



Little Dreams snack / lunch menus

Week One	AM SNACK	LUNCH	Lunch Contents	PM SNACK
MONDAY	Cereal Water / Milk Fruit	Sausage casserole, mash & vegetables Melon & mango melody	Sausages, vegetable gravy, potato, margarine, mixed vegetables. Honeydew melon, galia melon, watermelon, mango	Beans on toast Water / Milk Fruit
TUESDAY	Toasted muffins Water / Milk Fruit	Lentil soup & crusty bread Pear crumble & cream	Carrot, onion, leek, neap, vegetable stock, lentils, crusty bread. Plain flour, butter, sugar, cinnamon, pears, cream.	Tomato & sweetcorn pasta Water / Milk Fruit
WEDNESDAY	Pancakes Water / Milk Fruit	Fish fingers, waffles & spaghetti Yoghurt & fruit	Cod fish fingers, waffles, spaghetti. Yoghurt & fresh fruit	Chicken & cheese sandwiches Water / Milk Fruit
THURSDAY	Toast Water / Milk Fruit	Spaghetti Bolognaise Shortbread & fruit	Turkey mince, onion, tomatoes, garlic, vegetable stock, tomato puree, oregano, carrot, spaghetti Plain flour, butter, sugar, flavouring	Lentil soup & bread Water / Milk Fruit
FRIDAY	Rice cakes & cheese spread Water / Milk Fruit	Chicken, roast potatoes, vegetables & gravy Ginger bread & fruit	Chicken, potatoes, vegetable oil, carrots, broccoli, vegetable gravy Plain flour, wholemeal flour, coconut oil, ground linseeds, bicarbonate of soda, ginger, cinnamon, allspice,, salt, soft brown sugar, egg, coconut milk, butternut squash, syrup, vanilla extract, fresh fruit	Bagels with cream cheese & ham Water / Milk Fruit

Milk, water, fruit and bread available daily



Highlighted items contain allergens



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Week Two	AM SNACK	LUNCH	Lunch Contents	PM SNACK
MONDAY	<p style="text-align: center;">Toast Water / Milk Fruit</p>	<p style="text-align: center;">Lasagne & garlic bread</p> <p style="text-align: center;">Yoghurt & fruit</p>	<p>Turkey mince, tomatoes, garlic, pasta sheets, cornflour, butter, milk, cheese. Garlic bread</p> <p style="text-align: center;">Yoghurt & fresh fruit</p>	<p style="text-align: center;">Waffles & spaghetti Water / Milk Fruit</p>
TUESDAY	<p style="text-align: center;">Cereal Water / Milk Fruit</p>	<p style="text-align: center;">Chicken & leek pie, mash, peas, carrots & gravy</p> <p style="text-align: center;">Cheese & biscuits and fruit</p>	<p>Chicken, short crust pastry, leeks, onions, peas, potatoes, butter, gravy</p> <p style="text-align: center;">Cheese, crackers, oatcakes, fresh fruit</p>	<p style="text-align: center;">Tomato pasta Water / Milk Fruit</p>
WEDNESDAY	<p style="text-align: center;">Breadsticks, vegetable sticks & dip. Water / Milk Fruit</p>	<p style="text-align: center;">Homemade pizza & potato wedges</p> <p style="text-align: center;">Brownies & fruit</p>	<p>Pizza base, tomato sauce, mozzarella balls, cheddar cheese, tomatoes, mushrooms, peppers, potato wedges</p> <p>apple sauce, syrup, vanilla extract, eggs, coconut flour, cocoa powder, baking soda, chocolate chips</p>	<p style="text-align: center;">Savoury rice Water / Milk Fruit</p>
THURSDAY	<p style="text-align: center;">Pancakes Water / Milk Fruit</p>	<p style="text-align: center;">Vegetable soup & cheese sandwiches</p> <p style="text-align: center;">Fruit sponge & custard</p>	<p>Tomatoes, potatoes, turnip, carrot, onion, leeks, bay leaves, vegetable stock. cheese, spread, bread</p> <p>Self-raising flour, butter, eggs, caster sugar, vanilla extract, raspberries, strawberries, custard powder, sugar, milk</p>	<p style="text-align: center;">Cheese on toast Water / Milk Fruit</p>
FRIDAY	<p style="text-align: center;">Crackers & cheese Water / Milk Fruit</p>	<p style="text-align: center;">Tuna & sweetcorn pasta with garlic bread</p> <p style="text-align: center;">Banana cake</p>	<p>Penne pasta, sweetcorn, onion, peas, cornflour, butter, milk, tuna Garlic bread</p> <p>Oats, coconut, cinnamon, baking soda, bananas, eggs, vanilla extract, butter, syrup.</p>	<p style="text-align: center;">Vegetable soup & bread Water / Milk Fruit</p>

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Week Three	AM SNACK	LUNCH	Lunch Contents	PM SNACK
MONDAY	Oatcakes & cheese chunks Water / Milk Fruit	Chicken korma, rice & naan bread Fruit salad	Chicken breast, onions, garlic, tomatoes, tomato puree, korma paste, coconut milk. Boiled rice, naan bread Strawberries, melon, orange, banana, pineapple, apple	Vegetable pizza slice Water / Milk Fruit
TUESDAY	Pancakes Water / Milk Fruit	Macaroni cheese, peas & garlic bread Eve's pudding	Macaroni, cheese, milk, butter, plain flour, broccoli. Garlic bread Cooking apples, lemon juice, butter, sugar, self-raising flour, eggs.	Sausages in a boat Water / Milk Fruit
WEDNESDAY	Rice cakes & cheese spread Water / Milk Fruit	Sweet potato & red pepper soup with egg wraps Ginger sponge, custard & fruit	Sweet potato, red pepper, red onion, garlic, oil, vegetable stock, paprika wholemeal wraps, eggs, mayonnaise Self-raising flour, sugar, ginger, bicarbonate of soda, butter, egg, syrup, custard powder, sugar, milk, fresh fruit	Spaghetti on toast Water / Milk Fruit
THURSDAY	Cereal Water / Milk Fruit	Mince pie, mash & vegetables Shortbread & melon	Turkey mince, tatties, onions, carrots, peas, gravy, shortcrust pastry Plain flour, sugar, butter, vanilla, melon	Chicken & cheese sandwiches Water / Milk Fruit
FRIDAY	Toast Water / Milk Fruit	Tomato & sausage pasta bake Yoghurt & fruit	Vegetarian sausages, tomatoes, garlic, vegetable stock, tomato puree, basil, cream, pasta. Yoghurt & fresh fruit	Fish bites & peas Water / Milk Fruit

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Week Four	AM SNACK	LUNCH	Lunch Contents	PM SNACK
MONDAY	Pancakes Water / Milk Fruit	Tomato & carrot soup with tuna sandwiches Chocolate orange bread & oranges	Tomatoes, onion, carrot, celery, tomato puree, bay leaves, vegetable stock, bouillon stock, Tuna, whole meal bread Whole wheat flour, baking powder, baking soda, salt, honey, olive oil, eggs, orange juice, orange zest, vanilla extract, chocolate chips	Savoury rice Water / Milk Fruit
TUESDAY	Cereal Water / Milk Fruit	Mince, tatties & vegetables Rice pudding & fruit	Turkey mince, tatties, onions, carrots, peas, gravy Pudding rice, milk, sugar, fresh fruit	Cheese on toast Water / Milk Fruit
WEDNESDAY	Toasted muffins Water / Milk Fruit	Chicken pasta bake & garlic bread Brownies & fruit	Chicken, tomatoes, onion, carrot, courgette, tomato puree, sugar, stock, bay leaves, pasta, cheese, garlic bread. apple sauce, syrup, vanilla extract, eggs, coconut flour, cocoa powder, baking soda, fresh fruit	Tomato & carrot soup with bread Water / Milk Fruit
THURSDAY	Toast Water / Milk Fruit	Jacket potato, cheese and beans, salad & cous cous Yoghurt & fruit	Jacket potatoes, beans, cheese, tomato, lettuce, cucumber, cous cous Yoghurt & fresh fruit	Tomato pasta Water / Milk Fruit
FRIDAY	Crackers & cheese Water / Milk Fruit	Turkey meatballs in tomato sauce with spaghetti Pineapple sponge	Turkey mince, onion, breadcrumbs, milk, apple, thyme, pepper, plain flour, oil, garlic, tomatoes, tomato puree, sugar, oregano, chilli, basil, spaghetti Pineapple, self-raising flour, Greek yoghurt, eggs, allspice, baking powder, sugar, lime zest, lime juice, vanilla flavouring	Scrambled egg & toast Water / Milk Fruit

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