

# Little Pilgrims Spring TERM MENUS 2019

These weekly menus rotate throughout the spring term, including the Holiday Club weeks, which are highlighted in yellow.

**AVAILABLE EVERY DAY**

**BREAKFAST:**  
Selection of cereals, toast, and spreads,

**SNACK:**  
Fresh fruit  
Milk

✓ Indicates that a vegetarian option is available as soya or equivalent.

\* Indicates Halal equivalent

Our kitchen uses produce sourced from local suppliers

	WEEK 1 7 Jan, 28 Jan, 18 Feb, 11 Mar, 1 Apr	WEEK 2 14 Jan, 4 Feb, 25 Feb, 18 Mar, 8 Apr	WEEK 3 21 Jan, 11 Feb, 4 Mar, 25 Mar
MONDAY	<p><b>Snack:</b> Crackers &amp; cheese with sliced apple</p> <p><b>Lunch:</b> Chicken tikka masala ✓* or kidney bean curry Steamed rice Peas &amp; corn <b>Jelly with biscuit curl</b></p> <p><b>Tea:</b> Fishcakes ✓ with spaghetti hoops and peas <b>Ground rice pudding</b></p>	<p><b>Snack:</b> Rice cakes with sliced bananas</p> <p><b>Lunch:</b> Barbecue pork ✓* or roasted vegetables Rosti potato bites Diced carrots <b>Peaches &amp; custard</b></p> <p><b>Tea:</b> Cheese &amp; tomato toasties with baked beans <b>Fromage frais</b></p>	<p><b>Snack:</b> Breadsticks with orange wedges</p> <p><b>Lunch:</b> Tuna sauce ✓ with cheese or Vegetable risotto Penne pasta &amp; garlic bread Green beans <b>Cherry &amp; oat crumble &amp; custard</b></p> <p><b>Tea:</b> Chinese chicken ✓ with noodles &amp; mixed vegetables <b>Fruit platter</b></p>
TUESDAY	<p><b>Snack:</b> Pitta fingers &amp; spread with orange wedges</p> <p><b>Lunch:</b> Roast gammon &amp; gravy Spaghetti &amp; veg bake Roast potatoes Green beans and/or swede <b>Poached pears with sauce</b></p> <p><b>Tea:</b> Toast with baked beans &amp; scrambled eggs <b>Fromage frais</b></p>	<p><b>Snack:</b> Breadsticks &amp; cheese with sliced apples</p> <p><b>Lunch:</b> Chilli con carne ✓* &amp; taco or bean &amp; veg chilli Steamed rice Diced carrots <b>Natural yogurt with bananas</b></p> <p><b>Tea:</b> Vegetable ravioli with bread roll &amp; grated carrot <b>Stewed apples &amp; custard</b></p>	<p><b>Snack:</b> Crackers &amp; cheese with sliced pears</p> <p><b>Lunch:</b> Spanish sausages ✓* or lentil and aubergine layer Steamed rice Minted peas <b>Semolina</b></p> <p><b>Tea:</b> Pilchard pasta bake ✓ with cheese &amp; peas <b>Natural yoghurt &amp; sauce</b></p>
WEDNESDAY	<p><b>Snack:</b> Rice cakes with sliced bananas</p> <p><b>Lunch:</b> Shepherd's pie ✓* &amp; gravy or butternut &amp; veg pie Sliced baguette Broccoli florets <b>Vanilla ice cream &amp; sauce</b></p> <p><b>Tea:</b> Pasta milanaise ✓ with sweetcorn &amp; cucumber <b>Fruit platter</b></p>	<p><b>Snack:</b> Marmite whirls with satsumas</p> <p><b>Lunch:</b> Roast chicken* &amp; gravy or macaroni cheese Roast potatoes Steamed cabbage <b>Courgette cake and custard</b></p> <p><b>Tea:</b> Lasagne ✓ with peas and grated carrots <b>Fromage frais</b></p>	<p><b>Snack:</b> Apricot flapjack with sliced bananas</p> <p><b>Lunch:</b> Turkey casserole ✓* or courgette and tomato quiche Steamed potatoes Cauliflower florets <b>Stewed apples &amp; vanilla sauce</b></p> <p><b>Tea:</b> Vegetable &amp; bean chilli with rice and green beans <b>Fromage frais</b></p>
THURSDAY	<p><b>Snack:</b> Bread &amp; butter with pear slices</p> <p><b>Lunch:</b> Beef meatballs ✓ or Mozzarella squares Fusilli pasta Mixed vegetables <b>Jam sponge &amp; custard</b></p> <p><b>Tea:</b> Muffin pizza with beans and cucumber sticks <b>Fromage frais</b></p>	<p><b>Snack:</b> Pitta fingers &amp; spread with orange wedges</p> <p><b>Lunch:</b> Chicken enchilada ✓* or Tortellini Potato wedges Sweetcorn <b>Rice pudding</b></p> <p><b>Tea:</b> Sausage ✓ &amp; veg casserole with parsley dumplings <b>Fruit platter</b></p>	<p><b>Snack:</b> Rice cakes with satsumas</p> <p><b>Lunch:</b> Bolognese ✓* or vegetable lasagne Spaghetti Savoy cabbage <b>Milk Jelly whip</b></p> <p><b>Tea:</b> Vegetable soup with bread &amp; butter triangles <b>Sliced bananas &amp; custard</b></p>
FRIDAY	<p><b>Snack:</b> Breadsticks &amp; cheese with satsumas</p> <p><b>Lunch:</b> Battered fish or Cannelloni Potato wedges Baked beans and / or peas <b>Yogurt &amp; mango sauce</b></p> <p><b>Tea:</b> Vegetable &amp; lentil korma with rice <b>Fruit platter</b></p>	<p><b>Snack:</b> Crackers &amp; spread with sliced pears</p> <p><b>Lunch:</b> Cheese &amp; tomato pitta pizza or potato &amp; red onion layer Chips or wedges Baked beans and / or peas <b>Flapjack squares</b></p> <p><b>Tea:</b> Salmon ✓ &amp; veg risotto green beans <b>Fromage frais</b></p>	<p><b>Snack:</b> Cheese biscuit with sliced apples</p> <p><b>Lunch:</b> Chicken fillet bites ✓* or Cheese &amp; tomato jackets Chips or wedges Baked beans and / or peas <b>Fromage frais</b></p> <p><b>Tea:</b> Savoury mince ✓ with Yorkshire pudding &amp; diced carrots <b>Fruit platter</b></p>

For all allergy advice please ask a member of the Catering team.