

Little Pumpkins Menu

Week 1	Snack	Lunch	Vegetarian Lunch	Tea	Vegetarian Tea
Monday	Snack Bar ●●●	Homemade chicken goujons served with seasoned wedges and peas	Homeade fish goujons served with seasoned wedges and peas	Rice salad	Rice salad
Tuesday	Snack Bar ●●●	Lamb lasagna with a side of salad	Vegetable lasagna with a side of salad	Tuna and Cheese wraps served with vegetable sticks	Tuna and Cheese wraps served with vegetable sticks
Wednesday	Snack Bar ●●●	Coconut and butternut squash dahl served with fluffy rice	Coconut and butternut squash dahl served with fluffy rice	Sweetcorn and chicken Risotto	Sweetcorn and mushroom Risotto
Thursday	Snack Bar ●●●	Chicken and mushroom Rissotto	Mushroom and pea Rissotto	Homemade fruit buns	Homemade fruit buns
Friday	Snack Bar ●●●	Macaroni cheese with a side of Broccoli	Macaroni cheese with a side of Broccoli	Homemade cheese and tomato pizza	Homemade cheese and tomato pizza
<u>KEY</u>	BLUE: FISH RED: MEAT GREEN: VEGETARIAN YELLOW: DAIRY PINK: WHEAT/GLUTEN				

Little Pumpkins Menu

Week 2	Snack	Lunch	Vegetarian Lunch	Tea	Vegetarian Tea
Monday	Snack Bar ●●●	Beef Chilli con carne served with white rice	Quorn chilli con carnie served with rice	Assorted filled rolls served with vegetable sticks	Assorted filled rolls served with vegetable sticks
Tuesday	Snack Bar ●●●	Jacket potatoes with beans and cheese served with a side of vegetable sticks	Jacket potatoes with beans and cheese served with a side of vegetable sticks	Tomato soup served with homemade rolls	Tomato soup served with homemade rolls
Wednesday	Snack Bar ●●●	Homemade cheese and onion quiche served with baked beans and vegetable sticks	Homemade cheese and onion quiche served with baked beans and vegetable sticks	Chicken noodles mixed with peas	Curry noodles mixed with peas
Thursday	Snack Bar ●●●	Chicken Kebabs served with vegetable rice	Quorn Chicken Kebabs served with vegetable rice	Tomato Tuna pasta mixed with sweetcorn	Tomato Tuna pasta mixed with sweetcorn
Friday	Snack Bar ●●●	Salmon with boiled potatoes and green vegetables	Salmon with boiled potatoes and green vegetables	Grilled courgette, Bean and cheese Quesadillas	Grilled courgette, Bean and cheese Quesadillas

Little Pumpkins Menu

<u>KEY</u>	RED: MEAT	BLUE: FISH	YELLOW: DAIRY	GREEN: VEGETARIAN	PINK: WHEAT/GLUTEN
------------	-----------	------------	---------------	-------------------	--------------------

Week 3	Snack	Lunch	Vegetarian Lunch	Tea	Vegetarian Tea
Monday	Snack Bar ●●●	Jamaican chicken served with coconut rice and peas ● Sliced Kiwis ●	Jamaican Quorn chicken served with coconut rice and peas ● Sliced Kiwis ●	Homemade humus served with pitta fingers and vegetable sticks ●●	Homemade humus served with pitta fingers and vegetable sticks ●●
Tuesday	Snack Bar ●●●	Salmon fish tagutelle served with sweetcorn	Salmon fish tagutelle served with sweetcorn	Chicken salad whole meal pittas	Cheese and salad wholemeal pittas
Wednesday	Snack Bar ●●●	Beef stir-fry	Beef stir-fry	Salmon cream cheese bagels	Salmon cream cheese bagels
Thursday	Snack Bar ●●●	Homemade cod fish cakes served with homemade baked chips and peas	Homemade cod fish cakes served with homemade baked chips and peas	Marconi cheese served with broccoli	Marconi cheese served with broccoli
Friday	Snack Bar ●●●	Chicken and vegetable curry served with rice	Vegetable curry served with rice	Cheese and marmite fingers served with tomatoes and cucumber	Cheese fingers served with tomatoes and cucumber

Little Pumpkins Menu

<u>KEY</u>	BLUE: FISH	GREEN: VEGETARIAN	
	RED: MEAT	YELLOW: DAIRY	PINK: WHEAT/GLUTEN

Little Pumpkins Menu

	Snack	Lunch	Vegetarian Lunch	Tea	Vegetarian Tea
Week 4 Monday	Snack Bar ●●●	Lemon chicken served with a pea Risotto ● Pineapple fingers ●	Mushroom and peas risotto ● Pineapple fingers ●	Wholemeal pitta stuffed with Tuna and peppers ●● Fruit ●	Wholemeal pitta stuffed with Cheese and peppers ●● Fruit ●
Tuesday	Snack Bar ●●●	Potato and tomato bake mixed with cheese served with mixed vegetables Greek yoghurts with a drizzle of honey	Potato and tomato bake mixed with cheese served with mixed vegetables Greek yoghurts with a drizzle of honey ●●	Macaroni cheese mixed with broccoli ●●● Fruit ●	Macaroni cheese mixed with broccoli ●●● Fruit ●
Wednesday	Snack Bar ●●●	Spaghetti bolognese served with a side of garlic bread	Cheese Tagliatelle Served with Sweetcorn and peas ●●● Orange wedges ●	Beans on toast ●● Fruit ●	Beans on toast ●● Fruit ●
Thursday	Snack Bar ●●●	Butternut squash and chickpea curry served with a side of rice ●	Butternut squash and chickpea curry served with a side of rice ●	Chicken and avocado wraps ●●● Fruit ●	Egg and avocado wraps ●● Fruit ●
Friday	Snack Bar ●●●	Colorful chicken and vegetable stir-fry ● Sweet strawberries and cream ●	Colorful Vegetable stir-fry ● Sweet strawberries and cream ●	Potato salad	Potato salad
KEY	BLUE: FISH RED: MEAT GREEN: VEGETARIAN YELLOW: DAIRY PINK: WHEAT/GLUTEN				