

Little Pilgrims & KG AUTUMN TERM MENU 2024

These weekly menus rotate throughout the Autumn term, including the Holiday Club weeks, which are highlighted in yellow.

Allergen information
 (g) gluten
 (d) dairy
 (e) egg
 (s) soya
 (f) fish
 (c) celery

GREEN indicates that a vegan option is available as mince or soya chunks.
 ✓ Indicates vegetarian

	Week 1 2 Sept 16 Sept 30 Sep 14 Oct 4 Nov 18 Nov 2 Dec 16 Dec	Week 2 9 Sept 23 Sept 7 Oct 21 Oct 11 Nov 25 Nov 9 Dec
MONDAY	Morning snack: Breadsticks(g) Lunch: Sweet & sour pork (g) or Vegan sweet & sour strips (g) ✓ Noodles (g) Sweetcorn Sliced pears & chocolate sauce (d) Tea: Vegetable pasta bake(g) (d), garlic bread(g) & peas Fromage frais (d)	Morning snack: Toasted crumpet (g) Lunch: Arrabiata chicken Vegan Arrabiata soya strips (g) ✓ Spaghetti (g) Mixed vegetables Stewed cinnamon apples & custard(d) Tea: Salmon fishcake(f) (g) potato puffs and baked beans Natural yogurt & sauce(d)
TUESDAY	Morning snack: Vegan pancake (g) Lunch: Chicken curry Vegan curry strips (g) ✓ Steamed rice & naan bread (g) Diced carrots Jelly Tea: Paprika pork , potato wedges & green beans Fruit platter	Morning snack: Marmite whirls(g) Lunch: Savoury mince (g) Vegan savoury mince(g) (s) ✓ Couscous (g) Sweetcorn Yoghurt whip (d) Tea: Ravioli & cheese bake, (d)(g) garlic bread (g) & peas Jelly
WEDNESDAY	Morning snack: Crackers (g) & cheese (d) Lunch: Meatballs (g) in tomato & veg sauce (c) Vegan meatballs in sauce(g)(c) ✓ Pasta (g) Mixed vegetables Sliced bananas & custard (d) Tea: Cheese & bacon stuffed jackets(d) baked beans and sweetcorn Natural yogurt & sauce(d)	Morning snack: Sunflower seed flapjack(g) Lunch: Roast gammon & gravy (s) Vegan slice ✓ Roast potatoes Fine green beans Semolina (g)(d) Tea: Chilli con carne , steamed rice & diced carrots Fruit platter
THURSDAY	Morning snack: Cheese biscuit (d) (g) Lunch: Baked sausages (g) & gravy (s) Vegan sausages (g) (s) ✓ Mashed potato Broccoli florets Fromage frais(d) Tea: Cheese pitta pizza, (g) (d) spaghetti hoops (g) & cucumber sticks Rice pudding (d)	Morning snack: Breadstick(g) & cheese (d) Lunch: Tomato & tuna vegetable sauce (f)(c) Tomato & veg sauce ✓ Pasta (g) & garlic bread (g) Sliced carrots Peach crumble (g) & vanilla sauce (d) Tea: Chicken pie & gravy (g) , petit pain(g) & mixed vegetables Fromage frais (d)
FRIDAY	Morning snack: Boiled eggs(e) Lunch: Cod fillet fish fingers (g)(f) Vegetable fingers(g) ✓ Skin on fries/mashed potato Baked beans and/or peas Oaty apple squares(g) Tea: Barbecue chicken , bread & butter (g)(s) & carrots Fromage frais(d)	Morning snack: Homemade oat biscuit (g) Lunch: Cheese & tomato pizza (g)(d) Skin on fries/potato wedges Baked beans and/or peas Natural yogurt (d) & strawberries Tea: Scrambled eggs, (e) spaghetti hoops(g) & toast triangles (g)(s) Fruit platter

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