

# Little Pilgrims & KG SUMMER TERM MENU 2022

These weekly menus rotate throughout the summer 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

	<b>Week 1</b> 18 Apr 2 May 16 May <b>30 May</b> 13 Jun 7 Jun 11 July <b>25 July</b> 8 Aug	<b>Week 2</b> 25 Apr 9 May 23 May 6 Jun 20 Jun 4 Jul <b>18 July</b> 1 Aug 15 Aug
MONDAY	<b>Morning snack:</b> Organix  <b>Lunch:</b> <b>Caribbean chicken</b> Steamed rice Minted peas <b>Stewed apples &amp; custard</b> <b>Tea:</b> Sweetcorn pitta pizza's, cucumber sticks and baked beans <b>Natural yogurt &amp; sauce</b>	<b>Morning snack:</b> Breadsticks  <b>Lunch:</b> <b>Teriyaki beef</b> Noodles Julienne carrots <b>Fromage frais</b> <b>Tea:</b> Orzo vegetable bake, garlic bread and Sweetcorn <b>Fruit platter</b>
TUESDAY	<b>Morning snack:</b> Rice cakes  <b>Lunch:</b> Vegetable & tomato sauce with pasta Garlic bread Mixed vegetables <b>Jelly</b> <b>Tea:</b> <b>Sweet &amp; sour chicken</b> , noodles and peas <b>Rice pudding</b>	<b>Morning snack:</b> Bread & butter triangles  <b>Lunch:</b> <b>Fajita chicken &amp; pitta bread</b> Potato wedges Sweetcorn <b>Stewed pears &amp; custard</b> <b>Tea:</b> <b>Salmon fishcake</b> , wholewheat spaghetti hoops and mixed vegetables <b>Fromage frais</b>
WEDNESDAY	<b>Morning snack:</b> Breadsticks & cheese  <b>Lunch:</b> <b>Savoury mince</b> Couscous Diced carrots <b>Fromage frais</b> <b>Tea:</b> <b>Cod fillet fish fingers</b> , baked beans and seasoned potatoes <b>Fruit platter</b>	<b>Morning snack:</b> Rice cakes  <b>Lunch:</b> Jacket potatoes Baked beans/ Tuna mayonnaise Cheese /Coleslaw/Sliced cucumber <b>Ice cream &amp; fruit sauce</b> <b>Tea:</b> <b>Beef &amp; vegetable stew</b> with dumplings, petit pain and peas <b>Bananas &amp; custard</b>
THURSDAY	<b>Morning snack:</b> Pitta & spread  <b>Lunch:</b> <b>Roast pork &amp; gravy</b> Roast potatoes Broccoli florets <b>Sliced bananas &amp; vanilla sauce</b> <b>Tea:</b> Vegan sausage & bean casserole, potato puffs and green beans <b>Strawberry whip</b>	<b>Morning snack:</b> Crackers & cheese  <b>Lunch:</b> <b>Beef meatballs in veg &amp; tomato sauce</b> Pasta twists Green beans <b>Natural yogurt &amp; sauce</b> <b>Tea:</b> <b>Mild chicken curry</b> , naan bread, rice and diced carrots <b>Fruit platter</b>
FRIDAY	<b>Morning snack:</b> Crackers & cheese  <b>Lunch:</b> <b>Chicken fillet bites</b> Skin on fries/wedges Baked beans and/or peas <b>Natural yogurt &amp; sauce</b> <b>Tea:</b> <b>Mince in Yorkshire pudding</b> with cauliflower florets and diced swede <b>Fruit platter</b>	<b>Morning snack:</b> Marmite wheels  <b>Lunch:</b> <b>Baked sausages or</b> Skin on fries/wedges Baked beans and/or peas <b>Melon platter</b> <b>Tea:</b> Salmon scrambled eggs, plum tomatoes and toasted bagel <b>Fromage frais</b>

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