b> meatballs In a tomato sauce	Moroccan sweet potato, <b>Butterbeans &amp; chickpea</b> tagine With dried dates & apricots	Roast <b>Quorn</b> joint With Stuffing, Yorkshire pudding & gravy	<b>Butter bean</b> casserole	'Sag aloo' Potato, <b>chickpeas, green lentils</b> & spinach curry
<b>Dessert</b>	Greek Yoghurt & blueberries	Lemon Sultana sponge	Melon Platter (watermelon & honeydew melon)	Apple & cinnamon Crumble with homemade custard	Semolina & berry compote
<b>Snack 2pm</b>	Selection of fresh fruit	Rice cakes	Cucumber sticks	Cream crackers With cream cheese	Selection of fresh fruit
<b>Tea 4pm</b>	Jacket Potato & tuna mayo or <b>tofu</b> With Sweetcorn, grated cheese Fruit bowl	Selection of sandwiches on white & brown bread (ham, chicken & cheese) with cucumber sticks & cherry tomatoes, <b>Butterbean dip</b> Low Sugar Fromage frais	<b>Beans</b> on wholemeal toast Carrot sticks Fruit bowl	Wholemeal & white pittas cottage cheese, <b>hard boiled eggs</b> , Crudités* & <b>homemade humous</b> , garlic aioli dip Fruit Bowl	Baked fish finger or Baked veggie fingers sweetcorn, carrots & peas <b>mixed bean dip</b> Bread & butter Fruit bowl

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