

Little Pilgrims SPRING TERM MENUS 2020

	WEEK 1 6 th Jan, 27 th Jan, 17 th Feb, 9 th Mar, 30 th Mar	WEEK 2 13 th Jan, 3 rd Feb, 24 th Feb, 16 th Mar, 6 th Apr	WEEK 3 20 th Jan, 10 th Feb, 2 nd Mar, 23 rd Mar,
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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 **vegan** option is available as soya mince or chunks
 indicates **vegetarian** option
 * Indicates **halal** equivalent.

Our kitchen uses produce sourced from local suppliers

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MONDAY	Snack: Crackers & cheese Lunch: Fajita chicken *  & pitta or roasted vegetables  Potato wedges Sweetcorn Plain sponge & custard Tea: Lentil & veg dahl and steamed rice Natural yogurt & sauce	Snack: Breadsticks Lunch: Paprika pork *  or Cauliflower & broccoli bake  Couscous Green beans Oaty fruit crumble & custard Tea: Vegetable & potato frittata with baked beans Melon wedges	Snack: Oatmeal biscuit Lunch: Chinese chicken *  or Sweet chilli oriental veg  Noodles or rice Cauliflower florets Ground rice pudding Tea: Minestrone soup with bread and butter Fromage frais
TUESDAY	Snack: Breadsticks Lunch from around the world  Tea: Turkey casserole, rosti bites and cauliflower florets Fruit platter	Snack: Cheese & crackers Lunch: Beef meatballs  or Tortellini  Spaghetti Mixed vegetables Semolina Tea: Salmon fishcake, mashed potato and plum tomatoes Fromage frais	 Vegan day  Snack: Flapjack square Lunch: Tomato & veg sauce & pasta Lentil & veg crumble Garlic bread & Sweetcorn Vegan brownie Tea: Vegetable nuggets, spaghetti rings & potato wedges Melon wedges
WEDNESDAY	Snack: Rice cakes Lunch: Roast pork &  gravy or macaroni & broccoli bake  Roast potatoes Savoy cabbage Poached pears & sauce Tea: Fisherman's with peas & cauliflower florets Natural yogurt & fruit puree	Snack: Cheese & crackers Lunch: Chicken & veg  pie with gravy or mushroom risotto  Mashed potato Sliced carrots Strawberry yogurt whip Tea: Assorted sandwiches & crudites Stewed apples & custard	Snack: Breadsticks & cheese Lunch: Oven baked cod  or vegetable cobbler  Mashed potatoes Baked beans or peas Lemon love cake & custard Tea: Barbecue pork with couscous and mixed veg Fromage frais
THURSDAY	Snack: Bread & butter Lunch: Chicken tikka masala *  or kidney bean curry  Steamed rice & naan bread Broccoli florets Fromage frais Tea: Salmon scrambled eggs, beans & toast Fruit platter	Snack: Pitta fingers & spread Lunch: Bolognese *  or Cheese & spinach quiche  Herb dice potatoes Mixed vegetables Peaches & vanilla sauce Tea: Creamy tuna & sweetcorn bake with garlic bread Natural yogurt & sauce	Snack: Marmite biscuit Lunch: Shepherd's pie  & gravy or chilli mushrooms  Mini petit pain Broccoli florets Sliced bananas & sauce Tea: Sausage & veg hotpot with green beans Rice pudding
FRIDAY	Snack: Pitta fingers & spread Lunch: Cod fillet fish fingers  or Cheese puffs  Skin on fries or potato wedges Baked beans and / or peas Homemade oat biscuit Tea: Ravioli bake & garlic bread mixed salad Natural yogurt	Snack: Savoury biscuit Lunch: Baked sausages *  or courgette & tomato bake  Skin on fries or wedges Baked beans and / or peas Fruit platter Tea: Chicken & vegetable pie and cauliflower florets Fromage frais	Snack: Rice cakes Lunch: Chicken fillet bites *  or Gnocchi & pepper bake  Skin on fries or wedges Baked beans and / or peas Fromage frais Tea: Jacket potato with beef chilli & grated carrot Fruit platter

For all allergy advice please ask a member of the Catering