



Little Dreams snack / lunch menus

Week One Jan 8 th , Feb 5 th , Mar 11 th , Apr 15 th	AM SNACK	LUNCH	Lunch Contents	PM SNACK
MONDAY	Pancakes & spread. Water / Milk Fruit	Sausage pasta with sweetcorn & bread with spread Yoghurt & fruit	Vegetarian sausages , pasta, sweetcorn, passata, tomato puree, garlic, vegetable stock , cheese , wholemeal bread, spread. Yoghurt & fresh fruit	Pom Bears Vegetable wrap Water / Milk Fruit
TUESDAY	Oatcakes & cottage cheese Water / Milk Fruit	Green soup with chicken sandwiches Semolina with chia seeds & fruit	Cabbage, broccoli, onion, garlic, ginger, vegetable stock , green split peas, chicken slices / meat free slices, wholemeal bread , spread. Semolina , milk, chia seeds & fruit	Rich Tea Waffles & spaghetti Water / Milk Fruit
WEDNESDAY	Cereal Water / Milk Fruit	Spaghetti Bolognese & bread with spread. Pear crumble & cream	Turkey mince, onion, passata, garlic, vegetable stock , tomato puree, oregano, carrot, spaghetti , wholemeal bread, spread. pears, cinnamon, sugar, brown sugar, single cream	Greek yoghurt Cheese on toast Water / Milk Fruit
THURSDAY	Crackers & cheese Water / Milk Vegetable sticks	Chicken, roast potatoes , vegetables, gravy & bread with spread Fruit salad	Chicken, potatoes, vegetable oil , carrots, broccoli, vegetable gravy , wholemeal bread, spread. Pineapple, melon, orange, apple, kiwi, strawberry	Scones & spread. Green soup with bread Water / Milk Fruit
FRIDAY	Fruit loaf & spread Water / Milk Melon & orange	Pizza & cous cous & bread with spread Rice pudding & fruit	onions, tomatoes, peppers, sweetcorn, tomato puree, flour , oil, yeast, cous cous , wholemeal bread, spread. Pudding rice, milk , sugar, fresh fruit	Chicken sandwiches Water / Milk Fruit



Highlighted items contain allergens.



***The 0-2 room will have a supply of age-appropriate baby snacks that will be used**



Little Dreams snack / lunch menus

Week Two Jan 15 th , Feb 12 th , Mar 18 th , Apr 22 nd	AM SNACK	LUNCH	Lunch Contents	PM SNACK
MONDAY	Toast & spread. Water / Milk Fruit	Mince, mash, mixed vegetables & bread with spread Ice-cream & fruit	Turkey mince, mash, gravy, mixed vegetables, wholemeal bread, spread. Milk, sugar, oil & fresh fruit	Pancakes Pizza Water / Milk Fruit
TUESDAY	Scones & spread. Water / Milk Fruit	Fish fingers, wedges, vegetables & bread with spread Custard & fruit	Fish, potato, oil, breadcrumbs, flour, beans & cous cous, wholemeal bread, spread. custard powder, sugar, milk, fresh fruit	Cheese sandwiches Water / Milk Fruit
WEDNESDAY	Vegetable sticks, rice cakes & cream cheese Water / Milk	Lentil soup & crusty bread Orange cake & cream	Lentils, carrot, onion, turnip, vegetable stock, crusty bread Self-raising flour, sugar, Orange Fruit Pieces, Orange Juice, Syrup, Sugar, Oil, Egg, Milk	Rich Tea Pasta & sauce Water / Milk Fruit
THURSDAY	Breadsticks, dip & pineapple Water / Milk	Tuna pasta bake & bread with spread. Yoghurt & fruit	Pasta, butter, onion, garlic, milk, flour, tuna, peppers, sweetcorn, wholemeal bread, spread Yoghurt & fruit	Crackers & cheese Lentil soup with bread Water / Milk Fruit
FRIDAY	Cereal Water / Milk Fruit	Chicken curry, rice & naan bread Jelly & fruit	Chicken, onions, garlic, tomatoes, peas, mushrooms, tomato puree, korma paste, coconut milk, long grain rice, nann bread. Jelly & fruit	Beans on toast Water / Milk Fruit



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Little Dreams snack / lunch menus

Week Three Jan 22 nd , Feb 19 th , Mar 25 th , Apr 29 th	AM SNACK	LUNCH	Lunch Contents	PM SNACK
MONDAY	<p>Crispbread with cottage cheese</p> <p>Water / Milk Fruit</p>	<p>Vegetable soup with cheese sandwiches</p> <p>Apple sponge & milk</p>	<p>Potatoes, carrot, onion, turnip, butternut squash, vegetable stock, wholemeal bread, cheese, spread.</p> <p>Apples, cinnamon, brown sugar, butter, eggs, wholewheat flour, baking powder</p>	<p>Greek yoghurt</p> <p>Spaghetti & bagels</p> <p>Water / Milk Fruit</p>
TUESDAY	<p>Fruit loaf with spread, melon & pineapple</p> <p>Water / Milk</p>	<p>Lasagne with garlic bread</p> <p>Yoghurt & fruit</p>	<p>Turkey mince, tomatoes, mushroom, garlic, pasta sheets, cornflour, butter, milk, cheese. Garlic bread</p> <p>Yoghurt & fresh fruit</p>	<p>Crackers & cheese</p> <p>Vegetable soup</p> <p>Water / Milk Fruit</p>
WEDNESDAY	<p>Cheese straws</p> <p>Water / Milk Fruit</p>	<p>Sweet 'n' sour chicken, rice & bread with spread</p> <p>Angel delight & fruit</p>	<p>Chicken breast, onions, garlic, ginger, peppers, carrots, pineapple, cornflour, soy sauce, vinegar, passata, tomato puree, sugar, wholemeal bread, spread.</p> <p>Angel delight, milk & fresh fruit</p>	<p>Tuna sandwich</p> <p>Water / Milk Fruit</p>
THURSDAY	<p>Toast & spread.</p> <p>Water / Milk Fruit</p>	<p>Macaroni cheese, peas, bread with spread</p> <p>Pear crumble & cream</p>	<p>Macaroni, cheese, milk, butter, plain flour, peas</p> <p>Pears, flour, margarine, sugar, cream</p>	<p>Pom Bear</p> <p>Pizza</p> <p>Water / Milk Fruit</p>
FRIDAY	<p>Scones & spread</p> <p>Water / Milk Fruit</p>	<p>Jacket potato, cheese and beans, salad & bread with spread</p> <p>Meringue & fruit salad</p>	<p>Jacket potatoes, beans, cheese, tomato, lettuce, cucumber, wholemeal bread, spread.</p> <p>Egg white, sugar, pineapple, melon, banana, strawberry, orange juice</p>	<p>Pancakes with spread</p> <p>Chicken wraps</p> <p>Water / Milk Fruit</p>



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Little Dreams snack / lunch menus

Week Four Jan 29 th , Feb 26 th , Apr 1 st , May 6 th	AM SNACK	LUNCH	Lunch Contents	PM SNACK
MONDAY	Cereal Water / Milk Fruit	Halloumi stir fry & bread with spread Blueberry muffins	Halloumi, noodles, chow mein sauce, beansprouts, carrot, onion, mushrooms, peppers, courgette. Flour, sugar, eggs, butter, blueberries, vanilla extract	Egg sandwich Water / Milk Fruit
TUESDAY	Breadsticks, dip, vegetable sticks Water / Milk	Chicken & sweetcorn pie & bread with spread Jelly & fruit	Chicken, sweetcorn, onions, peas, milk, flour, butter, cheese, puff pastry, wholemeal bread, spread. Jelly & fruit	Pancakes & spread. Beans on toast Water / Milk Fruit
WEDNESDAY	Pancakes with spread Water / Milk Fruit	Vegetable pasta bake with crusty bread. Custard & fruit	Cauliflower, onion, peppers, courgette, carrot, passata, garlic, tomato puree, vegetable stock, basil, crusty bread custard powder, sugar, milk, fresh fruit	Toast & spread. Fish fingers & vegetables Water / Milk Fruit
THURSDAY	Scones with spread Water / Milk Fruit	Cottage pie, vegetables & bread with spread Rice pudding & fruit	Turkey mince, tatties, onions, carrots, peas, gravy Pudding rice, milk, sugar, fresh fruit	Cheese straws Pitta bread with cheese Water / Milk Fruit
FRIDAY	Rice cakes with soft cheese & vegetable sticks Water / Milk	Sweet potato & red pepper soup with tuna sandwich Yoghurt & fruit	Sweet potato, red pepper, red onion, garlic, oil, vegetable stock, paprika, wholemeal bread, tuna, mayonnaise Yoghurt & fresh fruit	Rich tea Pasta & sauce Water / Milk Fruit



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