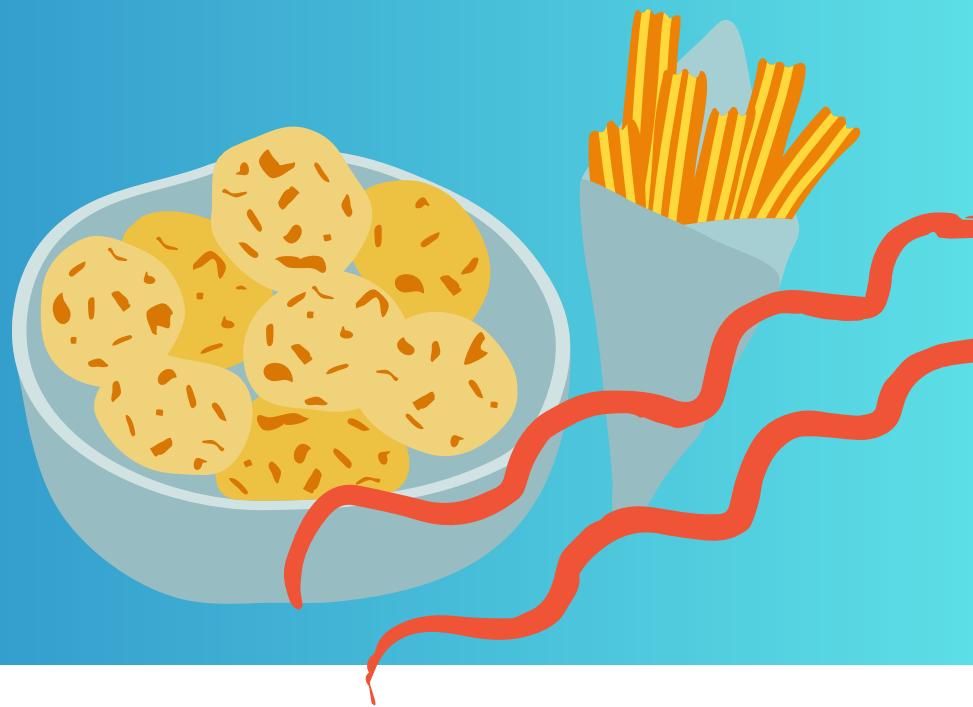


# GREAT LEARNERS MENU



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

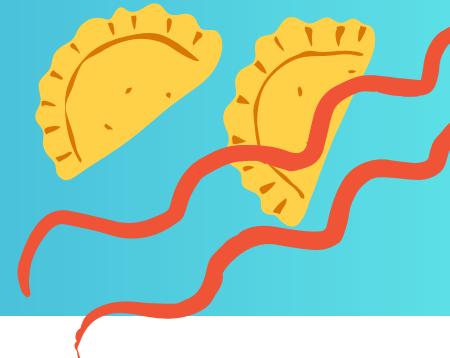
# GREAT LEARNERS



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!

