

Little Pilgrims & KG Spring TERM MENU 2023

These weekly menus rotate throughout the Spring 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				Week 2			
	2 Jan	16 Jan	30 Jan	13 Feb	9 Jan	23 Jan	6 Feb	20 Feb
	27 Feb	13 Mar	27 Mar		6 Mar	20 Mar	3 Apr	
MONDAY	Morning snack: Oatmeal biscuit Lunch: Fajita chicken Roasted vegetable medley ✓ Potato bites Sweetcorn Poached pears with chocolate sauce Tea: Fish stars , mashed potato and baked beans Fruit platter				Morning snack: Breadsticks Lunch: Turkey chilli con carne & tacos Lentil, aubergine & potato layer ✓ Steamed rice Broccoli florets Semolina Tea: Vegetable ravioli, petit pain and diced carrots Natural yogurt & sauce			
TUESDAY	Morning snack: Breadsticks & cheese Lunch: Beef meatballs Vegetable lasagne ✓ Pasta twists Diced carrots Natural yogurt & sauce Tea: Barbecued chicken , pitta bread and cauliflower florets Bananas & custard				Morning snack: Cheese & marmite biscuit Lunch: Caribbean chicken Bean chilli ✓ Couscous Minted peas Cinnamon apples & vanilla sauce Tea: Spanish sausages , steamed rice and cauliflower florets Fromage frais			
WEDNESDAY	Morning snack: Apple flapjack bite Lunch Paprika pork Butternut & spinach curry ✓ Steamed rice Fine green beans Peaches with vanilla sauce Tea: Vegetable pasta bake, garlic bread & sweetcorn Fruit platter				Morning snack: Pitta & spread Lunch: Beef teriyaki Creamy mushrooms ✓ Noodles Mixed vegetables Strawberry yogurt whip with wafer Tea: Salmon scrambled eggs, crispy cubes and spaghetti hoops Rice pudding			
THURSDAY	Morning snack: Crackers & cheese bite Lunch Beef Bolognese Gnocchi tomato bake ✓ Spaghetti Mixed vegetables Fromage frais Tea: Wholemeal pizza square, baked beans and wedges Jelly				Morning snack: Rice cakes Lunch: Roast pork & gravy Cauliflower & broccoli bake ✓ Roast potatoes Fine green beans Sliced bananas with custard Tea: Yorkshire pudding & savoury mince , mixed veg and bread triangles Natural yogurt & sauce			
FRIDAY	Morning snack: Rice cakes & spread Lunch: Chicken fillet bites Cheese & onion slice ✓ Skin on fries/wedges Baked beans and/or peas Sliced melon Tea: Mild mince curry , naan bread and broccoli florets Natural yogurt & sauce				Morning snack: Bread & butter triangles Lunch: Cod fillet fish fingers Tortellini ✓ Skin on fries/wedges Baked beans and/or peas Fruit platter Tea: Chinese chicken , noodles and green beans Fromage frais			

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