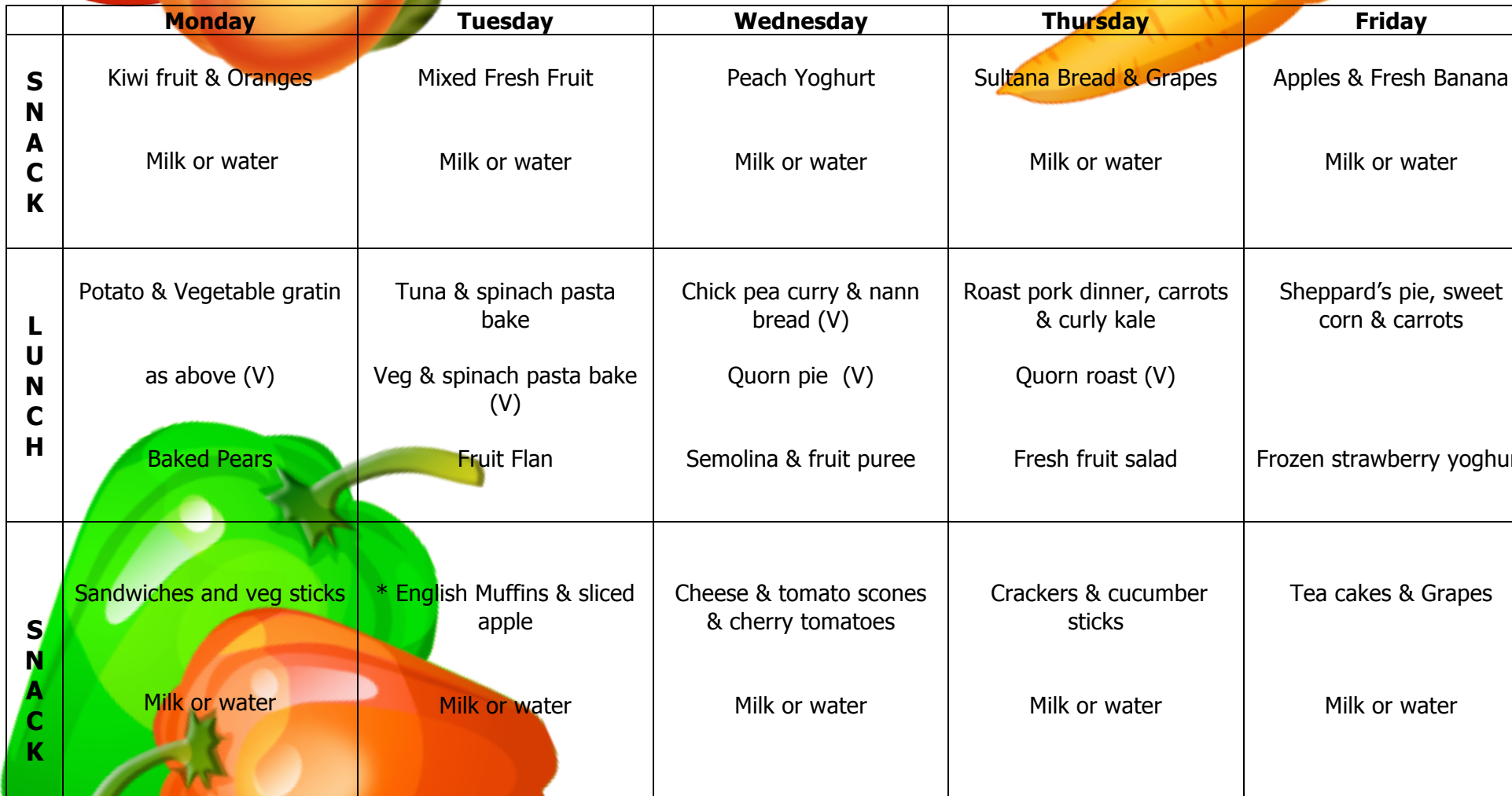


Explorers Day Nursery – Winter Menu

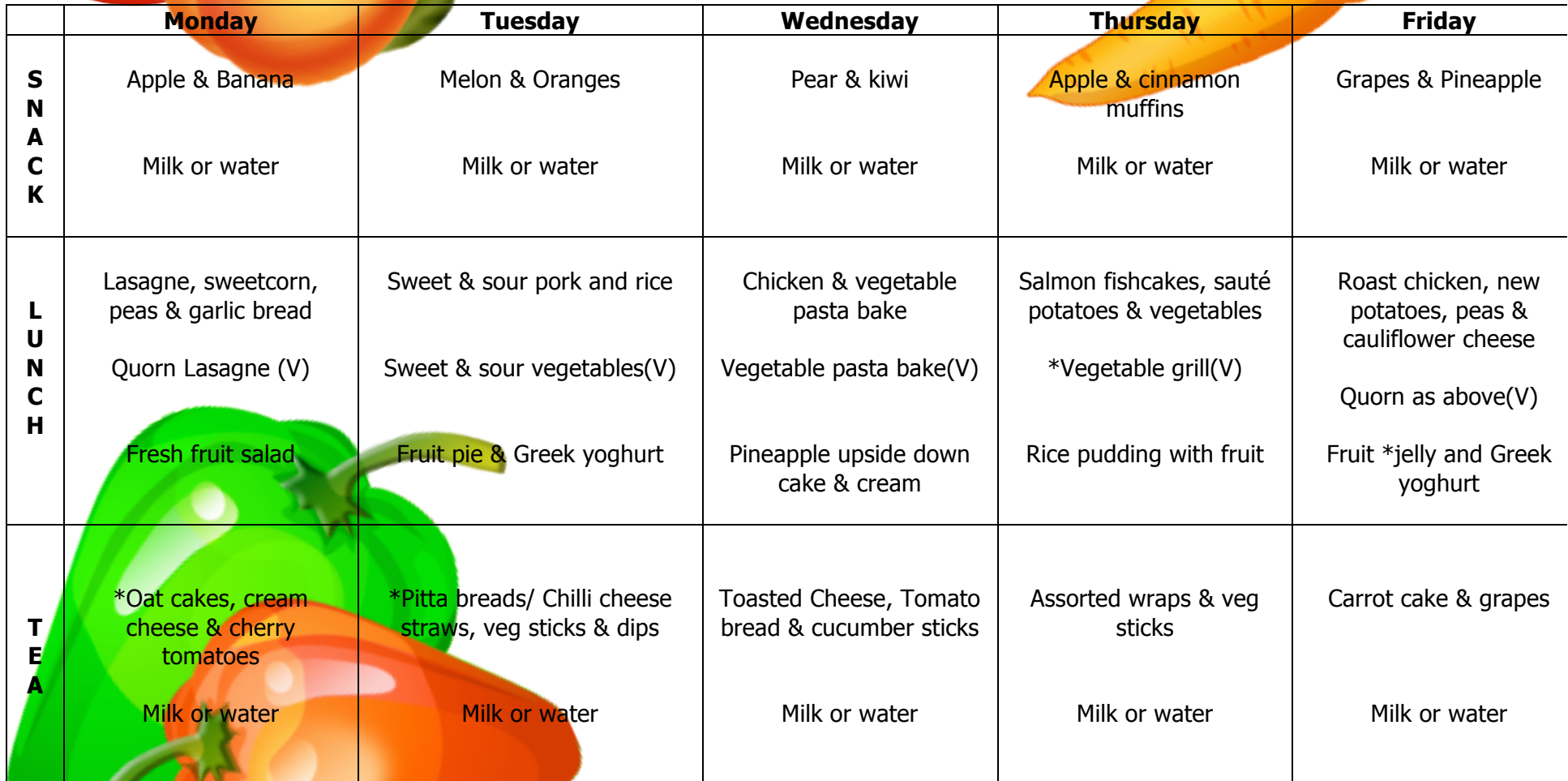
Week One



	Monday	Tuesday	Wednesday	Thursday	Friday
S N A C K	Kiwi fruit & Oranges Milk or water	Mixed Fresh Fruit Milk or water	Peach Yoghurt Milk or water	Sultana Bread & Grapes Milk or water	Apples & Fresh Banana Milk or water
L U N C H	Potato & Vegetable gratin as above (V) Baked Pears	Tuna & spinach pasta bake Veg & spinach pasta bake (V) Fruit Flan	Chick pea curry & nann bread (V) Quorn pie (V) Semolina & fruit puree	Roast pork dinner, carrots & curly kale Quorn roast (V) Fresh fruit salad	Sheppard's pie, sweet corn & carrots Frozen strawberry yoghur
S N A C K	Sandwiches and veg sticks Milk or water	* English Muffins & sliced apple Milk or water	Cheese & tomato scones & cherry tomatoes Milk or water	Crackers & cucumber sticks Milk or water	Tea cakes & Grapes Milk or water

Explorers Day Nursery – Winter Menu

Week Two



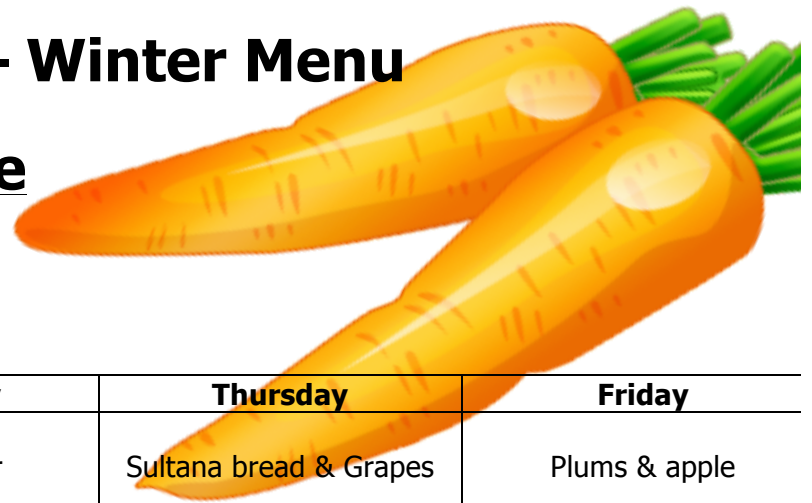
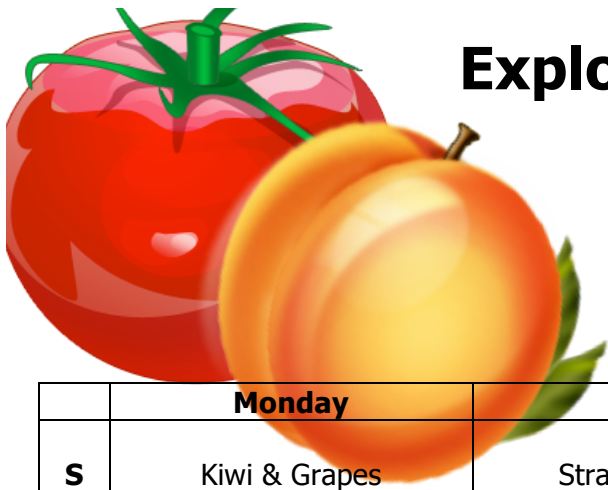
	Monday	Tuesday	Wednesday	Thursday	Friday
S N A C K	Apple & Banana Milk or water	Melon & Oranges Milk or water	Pear & kiwi Milk or water	Apple & cinnamon muffins Milk or water	Grapes & Pineapple Milk or water
L U N C H	Lasagne, sweetcorn, peas & garlic bread Quorn Lasagne (V) Fresh fruit salad	Sweet & sour pork and rice Sweet & sour vegetables(V) Fruit pie & Greek yoghurt	Chicken & vegetable pasta bake Vegetable pasta bake(V) Pineapple upside down cake & cream	Salmon fishcakes, sauté potatoes & vegetables *Vegetable grill(V) Rice pudding with fruit	Roast chicken, new potatoes, peas & cauliflower cheese Quorn as above(V) Fruit *jelly and Greek yoghurt
T E A	*Oat cakes, cream cheese & cherry tomatoes Milk or water	*Pitta breads/ Chilli cheese straws, veg sticks & dips Milk or water	Toasted Cheese, Tomato bread & cucumber sticks Milk or water	Assorted wraps & veg sticks Milk or water	Carrot cake & grapes Milk or water

Winter 2014

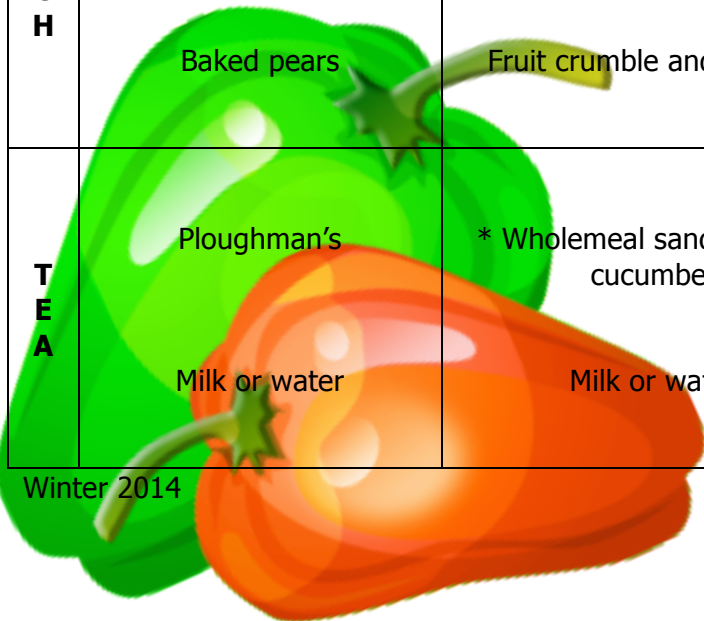
All foods are homemade unless marked with a

Explorers Day Nursery – Winter Menu

Week Three



	Monday	Tuesday	Wednesday	Thursday	Friday
S N A C K	Kiwi & Grapes Milk or water	Strawberry Yoghurt Milk or water	Melon & Pear Milk or water	Sultana bread & Grapes Milk or water	Plums & apple Milk or water
L U N C H	Fishermans pie, sweet corn & broccoli Vegetable bites (V) Baked pears	Lamb casserole, mash potato and green beans Vegetable casserole (V) Fruit crumble and custard	Spaghetti bolognaise & garlic bread Quorn bolognaise (V) Fruit salad	Roast chicken dinner, carrots & red cabbage Quorn roast (V) Frozen Cherry yoghurt	Vegetable pasta bake(V) Trifle
T E A	Ploughman's Milk or water	* Wholemeal sandwiches & cucumber Milk or water	Banana Bread & fresh banana Milk or water	*Pitta breads. Chilli cheese straws, dips & veg sticks Milk or water	Fruit scone, Jam, cream & fresh strawberries Milk or water



Explorers Day Nursery – Winter Menu

Week Four



	Monday	Tuesday	Wednesday	Thursday	Friday
S N A C K	Pineapple & pear Milk or water	Orange and cranberry Muffins, & Oranges Milk or water	Melon & Grapes Milk or water	Apples & banana Milk or water	Yoghurt Milk or water
L U N C H	Vegetable Mousaka (V) Yoghurt	Cod & broccoli fish cakes, new potatoes, Mixed Veg & salsa sauce *Vegetable grill (V) Trifle	Pork Goulash Vegetable Goulash (V) Fruit pie & fromage frais	Lamb hotpot Quorn hotpot (V) Fruit flan	Chilli con carne Quorn chilli (V) Fresh fruit salad
T E A	Toasted Cheese, Tomato bread & cherry tomatoes Milk or water	Vegetable Pizza & veg sticks Milk or water	*Oat cakes, cream cheese & cherry tomatoes Milk or water	*Filled wraps and vegetable sticks Milk or water	Carrot cake & fresh orange Milk or water

