

# Little Pilgrims

## Spring TERM

### MENU

# 2025

These weekly menus rotate throughout the Spring 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 option

	Week 1 6 Jan 20 Jan 3 Feb 17 Feb 3 Mar 17 Mar 31 Mar	Week 2 13 Jan 27 Jan 10 Feb 24 Feb 10 Mar 24 Mar 7 Apr
<b>MONDAY</b>	Morning snack: Oatmeal biscuit (g)  Lunch: <b>Barbecue chicken</b> Cauliflower & broccoli mornay ✓ (g) (d) Pasta (g) or bread roll (g) Peas & sweetcorn <b>Strawberry yogurt whip (d) &amp; wafer (g)(s)(d)</b> Tea: <b>Cowboy hotpot (g)</b> , cauliflower florets and petit pain (g) <b>Semolina (g) (d)</b>	Morning snack: Breadsticks (g)  Lunch: <b>Bolognaise</b> Vegan bolognaise ✓ (g) Spaghetti (g) Sliced carrots <b>Stewed apples &amp; vanilla sauce (d)</b> Tea: Garlic bread pizza slice (d) (g), baked beans and cucumber sticks <b>Fromage frais (d)</b>
<b>TUESDAY</b>	Morning snack: Breadstick (g) & cheese (d)  Lunch: <b>Chilli con carne &amp; taco</b> Vegan chilli con carne & taco ✓ (g) Steamed rice Fine green beans <b>Pear crumble (g) (d) &amp; chocolate sauce (d)</b> Tea: <b>Fish stars (f) (g)</b> , spaghetti hoops (g) and potato wedges <b>Fruit platter</b>	Morning snack: Vanilla scone (g)  Lunch: <b>Baked battered fish (f) (g)</b> Vegan fingers ✓ (g) Mashed potato Baked beans & sweetcorn <b>Natural yogurt (d) &amp; sauce</b> Tea: <b>Barbecued beef (g)</b> , petit pain (g) and peas <b>Jelly</b>
<b>WEDNESDAY</b>	Morning snack: Boiled eggs (e)  Lunch <b>Roast pork &amp; gravy</b> Vegan slice & gravy ✓ Roast potatoes Carrot batons <b>Banana, apple &amp; carrot muffins (g)(e)</b> Tea: <b>Chicken meatballs</b> , spaghetti (g) and sweetcorn <b>Fromage frais (d)</b>	Morning snack: Marmite & cheese biscuit (d)(g)  Lunch: Tomato & vegetable sauce(c) Pasta(g) Garlic bread slice(g) Fine green beans <b>Ginger flapjack (g) &amp; custard (d)</b> Tea: <b>Savoury mince</b> , yorkshire pudding (d) (g) (e) & broccoli florets <b>Fromage frais (d)</b>
<b>THURSDAY</b>	Morning snack: Crackers (g) & spread  Lunch <b>Teriyaki beef (g)(s)</b> Teriyaki soya strips ✓ (g)(s) Noodles (g) Broccoli florets <b>Mandarins &amp; custard (d)</b> Tea: Toast triangles (g), baked beans and grated cheese(d) <b>Melon platter</b>	Morning snack: Bread & butter triangles (g)(s)  Lunch: <b>Fajita chicken</b> Fajita soya strips ✓ (g)(s) Couscous (g) Mixed vegetables <b>Creamy rice pudding (d)</b> Tea: Salmon scrambled eggs (f) (e), spaghetti hoops (g) and crispy cubes (g) <b>Natural yogurt &amp; sauce (d)</b>
<b>FRIDAY</b>	Morning snack: Marmite whirls (g)  Lunch: <b>Battered chicken fillet bites (g)</b> Vegetable nuggets ✓ (g) Skin on fries/mashed potato Baked beans and/or peas <b>Natural yogurt (d) &amp; mini shortbread(g)</b> Tea: <b>Tuna sauce (f) (c)</b> , pasta (g) and mixed vegetables <b>Fruit platter</b>	Morning snack: Rice cakes & spread  Lunch: <b>Oven baked pork sausages (g)</b> Vegan sausages ✓ (g) Skin on fries/mashed potato Baked beans and/or peas <b>Melon platter</b> Tea: <b>Chicken curry</b> , naan bread (g) and diced carrots <b>Fromage frais (d)</b>

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