

# Little Pilgrims AUTUMN TERM MENUS 2019

These weekly menus rotate throughout the autumn 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 available.

Our kitchen uses seasonal, locally sourced ingredients.

	WEEK 1 2 <sup>nd</sup> Sept 23 <sup>rd</sup> Sept 14 <sup>th</sup> Oct 11 <sup>th</sup> Nov 2 <sup>nd</sup> Dec	WEEK 2 9 <sup>th</sup> Sept 30 <sup>th</sup> Sept 28 <sup>th</sup> Oct 18 <sup>th</sup> Nov 9 <sup>th</sup> Dec	WEEK 3 16 <sup>th</sup> Sept 7 <sup>th</sup> Oct 4 <sup>th</sup> Nov 25 <sup>th</sup> Nov 16 <sup>th</sup> Dec
MONDAY	<p><b>Snack:</b> Cheese &amp; crackers</p> <p><b>Lunch:</b> Teriyaki style beef*✓ or vegetable thai curry Noodles Sweetcorn <b>Bananas &amp; custard</b> <b>Tea</b> Jacket potato, mixed beans, cheese &amp; mixed salad <b>Fruit platter</b></p>	<p><b>Snack:</b> Breadsticks</p> <p><b>Lunch:</b> Turkey bolognese*✓ or Tortellini Spaghetti Mixed vegetables <b>Poached pears and custard</b> <b>Tea</b> Fishcake, ✓ peas &amp; plum tomatoes <b>Jelly</b></p>	<p><b>Snack:</b> Rice cakes</p> <p><b>Lunch:</b> Caribbean chicken*✓ or Ratatouille Steamed rice Diced carrots <b>Banana flapjack square</b> <b>Tea</b> Sweetcorn Pitta pizza, spaghetti hoops &amp; cucumber <b>Fromage frais</b></p>
TUESDAY	<p><b>Snack:</b> Bread &amp; butter</p> <p><b>Lunch:</b> Chicken &amp; chorizo*✓ stew or Mushroom stroganoff Mashed potato Diced carrots <b>Creamy rice pudding</b> <b>Tea</b> Toast, spaghetti hoops and scrambled eggs <b>Fromage frais</b></p>	<p><b>Snack:</b> Pitta bread &amp; spread</p> <p><b>Lunch:</b> Barbecued pork✓ or Vegetable risotto Couscous or jacket potato Broccoli florets <b>Lemon yoghurt mousse</b> <b>Tea</b> Vegetable spaghetti bake &amp; grated carrots <b>Fruit platter</b></p>	<p><b>Snack:</b> Breadstick &amp; cheese</p> <p><b>Lunch:</b> Savoury mince*✓ or Vegetable moussaka Herby dice potatoes Green beans <b>Orange jelly</b> <b>Tea</b> Cowboy hotpot✓ &amp; cauliflower florets <b>Apples &amp; custard</b></p>
WEDNESDAY	<p><b>Snack:</b> Breadsticks</p> <p><b>Lunch:</b> Chilli con carne*✓ &amp; taco or Veg and 5 bean chilli Steamed rice Cauliflower florets <b>Apple &amp; oat crumble &amp; custard</b> <b>Tea</b> Vegetable ravioli with bread roll &amp; cucumber <b>Fruit platter</b></p>	<p><b>Snack:</b> Crackers &amp; cheese</p> <p><b>Lunch:</b> Seasoned roast chicken✓ &amp; gravy or Macaroni cheese Roast potatoes Steamed cabbage <b>Sliced bananas &amp; chocolate sauce</b> <b>Tea</b> Mince✓ with yorkshire pudding &amp; diced carrots <b>Natural yogurt &amp; sauce</b></p>	<p><b>Snack:</b> Bread &amp; butter</p> <p><b>Lunch:</b> Tuna ✓ vegetable sauce or Lentil &amp; veg pie Pasta and garlic bread Peas &amp; corn <b>Strawberry yogurt whip</b> <b>Tea</b> Chicken casserole, ✓ potato wedges &amp; green beans <b>Fruit platter</b></p>
THURSDAY	<p><b>Snack:</b> Rice cakes</p> <p><b>Lunch:</b> Arrabiata chicken*✓ or Butternut squash lasagne Fusilli pasta Green beans <b>Ice cream &amp; fruit sauce</b> <b>Tea</b> Assorted sandwiches &amp; crudités <b>Semolina</b></p>	<p><b>Snack:</b> Apricot flapjack</p> <p><b>Lunch:</b> Spanish sausages*✓ or Chickpea &amp; vegetable bake Steamed rice Green beans <b>Jelly and Viennese biscuit</b> <b>Tea</b> Vegetable noodle soup with bread &amp; butter <b>Fromage frais</b></p>	<p><b>Snack:</b> Crackers &amp; cheese</p> <p><b>Lunch:</b> Roast gammon or Cheese &amp; courgette quiche Roast potatoes Broccoli florets <b>Sliced peaches &amp; custard</b> <b>Tea</b> Beef &amp; veg pie✓ with gravy &amp; broccoli florets <b>Jelly</b></p>
FRIDAY	<p><b>Snack:</b> Marmite whirls</p> <p><b>Lunch:</b> Cheese &amp; tomato pizza✓ or Potato &amp; leek layer bake Skin on fries or wedges Baked beans and/or peas <b>Natural yogurt &amp; sauce</b> <b>Tea</b> Vegetable curry, rice and naan bread <b>Fromage frais</b></p>	<p><b>Snack:</b> Oat biscuit</p> <p><b>Lunch:</b> Cod fillet fish fingers✓ or Cheese &amp; onion jackets Skin on fries or wedges Baked beans and/or peas <b>Fromage frais</b> <b>Tea</b> Chicken &amp; pea✓ risotto with green beans <b>Fruit platter</b></p>	<p><b>Snack:</b> Pitta fingers &amp; spread</p> <p><b>Lunch:</b> Chicken bites*✓ or Spinach &amp; ricotta cannelloni Skin on fries or wedges Baked beans and/or peas <b>Fruit platter</b> <b>Tea</b> Assorted sandwiches &amp; crudités <b>Natural yogurt &amp; sauce</b></p>

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