



LITTLE STARS MENU



WEEK 1

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|--|---|
| LUNCH | <u>Meatball Pasta</u> Carrot Cake | <u>Chicken Curry</u> Served with brown rice. Jam Tart | <u>Cottage Pie</u> Served with seasonal veg. Pancakes | <u>Pork Goulash</u> Served with seasonal veg. Mousse | <u>Chicken Cobbler</u> Served with seasonal veg. Rice Pudding |
| SUPPER | <u>Potato Skins</u> Served with a selection of hot fillings. | <u>Homemade Pasty</u> Served with beans. | <u>Fajitas</u> Served with veg sticks. | <u>Macaroni Cheese</u> | <u>Homemade Fishcakes</u> |
| *There is a Vegetarian option available for all meals.* | | | | | |
| 5 A DAY | Tomato, celery, peppers, onion and garlic. | Pepper, celery, onion, courgette and carrot. | Peas, sweetcorn, celery, cucumber and carrot. | Onion, peppers, celery, tomato and carrot. | Celery, carrot, onion, tomato, swede, courgette and pepper. |
| *Fresh fruit and vegetables are served at every snack time, and fresh fruit is served at Supper.* | | | | | |