

Little Blossoms Menu



These menus are subject to change depending on the availability of fresh local produce

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	A choice of seasonal fruit or vegetables with either milk or water to drink				
Lunch	Scrummy Cheese and potato Pie with Baked Beans	Italian Spaghetti Bolognaise with Garlic Bread, Carrots and Peas	Free Range Roast Chicken with Roast Potatoes, Stuffing, Swede, Sprouts and Gravy	Tasty Free Range Orchard pork and Apple casserole with Potatoes, Cabbage and Peas	Ocean Fish Pie, Green Beans and Sweetcorn
Allergens	Milk	Celery, Gluten, Mustard, Yeast	Celery, Gluten, Mustard, Yeast	Celery, Mustard, Yeast	Fish, Milk
Pudding	Seasonal stewed fruit and Custard	Fruit Crumble with Cream	Jelly and Fruit	Pineapple Upside Down Pudding with Custard	Bananas and Custard
Allergens	Milk	Gluten, Milk		Eggs, Gluten, Milk	Milk
Vegetarian	As Above	Quorn Bolognaise	Quorn Fillet Roast	Vegetable Casserole	As Above/ Vegetable Crumble
Afternoon Snack	A choice of seasonal fruit or vegetables with either milk or water to drink				
Tea	Clive's Free Range Hot Dogs with Salad	Jacket Potatoes with Tuna and Cheese	Soup of the Day with Wholemeal Bread Roll	Mixed Sandwiches with Crudités	Scrambled Egg on Toast
Allergens	Gluten, Milk, Soya	Fish, Milk	Gluten, Milk, Soya, Yeast	Eggs, Fish, Gluten, Milk, Soya	Eggs, Gluten, Soya
Pudding	Plain Yogurt with Tinned Peaches	Homemade Biscuit	Fruity Flapjack	Fruit Yogurt	Ginger Biscuit
Allergens	Milk	Gluten, Milk	Gluten, Oats	Milk	Gluten, Milk

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Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	A choice of seasonal fruit or vegetables with either milk or water to drink				
Lunch	Chicken Korma with Brown Rice and Peas	Roast Topside of Beef with Roast Potatoes, Yorkshire Pudding, Carrots and Cabbage	Salmon and Broccoli Pasta Bake with Peas and Carrots	Mexican Mixed Bean Casserole with Cous Cous and Sweetcorn	Shepherds Pie with Green Beans and Swede
Allergens	Milk	Celery, Egg, Gluten, Mustard, Yeast	Fish, Gluten, Milk,	Celery, Gluten, Mustard, Yeast	Celery, Mustard, Yeast
Pudding	Fruit and Cream	Ice Cream with Fruit Puree	Eves Pudding with Custard	Semolina with Fruit	Fruits of the Forest Crumble with Crème Fraiche
Allergens	Milk	Milk	Egg, Gluten, Milk	Gluten, Milk	Gluten, Milk
Vegetarian	Vegetable Bhuna	Quorn Roast	As Above	As above	Vegetable Bake
Afternoon Snack	A choice of seasonal fruit or vegetables with either milk or water to drink				
Tea	Sammy Sardines on Toast	Mixed Open Rolls with Salad	Crumpets with Marmite, Cream Cheese, Jam or Lemon Curd	Boiled Egg with Bread and Butter Soldiers	Homemade Italian Pizza with Salad
Allergens	Fish, Gluten, Soya	Egg, Fish, Gluten, Milk, Soya	Gluten, Milk	Eggs, Gluten, Soya	Gluten, Milk, Soya
Pudding	Fruit Muffin	Fresh Fruit Salad	Homemade Biscuit	Fruit Scones	Natural Yogurt
Allergens	Egg, Gluten, Milk		Eggs, Gluten, Milk	Gluten, Milk	Milk

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Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	A choice of seasonal fruit or vegetables with either milk or water to drink				
Lunch	Atlantic Cod in Cheese sauce with Rice and Peas	Chicken Casserole with Potatoes, Cabbage and Parsnip	Homemade Minty Lamb Burger with Mashed Pototo, Peas and Sweetcorn	Gammon with Parsley Sauce, New Pototoes, Green Beans and Carrots	Clive's Free Range Sausage with Mash Pototo, Peas, Carrots and Gravy
Allergens	Fish, Gluten, Milk	Celery, Mustard, Yeast	Tomato	Gluten, Milk	Celery, Milk, Mustard, Yeast
Pudding	Stewed Apple with Raisins	Rice Pudding	Sponge Pudding and Custard	Yogurt with Fruit Puree	Crunchy Crumble with Fromage Frais
Allergens	Milk	Milk	Egg, Gluten, Milk, Strawberry Flavouring	Milk	Gluten, Milk
Vegetarian	Vegetable Medley Pie	Vegetable casserole	Vegetable Burger	Quorn Roast	Quorn Sausage
Afternoon Snack	A choice of seasonal fruit or vegetables with either milk or water to drink				
Tea	Beans on Toast	Quiche and salad	Cheese and Biscuits with Carrot, Celery and Cucumber Sticks with Hoummous	Tuna and Sweetcorn Pasta Salad with Coleslaw	Pitta Bread with Ham, Tomato, Cheese, Carrots and beetroot
Allergens	Gluten, Milk, Soya	Eggs, gluten, Milk	Celery, Gluten, Milk, Sesame	Eggs, Fish, Gluten, Milk	Gluten, Milk, Tomato
Pudding	Fruit Yogurt	Banana Cake	Fruit Salad	Apple and Cinnamon Cake	Rice Krispie cake
Allergens	Milk	Egg, Gluten, Milk		Eggs, Gluten, Milk	Gluten, Milk

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Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	A choice of seasonal fruit or vegetables with either milk or water to drink				
Lunch	Creamy Chicken and bacon Pasta Bake with Broccoli and Green Beans	Turkey Stir Fry with Noodles	Roast Lamb with Roast Potatoes, Carrots, Sprouts and gravy	Rustic Farmhouse Lasagne with Garlic Bread and Mixed Vegetables	Mexican Beef Chilli with Rice, Peas and Tortilla Chips
Allergens	Gluten, Milk	Egg, Gluten, Sesame	Celery, Mustard, Yeast	Celery, Gluten, Milk, Mustard, Yeast	Celery, Gluten, Mustard, Yeast
Pudding	Natural Yogurt with fruit Puree	Fruit Crumble with Custard	Banana Split	Fruit Jelly with Fromage Frais	Stewed Fruit and Custard
Allergens	Milk	Gluten, Milk	Milk	Milk	Milk
Vegetarian	Quorn Chicken Pasta Bake	Vegetable Stir Fry	Quorn Roast	Vegetable Lasagne	Vegetarian Chilli
Afternoon Snack	A choice of seasonal fruit or vegetables with either milk or water to drink				
Tea	Soup of the day with Wholemeal Bread Rolls	Cheese Scones with Salad	Chicken Fajita with Crunchy Salad	Jacket Potato with Tuna, Cheese and Salad	Spaghetti with Wholemeal Toast
Allergens	Celery, Gluten, Milk, Mustard, Yeast	Gluten, Milk	Egg, Gluten, Milk, Soya	Fish, Milk	Gluten, Soya
Pudding	Homemade Shortbread	Fruit Yogurt	Fresh Fruit	Cherry Scone	Raisin and Oatmeal Cookie
Allergens	Gluten, Milk	Milk		Gluten, Milk	Gluten, Milk, Oats

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