Week 1

QE | EXPLORERS NURSERY

MONDAY

Breakfast Time
A choice of yummy cereals & toast

Morning Snack
Selection of Seasonal Fruit

Lunchtime
Homemade Breadsticks, with Beetroot Hummus

Chicken & Vegetable Risotto, with broccoli

Afternoon Snack
Wholemeal Pitta with Smashed Avocado

Light Tea
Toasted English Muffins. Salad Bites & Fresh Fruit

TUESDAY

Breakfast Time
A choice of yummy cereals & toast

Morning Snack
Selection of Seasonal Fruit

Lunchtime
Vegetable Stir Fry with Noodles & Chinese Cabbage

Banana Pancakes with seasonal fruits

Afternoon Snack
Oatcake & Satsumas

Light Tea
Lemon Chicken wrap with Cucumber. Salad Bites & Fresh Fruit

WEDNESDAY

Breakfast Time
A choice of yummy cereals & toast

Morning Snack
Selection of Seasonal Fruit

Lunchtime
Beef & Mushroom Stroganoff, served with mashed potato & carrots

Low Sugar Apple & Rhubarb Crumble

Afternoon Snack
Banana Bread

Light Tea
Omelette Popovers. Salad Bites & Fresh Fruit

THURSDAY

Breakfast Time
A choice of yummy cereals & toast

Morning Snack
Selection of Seasonal Fruit

Lunchtime
Chicken with Homemade BBQ Sauce, served with new potatoes & cauliflower

Watermelon Fruit Lolly

Afternoon Snack
Carrot & Pepper Sticks with Houmous

Light Tea
Toasted Teacake. Salad Bites & Fresh Fruit

FRIDAY

Breakfast Time
A choice of yummy cereals & toast

Morning Snack
Selection of Seasonal Fruit

Lunchtime
Battered Cod, Chips & Garden Peas

Berries & Greek Yoghurt

Afternoon Snack
Chocolate & Beetroot Brownie

Light Tea
Selection of Wholemeal sandwiches & Homemade Vegetable Crisps. Salad Bites & Fresh Fruit

GOLD
Healthy Schools
North Yorkshire

Week 2

QE | EXPLORERS NURSERY

MONDAY

Breakfast Time
A choice of yummy cereals & toast

Morning Snack
Selection of Seasonal Fruit

Lunchtime
Creamy Chicken & Leek Hotpot, served with Broccoli & Spinach

Super Healthy Fruit Flapjack

Afternoon Snack
Banana Smoothie

Light Tea
Crustless Quiche & Potato Salad. Salad Bites & Fresh Fruit

TUESDAY

Breakfast Time
A choice of yummy cereals & toast

Morning Snack
Selection of Seasonal Fruit

Lunchtime
Lamb Tagine, with Pilau Rice & Minted Peas

Pineapple Slices

Afternoon Snack
Cheese Cubes & Apple Slices

Light Tea
Crumpet & nutritious toppings. Salad Bites & Fresh Fruit

WEDNESDAY

Breakfast Time
A choice of yummy cereals & toast

Morning Snack
Selection of Seasonal Fruit

Lunchtime
African Sweet Potato & Bean Stew, served with wholemeal bread & Green Beans

Creamy Apricot dessert

Afternoon Snack
Carrot Muffins

Light Tea
Macaroni Cheese. Salad Bites & Fresh Fruit

THURSDAY

Breakfast Time
A choice of yummy cereals & toast

Morning Snack
Selection of Seasonal Fruit

Lunchtime
Beef & Bean in Taco Boats, served with Tomato Salsa & Sweetcorn

Banana & Cinnamon Rice Pudding

Afternoon Snack
Overnight Oats with Berries

Light Tea
Ham & Cheese Toasties. Salad Bites & Fresh Fruit

FRIDAY

Breakfast Time
A choice of yummy cereals & toast

Morning Snack
Selection of Seasonal Fruit

Lunchtime
Salmon & Pea Fishcake, served with Garden Peas & Carrots

Blueberry Muffin

Afternoon Snack
Fruit Bliss Balls

Light Tea
Wholemeal Bagel with cream cheese. Salad Bites & Fresh Fruit

GOLD
Healthy Schools
North Yorkshire

Week 3

QE | EXPLORERS NURSERY

MONDAY

Breakfast Time
A choice of yummy cereals & toast

Morning Snack
Selection of Seasonal Fruit

Lunchtime
Pork, Leek & Mustard Casserole. Served with Mashed Potato, Cabbage & Spinach

Peach Fool Ripple

Afternoon Snack
Cheese Scones

Light Tea
Gnocchi, Bean & Tomato Bake. Salad Bites & Fresh Fruit

TUESDAY

Breakfast Time
A choice of yummy cereals & toast

Morning Snack
Selection of Seasonal Fruit

Lunchtime
Chicken Fajitas, Sweet Potato Wedges & Sauteed Peppers

Fruit Flat

Afternoon Snack
Whipped Avocado & Bean Dipped Pitta Fingers

Light Tea
Ploughman's. Salad Bites & Fresh Fruit

WEDNESDAY

Breakfast Time
A choice of yummy cereals & toast

Morning Snack
Selection of Seasonal Fruit

Lunchtime
Hungarian Beef Goulash, Bulgur Wheat. Served with Beetroot & Dill

Fruit Jelly

Afternoon Snack
Falafel with Tzatziki Cous Cous

Light Tea
Muffin Pizzas. Salad Bites & Fresh Fruit

THURSDAY

Breakfast Time
A choice of yummy cereals & toast

Morning Snack
Selection of Seasonal Fruit

Lunchtime
Wholemeal Pasta Primavera, served with Carrot & Courgette Ribbons

Caprese Salad

Afternoon Snack
Crudities, Breadstick & Dip

Light Tea
Cheesy Potato Cake. Salad Bites & Fresh Fruit

FRIDAY

Breakfast Time
A choice of yummy cereals & toast

Morning Snack
Selection of Seasonal Fruit

Lunchtime
Fish Finger Sandwiches on Wholemeal Bread, alongside Garden Peas

Carrot Cake

Afternoon Snack
Melons & Berries

Light Tea
Omelettes. Served with Salad Bites & Fresh Fruit

GOLD
Healthy Schools
North Yorkshire

Week 1

QE Weaning Menu

QE | EXPLORERS NURSERY

MONDAY

Breakfast Time
A choice of yummy cereals & toast

Morning Snack
Selection of Seasonal Fruit

Lunchtime
Stage 1 - Broccoli Puree
Stage 2 - Chicken, Vegetable & Rice Puree

Apricot Puree

Afternoon Snack
Wholemeal Pitta & Smashed Avocado

Light Tea
Stage 1 - Pea & Potato Puree
Stage 2 - Tuna & Pea Puree

Apricot Puree

TUESDAY

Breakfast Time
A choice of yummy cereals & toast

Morning Snack
Selection of Seasonal Fruit

Lunchtime
Stage 1 - Mixed Vegetable Puree
Stage 2 - Tofu & Vegetable Puree

Banana Puree

Afternoon Snack
Oatcake & Satsumas

Light Tea
Stage 1 - Cauliflower & Carrots Puree
Stage 2 - Chicken & Carrots Puree

Mix Fruit Puree

WEDNESDAY

Breakfast Time
A choice of yummy cereals & toast

Morning Snack
Selection of Seasonal Fruit

Lunchtime
Stage 1 - Carrot Puree
Stage 2 - Beef & Vegetable Puree

Apple Puree

Afternoon Snack
Banana Bread

Light Tea
Stage 1 - Potato & Spinach Puree
Stage 2 - Chicken & Pepper Puree

Peach Puree

THURSDAY

Breakfast Time
A choice of yummy cereals & toast

Morning Snack
Selection of Seasonal Fruit

Lunchtime
Stage 1 - Cauliflower Puree
Stage 2 - Chicken, Potato & Cauliflower Puree

Melon Puree

Afternoon Snack
Carrot & Pepper Sticks with Houmous

Light Tea
Stage 1 - Sweet Potato Puree
Stage 2 - Sweet Potato & Lentil Puree

Strawberry Puree

FRIDAY

Breakfast Time
A choice of yummy cereals & toast

Morning Snack
Selection of Seasonal Fruit

Lunchtime
Stage 1 - Garden Peas Puree
Stage 2 - Cod & Vegetables Puree

Berries & Greek Yoghurt

Afternoon Snack
Chocolate & Beetroot Brownie

Light Tea
Stage 1 - Parsnip Puree
Stage 2 - Chicken & Parsnips Puree

Mango Puree

GOLD
Healthy Schools
North Yorkshire

Week 2

QE Weaning Menu

QE | EXPLORERS NURSERY

MONDAY

Breakfast Time
A choice of yummy cereals & toast

Morning Snack
Selection of Seasonal Fruit

Lunchtime
Stage 1 - Broccoli & Spinach Puree
Stage 2 - Chicken, & Vegetable Puree

Strawberry Puree

Afternoon Snack
Banana Smoothie

Light Tea
Stage 1 - Pepper & Potato Puree
Stage 2 -Chicken & Pepper Puree

Banana Puree

TUESDAY

Breakfast Time
A choice of yummy cereals & toast

Morning Snack
Selection of Seasonal Fruit

Lunchtime
Stage 1 - Butternut Squash Puree
Stage 2 - Lamb Vegetable Puree

Pineapple Puree

Afternoon Snack
Cheese Cubes & Apple

Light Tea
Stage 1 - Parsnip Puree
Stage 2 - Parsnip & Butter Bean Puree

Apple Puree

WEDNESDAY

Breakfast Time
A choice of yummy cereals & toast

Morning Snack
Selection of Seasonal Fruit

Lunchtime
Stage 1 - Green Bean Puree
Stage 2 - Sweet Potato & Bean Puree

Apricot Puree

Afternoon Snack
Sugar Free Carrot Muffin

Light Tea
Stage 1 - Pea & Potato Puree
Stage 2 -Chicken & Potato Puree

Pear Puree

THURSDAY

Breakfast Time
A choice of yummy cereals & toast

Morning Snack
Selection of Seasonal Fruit

Lunchtime
Stage 1 - Sweetcorn Puree
Stage 2 - Beef & Sweetcorn Puree

Banana Puree

Afternoon Snack
Overnight Oats with Berries

Light Tea
Stage 1 - Broccoli Puree
Stage 2 -Ham & Broccoli Puree

Peach Puree

FRIDAY

Breakfast Time
A choice of yummy cereals & toast

Morning Snack
Selection of Seasonal Fruit

Lunchtime
Stage 1 - Carrot & Pea Puree
Stage 2 - Salmon & Pea Puree

Blueberry Puree

Afternoon Snack
Fruit Bliss Balls

Light Tea
Stage 1 - Cauliflower & Carrot Puree
Stage 2 -Lentil & Cauliflower Puree

Mixed Melon Puree

GOLD
Healthy Schools
North Yorkshire

Week 3

QE Weaning Menu

QE | EXPLORERS NURSERY

MONDAY

Breakfast Time
A choice of yummy cereals & toast

Morning Snack
Selection of Seasonal Fruit

Lunchtime
Stage 1 - Cabbage & Spinach Puree
Stage 2 -Pork & Cabbage Puree

Peach Puree

Afternoon Snack
Cheese Scones

Light Tea
Stage 1 -Butternut Squash Puree
Stage 2 -Bean & Tomato Puree

Apple Puree

TUESDAY

Breakfast Time
A choice of yummy cereals & toast

Morning Snack
Selection of Seasonal Fruit

Lunchtime
Stage 1 - Sweet Potato Puree
Stage 2 - Sweet Potato & Chicken Puree

Mixed Melon Puree

Afternoon Snack
Whipped Avocado & Bean Dip with Pita Fingers

Light Tea
Stage 1 - Root Vegetable Puree
Stage 2 -Chicken & Cauliflower Puree

Pear & Blueberry Puree

WEDNESDAY

Breakfast Time
A choice of yummy cereals & toast

Morning Snack
Selection of Seasonal Fruit

Lunchtime
Stage 1 - Pea & Potato Puree
Stage 2 -Beef & Vegetable Puree

Mango Puree

Afternoon Snack
Falafel with 'Tzatziki' Cous Cous

Light Tea
Stage 1 - Broccoli & Carrot Puree
Stage 2 -Salmon & Carrot Puree

Strawberry Puree

THURSDAY

Breakfast Time
A choice of yummy cereals & toast

Morning Snack
Selection of Seasonal Fruit

Lunchtime
Stage 1 - Courgette & Red Pepper Puree
Stage 2 - Primavera Puree

Raspberry & Peach Puree

Afternoon Snack
Crudities, Breadsticks & Dip

Light Tea
Stage 1 - Potato & Cauliflower Puree
Stage 2 -Tomato & Lentil Puree

Apricot Puree

FRIDAY

Breakfast Time
A choice of yummy cereals & toast

Morning Snack
Selection of Seasonal Fruit

Lunchtime
Stage 1 - Carrot Puree
Stage 2 - Cod & Carrot Puree

Pear Puree

Afternoon Snack
Melon & Berries

Light Tea
Stage 1 - Mixed Vegetable Puree
Stage 2 -Bean & Mixed Vegetable Puree

Mixed Berry Puree

GOLD
Healthy Schools
North Yorkshire

Week 1

QE | Chapter House
Prep School

MONDAY

Breakfast Time
A choice of yummy cereals & toast

Morning Snack
Selection of Seasonal Fruit

Lunchtime
Homemade Breadsticks, with Beetroot Hummus

Chicken & Vegetable Risotto, with broccoli

Afternoon Snack
Wholemeal Pitta with Smashed Avocado

Light Tea
Toasted English Muffins. Salad Bites & Fresh Fruit

TUESDAY

Breakfast Time
A choice of yummy cereals & toast

Morning Snack
Selection of Seasonal Fruit

Lunchtime
Vegetable Stir Fry with Noodles & Chinese Cabbage

Banana Pancakes with seasonal fruits

Afternoon Snack
Oatcake & Satsumas

Light Tea
Lemon Chicken wrap with Cucumber. Salad Bites & Fresh Fruit

WEDNESDAY

Breakfast Time
A choice of yummy cereals & toast

Morning Snack
Selection of Seasonal Fruit

Lunchtime
Beef & Mushroom Stroganoff, served with mashed potato & carrots

Low Sugar Apple & Rhubarb Crumble

Afternoon Snack
Banana Bread

Light Tea
Omelette Popovers. Salad Bites & Fresh Fruit

THURSDAY

Breakfast Time
A choice of yummy cereals & toast

Morning Snack
Selection of Seasonal Fruit

Lunchtime
Chicken with Homemade BBQ Sauce, served with new potatoes & cauliflower

Watermelon Fruit Lolly

Afternoon Snack
Carrot & Pepper Sticks with Houmous

Light Tea
Toasted Teacake. Salad Bites & Fresh Fruit

FRIDAY

Breakfast Time
A choice of yummy cereals & toast

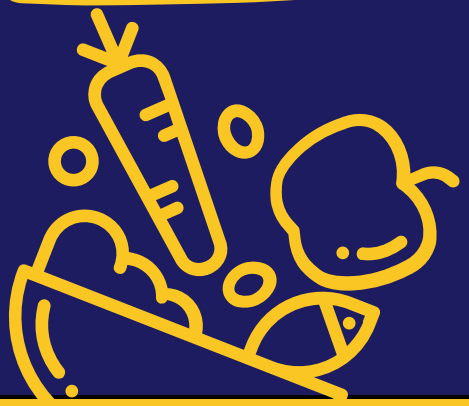
Morning Snack
Selection of Seasonal Fruit

Lunchtime
Battered Cod, Chips & Garden Peas

Berries & Greek Yoghurt

Afternoon Snack
Chocolate & Beetroot Brownie

Light Tea
Selection of Wholemeal sandwiches & Homemade Vegetable Crisps. Salad Bites & Fresh Fruit



GOLD
Healthy Schools
North Yorkshire

Week 2

QE | Chapter House
Prep School

MONDAY

Breakfast Time
A choice of yummy cereals & toast

Morning Snack
Selection of Seasonal Fruit

Lunchtime
Creamy Chicken & Leek Hotpot, served with Broccoli & Spinach

Super Healthy Fruit Flapjack

Afternoon Snack
Banana Smoothie

Light Tea
Crustless Quiche & Potato Salad. Salad Bites & Fresh Fruit

TUESDAY

Breakfast Time
A choice of yummy cereals & toast

Morning Snack
Selection of Seasonal Fruit

Lunchtime
Lamb Tagine, with Pilau Rice & Minted Peas

Pineapple Slices

Afternoon Snack
Cheese Cubes & Apple Slices

Light Tea
Crumpet & nutritious toppings. Salad Bites & Fresh Fruit

WEDNESDAY

Breakfast Time
A choice of yummy cereals & toast

Morning Snack
Selection of Seasonal Fruit

Lunchtime
African Sweet Potato & Bean Stew, served with wholemeal bread & Green Beans

Creamy Apricot dessert

Afternoon Snack
Carrot Muffins

Light Tea
Macaroni Cheese. Salad Bites & Fresh Fruit

THURSDAY

Breakfast Time
A choice of yummy cereals & toast

Morning Snack
Selection of Seasonal Fruit

Lunchtime
Beef & Bean in Taco Boats, served with Tomato Salsa & Sweetcorn

Banana & Cinnamon Rice Pudding

Afternoon Snack
Overnight Oats with Berries

Light Tea
Ham & Cheese Toasties. Salad Bites & Fresh Fruit

FRIDAY

Breakfast Time
A choice of yummy cereals & toast

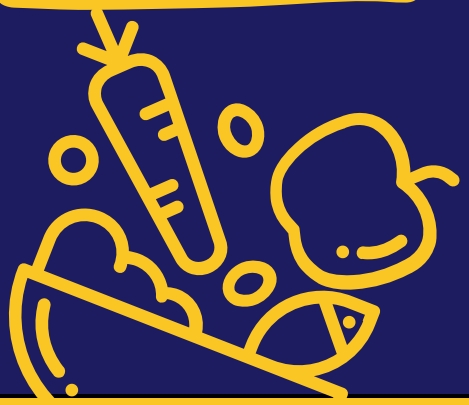
Morning Snack
Selection of Seasonal Fruit

Lunchtime
Salmon & Pea Fishcake, served with Garden Peas & Carrots

Blueberry Muffin

Afternoon Snack
Fruit Bliss Balls

Light Tea
Wholemeal Bagel with cream cheese. Salad Bites & Fresh Fruit



GOLD
Healthy Schools
North Yorkshire

Week 3

QE | Chapter House
Prep School

MONDAY

Breakfast Time
A choice of yummy cereals & toast

Morning Snack
Selection of Seasonal Fruit

Lunchtime
Pork, Leek & Mustard Casserole. Served with Mashed Potato, Cabbage & Spinach

Peach Fool Ripple

Afternoon Snack
Cheese Scones

Light Tea
Gnocchi, Bean & Tomato Bake. Salad Bites & Fresh Fruit

TUESDAY

Breakfast Time
A choice of yummy cereals & toast

Morning Snack
Selection of Seasonal Fruit

Lunchtime
Chicken Fajitas, Sweet Potato Wedges & Sauteed Peppers

Fruit Flat

Afternoon Snack
Whipped Avocado & Bean Dipped Pitta Fingers

Light Tea
Ploughman's. Salad Bites & Fresh Fruit

WEDNESDAY

Breakfast Time
A choice of yummy cereals & toast

Morning Snack
Selection of Seasonal Fruit

Lunchtime
Hungarian Beef Goulash, Bulgur Wheat. Served with Beetroot & Dill

Fruit Jelly

Afternoon Snack
Falafel with Tzatziki Cous Cous

Light Tea
Muffin Pizzas. Salad Bites & Fresh Fruit

THURSDAY

Breakfast Time
A choice of yummy cereals & toast

Morning Snack
Selection of Seasonal Fruit

Lunchtime
Wholemeal Pasta Primavera, served with Carrot & Courgette Ribbons

Caprese Salad

Afternoon Snack
Crudities, Breadstick & Dip

Light Tea
Cheesy Potato Cake. Salad Bites & Fresh Fruit

FRIDAY

Breakfast Time
A choice of yummy cereals & toast

Morning Snack
Selection of Seasonal Fruit

Lunchtime
Fish Finger Sandwiches on Wholemeal Bread, alongside Garden Peas

Carrot Cake

Afternoon Snack
Melons & Berries

Light Tea
Omelettes. Served with Salad Bites & Fresh Fruit

GOLD
Healthy Schools
North Yorkshire