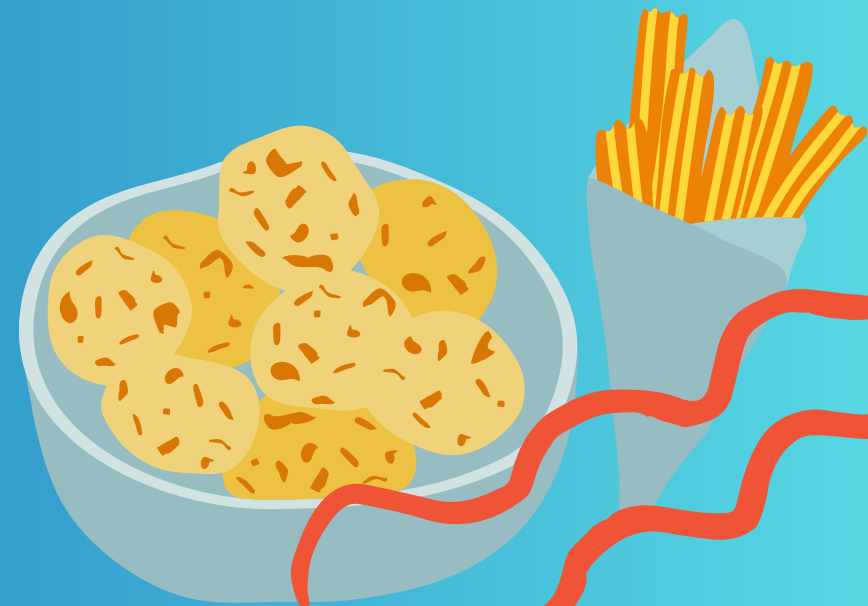





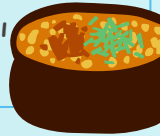


GREAT LEARNERS MENU

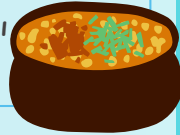
We're delighted to share our weekly menu with you. Each meal is freshly prepared and thoughtfully balanced to give children the nourishment they need to grow, learn, and thrive.

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


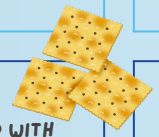



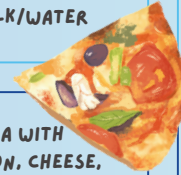


MENU WEEK 1

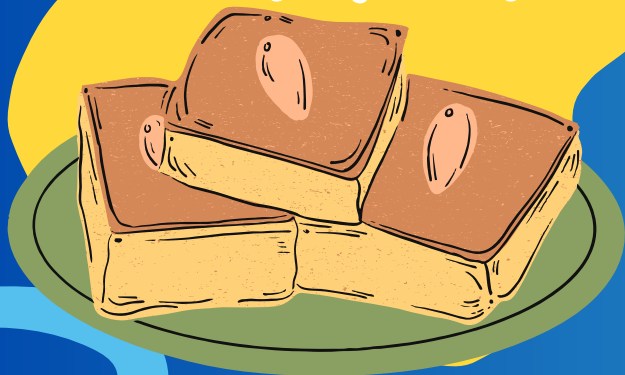
	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	CHOICE OF LOW SUGAR, WHOLE MEAL CEREAL WITH MILK	CHOICE OF LOW SUGAR, WHOLE MEAL CEREAL WITH MILK	CHOICE OF LOW SUGAR, WHOLE MEAL CEREAL WITH MILK	CHOICE OF LOW SUGAR, WHOLE MEAL CEREAL WITH MILK	CHOICE OF LOW SUGAR, WHOLE MEAL CEREAL WITH MILK
Snack	FRUIT CUP OF MILK/WATER MELBA TOAST WITH PEAS DIP 	FRUIT RICE CAKE WITH CREAM CHEESE CUP OF MILK/WATER	FRUIT CRACKER BREAD WITH BUTTER CUP OF MILK/WATER 	FRUIT CORN THINS WITH ONION, TOMATO DIP CUP OF MILK/WATER	FRUIT BREAD STICKS WITH HUMOUS CUP OF MILK/WATER
Lunch	MASHED POTATOES TOPPED WITH CHEESE BROCCOLI AND CARROT SALAD BAKED BEANS	CARROT, RED LENTIL AND CORIANDER SOUP GARLIC & HERB BREAD	PASTA IN VEGETABLE AND TOMATO SAUCE + SOYA SALAD AND CHEESE 	BUTTERNUT SQUASH & CHICK PEAS RISOTTO PLAIN YOGHURT AVOCADO, TOMATO & CUCUMBER SALAD	PANEER, GREEN PEAS IN TOMATO BASED GRAVY CHAPATTI 
Dessert	MELON SLICES 	BAKED APPLES WITH CINNAMON	PINEAPPLE SLICES	BANANA	YOGHURT WITH FRESH MANGOES
After Nap	FRUIT CUP OF MILK/WATER	FRUIT CUP OF MILK/WATER	FRUIT CUP OF MILK/WATER	FRUIT CUP OF MILK/WATER	FRUIT CUP OF MILK/WATER
Tea	VEGETABLE QUINOA SALAD BOILED EGGS YOGHURT SEASONAL FRUIT	VEGETABLE AND HERB COUSCOUS MIXED BEAN SALAD YOGHURT MANGO SLICES	LENTIL & VEGETABLE CREPES FLAVOURED YOGHURT	MOZZARELLA, TOFU, TOMATO & HERB CIABATTA BREAD GREEK YOGHURT WITH BLUEBERRIES 	ORZO PASTA WITH SOYA FRUIT YOGHURT



MENU WEEK 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	CHOICE OF LOW SUGAR, WHOLE MEAL CEREAL WITH MILK 	CHOICE OF LOW SUGAR, WHOLE MEAL CEREAL WITH MILK	CHOICE OF LOW SUGAR, WHOLE MEAL CEREAL WITH MILK	CHOICE OF LOW SUGAR, WHOLE MEAL CEREAL WITH MILK	CHOICE OF LOW SUGAR, WHOLE MEAL CEREAL WITH MILK
Snack	FRUIT OAT CAKES WITH CREAM CHEESE DIP CUP OF MILK/WATER	FRUIT CRACKER BREAD WITH BUTTER CUP OF MILK/WATER 	FRUIT NACHOS + TOMATO, ONION, HERB SALSA CUP OF MILK/WATER	FRUIT BUTTER PUFFS WITH CREAM CHEESE CUP OF MILK/WATER	FRUIT MULTIGRAIN CRACKERS WITH AVOCADO DIP CUP OF MILK/WATER
Lunch	MIXED VEGETABLE RICE BOILED EGGS CUCUMBER, TOMATO AVOCADO SALAD PLAIN YOGHURT 	JACKET POTATOES WITH CHEESE BAKES BEANS BROCCOLI & CARROT SALAD	STEAMED SEMOLINA DUMPLINGS (IDLI) LENTIL SOUP CUCUMBER & CARROT STICKS	SPINACH, BROCCOLI & TOFU PASTA PEAS & SWEETCORN SALAD 	QUINOA, BEANS MIXED VEGETABLE SALAD (CUCUMBER, CARROT, RED PEPPER) WHOLEMEAL PITTA STRIPS WITH HUMOUS
Dessert	MELON SLICES	BAKED APPLES WITH CINNAMON	PINEAPPLE SLICES	BANANA	YOGHURT WITH FRESH MANGOES 
After Nap	FRUIT CUP OF MILK/WATER	FRUIT CUP OF MILK/WATER	FRUIT CUP OF MILK/WATER	FRUIT CUP OF MILK/WATER	FRUIT CUP OF MILK/WATER
Tea	SPINACH, BROCCOLI & LENTIL GREEN SOUP BREAD BUTTER BLUEBERRIES	PITTA PIZZA WITH TOFU, ONION, CHEESE, SWEETCORN & MIXED HERBS GREEK YOGHURT WITH MANGOES 	VEGETABLE * HERB COUSCOUS BOILED EGGS YOGHURT POT	VEGETABLE, CHEESE, KIDNEY BEANS, QUESADILLA YOGHURT WITH STRAWBERRIES	HEESY MACARONI PEAS & SWEETCORN SALAD BANANA

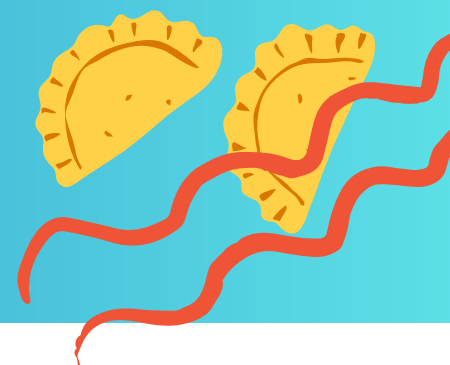
GREAT LEARNERS



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!

