

Little Pilgrims

including
Kindergarten

AUTUMN TERM MENU 2021

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.

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

	Week 1 6 Sept 20 Sept 4 Oct 18 Oct 8 Nov 22 Nov 6 Dec 20 Dec	Week 2 13 Sept 27 Sept 11 Oct 1 Nov 15 Nov 29 Nov 13 Dec
MONDAY	Morning snack: Rice cakes Lunch: Beef bolognaise or Five bean & vegetable chilli ✓ Spaghetti Fine green beans Stewed apples & vanilla sauce Tea Vegan sausage & vegetable casserole with mashed potato Fromage frais	Morning snack: Breadsticks Lunch: Caribbean chicken or Aubergine, potato and tomato bake ✓ Steamed rice Sweetcorn and peas Semolina Tea Vegetable ravioli, cheese, green beans and petit pain Fruit Platter
TUESDAY	Morning snack: Breadsticks & cheese Lunch: Roast chicken & gravy or Courgette quiche ✓ Roast potatoes Steamed cabbage Natural yogurt & mango sauce Tea Assorted sandwiches, vegan rolls and crudités Ground rice pudding	Morning snack: Oaty rounds Lunch: Meatballs in tomato & veg sauce or Tortellini bake ✓ Penne pasta Broccoli florets Stewed pears & custard Tea Scrambled eggs with salmon flakes, baked beans and potato wedges Fromage frais
WEDNESDAY	Morning snack: Pitta & spread Lunch: Tuna pasta bake or Mushroom enchilada ✓ Garlic bread slice Sweetcorn Jelly & biscuit curl Tea Yorkshire pudding filled with savoury mince & broccoli florets Fruit platter	Morning snack: Bread & butter triangles Lunch: Shepherd's pie & gravy or Creamy leek and vegetable pie ✓ Petit pain Mixed vegetables Fruit platter Tea Wholemeal pizza square with spaghetti hoops and cucumber sticks Natural yogurt
THURSDAY	Morning snack: Apricot flapjack bites Lunch: Beef teriyaki or Lentil & vegetable dahl ✓ Steamed rice Country mixed vegetables Sliced bananas & chocolate sauce Tea Salmon fishcakes , potato bites and spaghetti hoops Fromage frais	Morning snack: Crackers & cheese Lunch: Sweet & sour pork or Sweet chilli oriental vegetables ✓ Noodles Julienne carrots Peaches & custard Tea Jacket potato with bean medley, cheese and mixed salad Fruit platter
FRIDAY	Morning snack: Crackers & cheese Lunch: Chicken fillet bites or Spinach & ricotta cannelloni ✓ Skin on fries/wedges Baked beans and/or peas Fromage frais Tea Lentil & vegetable curry with steamed rice, naan bread & diced carrots Fruit platter	Morning snack: Cheese & marmite biscuit Lunch: Cod fillet fish fingers or Stuffed peppers ✓ Skin on fries/wedges Baked beans and/or peas Melon slices Tea Fajita chicken , pitta bread and sweetcorn Fromage frais

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