

# BUDDING LEARNERS MENU

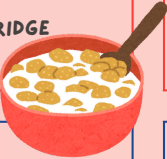


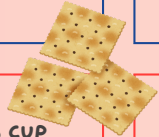



*We're delighted to share our weekly menu with you. Each meal is freshly prepared and thoughtfully balanced to give children the nourishment they need to grow, learn, and thrive.*

*We're always happy to cater for individual tastes and dietary needs, ensuring every child enjoys mealtimes with us!*



# MENU WEEK 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	CEREAL & MILK/PORRIDGE 	CEREAL & MILK/PORRIDGE	CEREAL & MILK/PORRIDGE	CEREAL & MILK/PORRIDGE	CEREAL & MILK/PORRIDGE
Snack	FRUIT AND WATER	FRUIT AND WATER	FRUIT AND WATER 	FRUIT AND WATER	FRUIT AND WATER
Lunch	MASHED POTATOES TOPPED WITH CHEESE BROCCOLI AND CARROT SALAD BAKED BEANS	VEGETABLE AND CHICKPEA COUSCOUS LETTUCE & CORN SALAD PLAIN YOGHURT	RICE, MOONG DAHL WITH SPINACH SALAD PLAIN YOGHURT	QUORN PASTA IN VEGETABLE AND TOMATO SAUCE CUCUMBER + CARROT STICKS	CHINESE TOFU AND VEGETABLE NOODLES BROCCOLI AND PAK CHOI GARLIC STIR FRY GRATED CHEESE 
Dessert	SEASONAL FRUIT	MELON SLICES	PINEAPPLE SLICES	YOGHURT WITH MIXED FRUITS	SEASONAL FRUIT
After Nap	CORN THIN CRACKERS CUP OF MILK/WATER	BREAD STICKS CUP OF MILK/WATER 	CRACKER BREAD CUP OF MILK/WATER	CREAM CRACKERS CUP OF MILK/WATER	MALBA TOAST CUP OF MILK/WATER
Tea	LENTIL & VEGETABLE CREPES YOGHURT POT	POTATO CAKES WITH BUTTER SAUTEED MIXED BEANS FRUIT	MIXED BEAN SALAD SPINACH & RICOTTA TORTELLINI FRUIT	TOMATO AND LENTIL SOUP BREAD BUTTER FRUIT 	VEGETABLE AND BLACK BEAN QUINOA SALAD FRUIT

# BUDDING LEARNERS



HERE'S A LITTLE CHILD-FRIENDLY MESSAGE YOU CAN SHARE  
WITH YOUR LITTLE ONES:

*"We don't eat sweets every day because we love our bodies and want them to be strong and healthy. Treats are yummy, but if we have too many, our teeth can get holes (cavities) and our tummies won't feel good. That's why we save our treats for a special day, it makes them even more exciting!*

*On Friday, we can make it fun by saying, 'Sorry, tummy and teeth, I'm not eating healthy today!' and have a playful chat with them."*



LAST BUT  
NOT LEAST...



BROWSE OUR PHOTOS TO  
SEE THE WHOLESOME MEALS  
WE SERVE EVERY DAY!





























MEALTIMES ARE A  
HAPPY PART OF  
EVERY DAY FOR OUR  
CHILDREN!

