

# Little Pilgrims AUTUMN TERM MENU 2020

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

Our kitchen uses seasonal, locally sourced ingredients.

Fresh fruit and milk are offered with snack

**GREEN** indicates that a vegan option is available as mince or soya chunks.  
✓ Indicates vegetarian option

	Week 1 31 Aug, 14 Sept, 28 Sept, 12 Oct, 2 Nov, 16 Nov, 30 Nov, <b>14 Dec</b>	Week 2 7 Sept, 21 Sept, 5 Oct, <b>19 Oct</b> , 9 Nov, 23 Nov, 7 Dec, <b>21 Dec</b>
<b>MONDAY</b>	<p><b>Morning snack:</b> Oatmeal biscuit</p> <p><b>Lunch:</b> <b>Turkey chilli con carne</b> &amp; taco or vegetable ratatouille ✓ Steamed rice Green beans <b>Peaches &amp; custard</b></p> <p><b>Tea:</b> Jacket potato, beans, cheese &amp; grated carrot <b>Fruit platter</b></p>	<p><b>Morning snack:</b> Breadsticks</p> <p><b>Lunch:</b> <b>Barbecued pork</b> or mushroom enchilada ✓ Noodles Broccoli florets <b>Stewed pears &amp; sauce</b></p> <p><b>Tea:</b> Pitta cheesy pizza, baked beans &amp; cucumber sticks <b>Natural yoghurt &amp; sauce</b></p>
<b>TUESDAY</b>	<p><b>Morning snack:</b> Breadsticks &amp; cheese bite</p> <p><b>Lunch:</b> Tomato &amp; veg sauce or roasted vegetable quiche ✓ Pasta &amp; Garlic bread Sweetcorn <b>Natural yoghurt &amp; chopped bananas</b></p> <p><b>Tea:</b> <b>Shepherd's pie</b> &amp; gravy with green beans <b>Ground rice pudding</b></p>	<p><b>Morning snack:</b> Pitta &amp; spread</p> <p><b>Lunch:</b> <b>Spanish sausages</b> or spinach &amp; ricotta tortellini ✓ Steamed rice Green beans <b>Fruit platter</b></p> <p><b>Tea:</b> <b>Chicken casserole</b>, green beans and couscous <b>Bananas &amp; custard</b></p>
<b>WEDNESDAY</b>	<p><b>Morning snack:</b> Rice cakes &amp; spread</p> <p><b>Lunch:</b> <b>Mild chicken curry</b> or Butternut and lentil curry ✓ Steamed rice/naan bread Cauliflower florets <b>Vanilla ice cream and mango sauce</b></p> <p><b>Tea:</b> <b>Sausage, bean and veg casserole</b> with bread &amp; butter triangles <b>Fromage frais</b></p>	<p><b>Morning snack:</b> Bread &amp; butter triangles</p> <p><b>Lunch:</b> <b>Beef bolognese</b> or aubergine, tomato &amp; potato layer ✓ Penne pasta Diced carrots <b>Semolina</b></p> <p><b>Tea:</b> <b>Salmon fishcakes</b>, spaghetti hoops &amp; mixed vegetables <b>Fromage frais</b></p>
<b>THURSDAY</b>	<p><b>Morning snack:</b> Marmite whirls</p> <p><b>Lunch:</b> <b>Roast gammon</b> &amp; gravy or crunchy macaroni cheese bake ✓ Roast potatoes Diced carrots &amp; swede <b>Stewed apples &amp; custard</b></p> <p><b>Tea:</b> Toast, spaghetti hoops and scrambled eggs <b>Fruit platter</b></p>	<p><b>Morning snack:</b> Rice cakes &amp; spread</p> <p><b>Lunch:</b> <b>Moroccan chicken</b> or vegetable and bean shepherd's pie ✓ Herb diced potatoes Sweetcorn <b>Fruit platter</b></p> <p><b>Tea:</b> <b>Meatballs in tomato sauce</b>, pasta and green beans <b>Natural yoghurt &amp; sauce</b></p>
<b>FRIDAY</b>	<p><b>Morning snack:</b> Crackers &amp; cheese</p> <p><b>Lunch:</b> <b>Chicken fillet bites</b> &amp; garlic mayo or and gnocchi pepper bake ✓ Skin on fries or wedges Baked beans and/or peas <b>Sliced melon</b></p> <p><b>Tea:</b> <b>Tuna &amp; sweetcorn pasta bake</b> with garlic bread <b>Fromage frais</b></p>	<p><b>Morning snack:</b> Cheese biscuit</p> <p><b>Lunch:</b> <b>Cod fillet fish fingers</b> or cheese &amp; onion turnovers ✓ Skin on fries or wedges Baked beans and/or peas <b>Fromage frais</b></p> <p><b>Tea:</b> <b>Savoury mince</b>, steamed rice and diced carrots <b>Fruit platter</b></p>

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