

LITTLE 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 WITH MILK AND FRUIT GLASS OF WATER	CEREAL WITH MILK AND FRUIT GLASS OF WATER	CEREAL WITH MILK AND FRUIT GLASS OF WATER	CEREAL WITH MILK AND FRUIT GLASS OF WATER	CEREAL WITH MILK AND FRUIT GLASS OF WATER
Snack	CREAM CRACKER WITH COTTAGE CHEESE GLASS OF WATER	OAT CAKES WITH CREAM CHEESE GLASS OF WATER	CORN CAKES WITH GREEK YOGHURT MINT DIP GLASS OF WATER	CREAM CRACKERS WITH AVOCADO DIP GLASS OF WATER	BREADSTICKS WITH GREEK YOGHURT DIP GLASS OF WATER
Lunch	FRIED RICE WITH EGG/TOFU GREEN SALAD FRUIT GLASS OF WATER	BAKED PASTA WITH SOYA AND VEGETABLES IN TOMATO SAUCE GREEN SALAD FRUIT GLASS OF WATER	BROCCOLI AND SPINACH SOUP WITH BREAD TOFU SALAD FRUIT GLASS OF WATER	HOMEMADE PARATA WITH BROWN CHICKPEA AND POTATO CURRY GREEN SALAD FRUIT GLASS OF WATER	JACKET POTATO BAKED BEANS SWEETCORN AND CHEESE GREEN SALAD FRUIT GLASS OF WATER
Milk/water	MILK/WATER/FRUIT	MILK/WATER/FRUIT	MILK/WATER/FRUIT	MILK/WATER/FRUIT	MILK/WATER/FRUIT
After Tea	VEGETABLE CHILLA FRUIT/GREEK YOGHURT GLASS OF WATER	ROASTED SWEET POTATO WITH A DIP FRUIT/GREEK YOGHURT GLASS OF WATER	LENTIL DHOKLA FRUIT/YOGHURT GLASS OF WATER	QUINOA AND VEGETABLE PATTY FRUIT/YOGHURT GLASS OF WATER	PANEER/TOFU QUESADILLA FRUIT/YOGHURT GLASS OF WATER

LITTLE 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!

