

# Little Pilgrims SUMMER TERM MENU 2021

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> 19 April 3 May 17 May <b>31 May</b> 14 June 28 June <b>12 July 26 July</b>	<b>Week 2</b> 26 April 10 May 24 May 7Jun 21 Jun 5 Jul <b>19 July 2 Aug</b>
<b>MONDAY</b>	<b>Morning snack:</b> Rice cakes  <b>Lunch:</b> <b>Italian chicken</b> or Gnocchi with spinach in tomato sauce  Penne pasta Sweetcorn <b>Bananas &amp; custard</b> <b>Tea</b> Jacket potatoes, baked bean medley, cheese and grated carrot <b>Natural yogurt with sauce</b>	<b>Morning snack:</b> Breadsticks  <b>Lunch:</b> <b>Chilli con carne &amp; taco's</b> or Cauliflower & broccoli mornay  Rice Julienne carrots <b>Stewed pears &amp; chocolate sauce</b> <b>Tea</b> Scrambled eggs, baked beans and rosti potato bites <b>Jelly</b>
<b>TUESDAY</b>	<b>Morning snack:</b> Bread & butter triangles  <b>Lunch:</b> <b>Spanish sausages</b> or Courgette gratin  Steamed rice Mixed vegetables <b>Jelly</b> <b>Tea</b> <b>Sea stars</b> , potato wedges and spaghetti hoops <b>Fruit platter</b>	<b>Morning snack:</b> Crackers & cheese  <b>Lunch:</b> <b>Turkey casserole</b> or Roasted pepper & onion quiche  Herb diced potato Broccoli florets <b>Fruit platter</b> <b>Tea</b> <b>Cowboy mixed bean hotpot</b> , petit pain & green beans <b>Fromage frais</b>
<b>WEDNESDAY</b>	<b>Morning snack:</b> Breadsticks & cheese  <b>Lunch:</b> <b>Barbecue beef</b> or Cheese & tomato slice  Noodles Green beans <b>Vanilla ice cream</b> <b>Tea</b> Assorted sandwiches, meat free mini sausage rolls & crudites <b>Rice pudding</b>	<b>Morning snack:</b> Rice cakes  <b>Lunch:</b> <b>Tuna and vegetable sauce &amp; tricolour pasta</b> or Vegetable & bean chilli  Garlic bread Sweetcorn <b>Strawberry delight &amp; wafer curl</b> <b>Tea</b> <b>Moroccan spiced beef</b> & pitta pockets with diced carrots <b>Fruit platter</b>
<b>THURSDAY</b>	<b>Morning snack:</b> Pittas & spread  <b>Lunch:</b> <b>Roast gammon</b> & gravy or Macaroni & sweetcorn bake  Roast potatoes Steamed cabbage <b>Natural yogurt &amp; peach puree</b> <b>Tea</b> <b>Caribbean chicken</b> with steamed rice and diced carrots <b>Melon platter</b>	<b>Morning snack:</b> Oat & wholemeal biscuit  <b>Lunch:</b> <b>Chicken curry</b> & naan bread or Chick pea, paneer & spinach curry  Steamed rice Mixed vegetables <b>Stewed apples &amp; custard</b> <b>Tea</b> <b>Meat &amp; vegetable pie</b> , mashed potato and cauliflower florets <b>Fromage frais</b>
<b>FRIDAY</b>	<b>Morning snack:</b> Crackers & cheese  <b>Lunch:</b> <b>Wholemeal cheese pizza</b> or Lentil & vegetable layer bake  Skin on fries/wedges Baked beans and/or peas <b>Fruit platter</b> <b>Tea</b> <b>Pasta milanaise</b> with sweetcorn and cucumber sticks <b>Fromage frais</b>	<b>Morning snack:</b> Marmite wheels  <b>Lunch:</b> <b>Cod fillet fish fingers</b> or Cheese & onion jackets  Skin on fries/wedges Baked beans and/or peas <b>Natural yogurt &amp; mango sauce</b> <b>Tea</b> Macaroni cheese, garlic bread slice and broccoli florets <b>Fruit platter</b>

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