

Winter Menu – Week One – Little Wridders/Little Explorers

Breakfast	Mid-morning Snack	Lunchtime	Mid-afternoon Snack	Tea time
Wholemeal toast Fruit Porridge Bran cereals	Cheese spears and crackers	Mediterranean Tomato and Halloumi Bake Fresh Pineapple slices	Little Explorers – homemade Strawberry & Blueberry smoothie Little Wridders – Strawberry slices	Veggie Sausage and Bean Casserole Banana Spears
Wholemeal toast Fruit Porridge Bran cereals	Pear slices	Minted Lamb with Baby Potatoes and seasonal vegetables Rice Pudding with a splash of Jam	Little Explorers – homemade banana and coconut smoothie Little Wridders – Veggie straws	Macaroni Cheese with Buttered Toast Apple Slices
Wholemeal toast Fruit Porridge Bran cereals	Greek Yoghurt	Salmon and Pea Pasta Honeydew Melon slices	Little Explorers – homemade Cucumber and avocado smoothie Little Wridders – cucumber slices	Chunky Vegetable Soup served with soft bread roll/buttered white bread slices Kiwi Slices
Wholemeal toast Fruit Porridge Bran cereals	Pineapple triangles	Roast Chicken, mini roast potatoes with carrot, cauliflower, and broccoli Raspberry Fruit Jelly	Little Explorers – homemade orange and mango smoothie Little Wridders – natural yoghurt with mango	Cod Fish Finger Pie, with beans and creamy mash potato Fruit Yoghurt
Wholemeal Toast Fruit Porridge Bran cereals	Bananas spears	Smoked Haddock Kedgerree Fruit Yoghurt	Little Explorers – homemade mixed berry smoothie Little Wridders – Summer fruits rice cakes	Vegetable and mushroom Ragu served with chunky bread pieces Orange Slices