

The background is a light orange color with a repeating pattern of faint, stylized food items including tomatoes, mushrooms, leaves, and cheese slices. The word "Meals" is written in a large, orange, hand-drawn font. Below it, the word "at" is written in a smaller, orange, hand-drawn font. The word "little" is written in a blue, hand-drawn font, with a small orange starburst above the letter 'l'. The word "elms" is written in a blue, hand-drawn font, with a small green sprout above the letter 'l'.

# Meals at little elms

Spring and Summer Menu  
2023

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of Cereals & Toast G,S,Da,S	Selection of Cereals & Toast G,S,Da,S	Selection of Cereals & Toast G,S,Da,S	Selection of Cereals & Toast G,S,Da,S	Selection of Cereals & Toast G,S,Da,S
Morning Snack	Pitta & Melon G	Cracker, Cream Cheese & Banana G,Da	Muffin & Satsuma G,Da	Breadstick Cheese Fingers & Plum G,Da	Bagels & Pears G
Lunch	Fish, Spinach & Potato Curry with Couscous F,G,Mu Apricot	Roast of the Week with accompaniments Peaches & Cream Da	Butternut Squash Alfredo G,Da Pineapple	Cowboy Pie with Peas G,Su,Pu Pears	Bean Chilli with Rice Pu Ice Cream & Fruit Da
Alternative	Chickpea, Spinach & Potato Curry with Couscous Pu,G,Mu	Vegetarian Roast G,S		Bean Pie with Peas Pu	
Afternoon Snack	Peppers & Orange	Tomatoes & Pears	Carrot & Apples	Peppers & Melon	Carrot & Pineapple
Tea	Egg Mayo Baps & Tomato & Sweetcorn Salad E,G Rice Pudding & Raspberries Da	Lentil & Broccoli Pasta with Sweetcorn Pu,G Viennese Biscuits G	Cheese & Tomato Scrolls with Cucumber Sticks G,Da Semolina & Mandarins G,Da	Turkey & Cheese Sandwiches with Tomato G,Da Pineapple & Lime Drizzle Cake G,E	Jacket Potato with Tuna & Sweetcorn Mayo F,E Banana
Alternative			Dairy Free Cheese & Tomatoes Scrolls G		

**Allergen Key** G (Gluten) F (Fish) Da (Dairy) E (Egg) Pu (Pulses) Su (Sulphates) S (Soya) Mu (Mustard)



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Breakfast	Selection of Cereals & Toast G,S,Da,S	Selection of Cereals & Toast G,S,Da,S	Selection of Cereals & Toast G,S,Da,S	Selection of Cereals & Toast G,S,Da,S	Selection of Cereals & Toast G,S,Da,S
Morning Snack	Cracker Cream Cheese & Pears G, Da	Muffin & Satsuma G,Da	Breadsticks & Melon G	Pitta, Cheese Sticks & Plum G,Da	Bagels & Apple G
Lunch	Vegetable Tagine & Cous Cous G,Pu Apricots & Cream Da	Chicken Korma & Wholegrain Rice Jelly & Fruit	Fish Fingers, Potato Wedges Pea & Carrots G,F Mandarin Yoghurt Da	Chickpea & Vegetable Curry with Rice Pu,Mu Pear Crumble & Custard G,Da	Beef Stroganoff with Mash & Carrots Da Melon
Alternative		Chickpea Korma & Wholegrain Rice Pu			Bean Stroganoff Da, Pu
Afternoon Snack	Cucumber & Satsuma	Banana & Tomatoes	Carrots & Pineapple	Orange & Cucumber	Peppers & Banana
Tea	Pasta Salad with Tuna & Beans G,F,Pu Banana	Homemade Sausage Rolls & Coleslaw G,E Apples	Tomato & Lentil Soup with Crusty Bread G,Da Chocolate Custard Cookies Da,G,E	Chicken Mayo & Spinach Wraps with Vegetable Sticks G,E Peach	Pasta with Fresh Tomato, Chilli & Garlic G Fruit of the Forest Yoghurt Da
Alternative	Pasta Salad with Beans G,Pu	Vegetarian Sausage Rolls G,S		Cream Cheese & Spinach Wraps G,Da	

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Breakfast	Selection of Cereals & Toast G,S,Da,S	Selection of Cereals & Toast G,S,Da,S	Selection of Cereals & Toast G,S,Da,S	Selection of Cereals & Toast G,S,Da,S	Selection of Cereals & Toast G,S,Da,S
Morning Snack	Muffin & Plum G, S	Breadsticks Cheese Sticks & Satsuma G	Pitta & Pears G	Crackers Cream Cheese & Oranges G	Muffin & Banana G,S
Lunch	Lentil Ratatouille & Tricolour Pasta G,Pu Apple	Turkey Roast with Accompaniments  Rice pudding With Fruit of the Forest Da	Spinach, Sweet Potato & Lentil Dhal With Rice Pu Melon	Fish Pie & Sweetcorn Da,F Pineapple	Thai Chicken with Wholegrain Rice  Lemon & Orange Polenta Cake G,E
Alternative		Falafel or Vegetarian Sausage Pu,S,G		Mix Bean Pie Pu,Da	Thai chickpea with Wholegrain Rice Pu
Afternoon Snack	Pineapple & Cucumber	Apple & Tomato	Pineapple & Peppers	Apple & Carrot	Satsuma & Peppers
Tea	Cheese & Ham Croissants with Pepper Sticks G,Da Oat & Apricot Biscuits G,E,Su	Tuna Mayo Bagels & Cucumber Sticks E,F,G Banana	Bean & Tomato Gnocchi with Garlic Bread PU,G,Da, Blueberry Sponge G,E	Cheese Scones with Apple Coleslaw G,Da,E Frozen Yogurt with Fruit Da	Jacket Potato & Baked Beans Pu Melon
Alternative	Dairy Free Cheese Sandwich G	Cream Cheese or Hummus Bagels G,Da,Se,Pu			

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# weaning menu

## week one



	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch Stage 3	Fish Spinach & Potato Curry with Cous Cous F,G,Mu Pears	Roast of the Week with accompaniments  Banana	Butternut Squash Alfredo G,Da Peach	Cowboy Pie with Peas G,Su,Pu Pears	Bean & Lentil Chilli with Rice Pu Papaya
Lunch Stage 2	As above or Potato, Spinach & Cauliflower Pears	As above or Potatoes, Peas Banana	As above	As above or Potato & Carrot Pears	As above or Swede & Broccoli Papaya
Lunch Stage 1	Potato, Spinach & Cauliflower Pears	Potatoes & Peas Bananas	Butternut Peaches	Potato & Carrot Pears	Swede & Broccoli Papaya
Tea Stage 3	Sweet Potato & Courgette with Sliced Bap Fingers Apricots	Lentil & Broccoli Pasta with Sweetcorn G Pears	Pea & Potato Soup with Bread Fingers G Apples	Butternut Soup With Buttered Bread G Plums	Jacket Potato with Tuna & Sweetcorn Mayo F,E Banana
Tea Stage 2	As above	As above	As above	As above	As above
Tea Stage 1	Sweet Potato & Courgette Apricots	Broccoli Soup Pears	Pea & Potato Soup Apples	Butternut Soup Plums	Peas & Sweet Potato Banana

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# weaning menu

## week two



	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch Stage 3	Vegetable Tagine & Cous Cous <b>G,Pu</b> Apricot	Chicken Korma & Rice Apple	Fish Fingers, Potato Wedges Pea & Carrots <b>G,F</b> Melon	Chickpea & Vegetable Curry with Rice <b>Pu,Mu</b> Pear	Beef Stroganoff with Mash & Carrots <b>Da</b> Melon
Lunch Stage 2	As Above or Courgette & Sweet Potato Apricot	As Above or Peas & Potato Apple	As Above or Mix Veg & Potatoes Melon	As Above or Pea, Carrot & Potato	As Above or Mash & Carrot Melon
Lunch Stage 1	Courgette & Sweet Potato Apricot	Peas & Sweet Potato Apples	Mix Veg & Potatoes Melon	Peas, Carrot & Potato Pears	Mash & Carrot Melon
Tea Stage 3	Cheese Cauliflower & Pasta <b>Da</b> Banana	Broccoli Soup <b>G</b> Banana	Tomato & Lentil Soup with Crusty Bread <b>G,Da</b> Papaya	Chicken, Swede & Spinach with Pitta Fingers <b>G</b> Peach	Jacket Potato with Tuna & Sweetcorn <b>F</b> Banana
Tea Stage 2	As above	As above	As above	As above or Swede & Spinach	As above or Sweet Potato & Swede
Tea Stage 1	Cauliflower & Potato Banana	Broccoli Soup Banana	Courgette & Parsnip Papaya	Swede & Spinach Peach	Sweet Potato & Swede Banana

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# weaning menu

## week three



	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch Stage 3	Pilchard Pasta F,G Apples	Turkey Roast with Accompaniments Pears	Spinach, Sweet Potato & Lentil Dhal With Rice Pu Melon	Fish Pie & Sweetcorn Da,F Mango	Thai Chicken with Wholegrain Rice Papaya
Lunch Stage 2	As Above or Peppers & Pasta G Apples	As Above or Mix Veg & Potato Pears	As Above or Sweet Potato & Peas Melon	As Above or Potato & Carrots Mango	As Above or Parsnip & Carrot Papaya
Lunch Stage 1	Butternut Apples	Mix Veg & Potato Pears	Sweet Potato & Peas Melon	Potato & Carrots Mango	Parasnip & Carrot Papaya
Tea Stage 3	Cheese Broccoli Bread Fingers Da,G Plum	Courgette and Mint Soup with Rolls Da,G Banana	Bean & Tomato Gnocchi with Garlic Bread Pu,G,Da Blueberries& Banana	Sweet Potato & Butternut Soup G Pear	Jacket Potato & Baked Beans Pu Melon
Tea Stage 2	As above	As above	As above	As above	As Above or Mix Vegetables & Potatoes Melon
Tea Stage 1	Broccoli & Potato Plum	Courgette & Potato Banana	Potatoes & Cauliflower Bananas	Sweet Potato & Butternut Pear	Mix Vegetables & Potatoes Melon

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