

Sample :Mini Explorer Healthy Breakfast Menu



Pinhead Oatmeal Porridge Drizzled with Honey
Wholegrain cereal selection including Muesli
Boiled egg with 'Mini Explorer Soldiers' (whole-wheat bread)

Pancakes

Fresh Fruit Bowl with Natural Yoghurt

Baked Beans on Toast (wholegrain bread)

'Healthy Mini Explorer Drinks'

Fruit Smoothies: 100% Fruit with Low Fat

Yoghurt - Banana

Cucumber water

Lemon / lime water

Fruit juice

Milk (low fat option also)



Sample: Mini Explorer Healthy Dinner Menu

Ready

'Healthy Mini Explorer Soups':

- * Minestrone Soup
- * Energy Soup (Vegetable)

Healthy Breads:

Pita, wholemeal bread, whole wheat bagels, whole wheat rice cakes

Steady

- * 'Incredible Edible Veggie Bowl'

Available from the Buffet - low fat dressings

- * 'Mini Explorer Fish cakes'

(Prepared with low fat milk pan fried and finished in the oven)

- * 'Mini Explorers Chicken Lick' n'

Delicious Roast Chicken

Buffet selection includes: Broccoli, Carrots & green beans, baked beans, Roast Potatoes or mash Potatoes)

- * 'Mini Explorer's Pasta surprise'

(Wholegrain pasta with Tomato sauce)

- * Cold Meat Platter also available for selection

Go

'Healthy mini Explorer Desserts'

- * 'Strawberry Pavlova' - low fat cream

- * 'Fruity Kebab' - chopped fruits of the season

- * 'Tapioca Pudding' - made with low fat milk

