



Little Dreams snack / lunch menus

Week One	AM SNACK	LUNCH	Lunch Contents	PM SNACK
MONDAY	Toast & spread Water / Milk Fruit	Cottage pie & vegetables Yoghurt & granola	Turkey mince, tatties , onions, , sweetcorn, green beans, carrots, peas, gravy Natural yoghurt , oats, shredded coconut, sugar, flaxseed, cinnamon, honey, coconut oil, vanilla essence	Crackers & cheese , vegetable sticks and dip Water / Milk
TUESDAY	Cereal Water / Milk Fruit	Fish cakes, wedges & beans Custard & fruit	Fish , potato, oil, breadcrumbs , flour , beans custard powder, sugar, milk , fresh fruit	Chicken wrap Water / Milk Fruit
WEDNESDAY	Rice cakes & cream cheese Water / Milk Fruit	Sweet potato & red pepper soup with tuna sandwich Chocolate yoghurt cake & fruit	Sweet potato , red pepper, red onion, garlic, oil, vegetable stock , paprika, wholemeal bread , tuna , mayonnaise Wholemeal flour , Greek yoghurt , eggs , cocoa powder, coconut oil, baking powder , bicarbonate of soda, sugar, fruit	Pasta & vegetable sauce Water / Milk Fruit
THURSDAY	Yoghurt & honey Water / Milk Fruit	Macaroni cheese & peas , Banana muffin	Macaroni , cheese , milk , butter , plain flour , peas Flour , sugar, eggs , butter, banana, vanilla extract	Sweet potato & red pepper soup with bread Water / Milk Fruit
FRIDAY	Pancakes & spread Water / Milk Fruit	Chicken stir fry Angel delight & fruit	Chicken, noodles , sweet n sour sauce , beansprouts, carrot, onion, mushrooms, peppers, courgette. Angel delight , milk & fresh fruit	Cheese roll Water / Milk Fruit

Milk, water, fruit and bread available daily

Highlighted items contain allergens





Little Dreams snack / lunch menus

Week Two	AM SNACK	LUNCH	Lunch Contents	PM SNACK
MONDAY	Rice cakes with soft cheese & vegetable sticks Water / Milk	Sausage Casserole & mash Raspberry cookie	Vegetarian sausages, mixed veg, vegetable gravy, onions, mash Bananas, oats, raspberries, raisins, cinnamon	Pitta strips with houmous Water / Milk Fruit
TUESDAY	Yoghurt & honey Water / Milk Fruit	Tuna pasta bake with peas & sweetcorn Semolina & fruit	Linguine, butter, onion, garlic, milk, flour, tuna, peppers, sweetcorn, Semolina, milk, chia seeds & fruit	Egg wrap Water / Milk Fruit
WEDNESDAY	Cereal Water / Milk Fruit	Chicken, roast potatoes, vegetables, gravy Yoghurt & fruit puree	Chicken, potatoes, vegetable oil, carrots, broccoli, vegetable gravy, Yoghurt & fresh fruit	Tuna roll Water / Milk Fruit
THURSDAY	Pancakes & spread Water / Milk Fruit	Chilli, rice & tortilla chips Ice-cream & fruit	Turkey mince, onion, garlic, carrot, paprika, coriander, cumin, mild chilli powder, chopped tomatoes, stock, baked beans, red pepper, corn, rice, tortilla chips Ice-cream & fresh fruit	Vegetable Soup with bread Water / Milk Fruit
FRIDAY	Toast & spread Water / Milk Fruit	Cauliflower & broccoli soup with cheese sandwiches Iced sponge & fruit	Cauliflower, broccoli, cumin, oil, onion, garlic, vegetable stock. Cheese, wholemeal bread, spread. Butter, sugar, eggs, flour, vanilla, icing sugar, sprinkles	Pizza Water / Milk Fruit

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Week Three	AM SNACK	LUNCH	Lunch Contents	PM SNACK
MONDAY	Pancakes & spread Water / Milk Fruit	Vegetable pasta bake with crusty bread Angel delight & fruit	Cauliflower, onion, peppers, courgette, carrot, passata, garlic, tomato puree, vegetable stock, pasta, basil, crusty bread Angel delight, milk & fresh fruit	Egg roll Water / Milk Fruit
TUESDAY	Toast & spread Water / Milk Fruit	Chicken curry, rice & naan bread Chocolate yoghurt cake & fruit	Chicken, onions, garlic, tomatoes, peas, mushrooms, tomato puree, cumin, turmeric, coriander, flour, mango chutney, coconut milk, long grain rice, nann bread Wholemeal flour, Greek yoghurt, eggs, cocoa powder, coconut oil, baking powder, bicarbonate of soda, sugar, fruit	Crackers & cheese, vegetable sticks & dip Water / Milk
WEDNESDAY	Yoghurt & honey Water / Milk Fruit	Mince, mash & mixed vegetables Raspberry muffin	Turkey mince, mash, gravy, mixed vegetables Flour, sugar, eggs, butter, raspberry, vanilla extract	Cheese wrap Water / Milk Fruit
THURSDAY	Cereal Water / Milk Fruit	Potato & leek soup with chicken sandwiches Custard & fruit	Potato, onion, leek, carrots, stock, wholemeal bread, wafer thin chicken Custard powder, milk, sugar, fresh fruit	Pasta & vegetable sauce Water / Milk Fruit
FRIDAY	Rice cakes with soft cheese Water / Milk Fruit	Fish cakes, vegetables & cous cous Yoghurt & granola	Fish, potato, oil, breadcrumbs, flour, vegetables & cous cous Natural yoghurt, oats, shredded coconut, sugar, flaxseed, cinnamon, honey, coconut oil, vanilla essence	Potato & leek soup with bread Water / Milk Fruit



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Week Four	AM SNACK	LUNCH	Lunch Contents	PM SNACK
MONDAY	<p>Yoghurt & honey</p> <p>Water / Milk Fruit</p>	<p>Tomato soup with cheese sandwiches</p> <p>Rice pudding & fruit</p>	<p>Tomatoes, onion, carrot, celery, tomato puree, bay leaves, potato, vegetable stock, cheese, spread, whole meal bread</p> <p> pudding rice, milk, sugar, fresh fruit</p>	<p>Pizza</p> <p>Water / Milk Fruit</p>
TUESDAY	<p>Rice cakes with soft cheese</p> <p>Water / Milk Fruit</p>	<p>Spaghetti Bolognese with garlic bread</p> <p>Iced sponge & fruit</p>	<p>Turkey mince, onion, tomatoes, garlic, vegetable stock, tomato puree, oregano, carrot, spaghetti, garlic bread</p> <p>Butter, sugar, eggs, flour, vanilla, icing sugar, sprinkles</p>	<p>Tomato soup with bread</p> <p>Water / Milk Fruit</p>
WEDNESDAY	<p>Toast & spread</p> <p>Water / Milk Fruit</p>	<p>Pizza & cous cous</p> <p>Ice-cream & fruit</p>	<p>onions, tomatoes, peppers, sweetcorn, mushrooms, tomato puree, flour, oil, yeast, cous cous</p> <p>Milk, syrup, sugar, oil & fresh fruit</p>	<p>Chicken roll</p> <p>Water / Milk Fruit</p>
THURSDAY	<p>Pancakes & spread</p> <p>Water / Milk Fruit</p>	<p>Sweet 'n' sour chicken, rice</p> <p>Yoghurt & fruit puree</p>	<p>Chicken breast, onions, garlic, ginger, peppers, carrots, pineapple, cornflour, soy sauce, vinegar, passata, tomato puree, sugar</p> <p>Yoghurt & fresh fruit</p>	<p>Pitta strips with houmous</p> <p>Water / Milk Fruit</p>
FRIDAY	<p>Cereal</p> <p>Water / Milk Fruit</p>	<p>Broccoli pasta bake with crusty bread</p> <p>Raspberry cookie</p>	<p>Broccoli, onion, peas, carrot, flour, butter, milk, cheese, pasta, crusty bread</p> <p>Bananas, oats, raspberries, raisins, cinnamon</p>	<p>Tuna wrap</p> <p>Water / Milk Fruit</p>



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