

Summer

Little Blossoms Menu



| Week 1 | Monday | Tuesday | Wednesday | Thursday | Friday |
|------------------------|---|---|--|--|---|
| Morning Snack | A choice of seasonal fruit or vegetables with either milk or water to drink | | | | |
| Lunch | Tomato & Sausage Casserole with Cous Cous, Peas and Carrots | Chicken & Bacon Pasta Bake, Sweetcorn & Broccoli | Whole Gammon Joint with Potatoes, Seasonal vegetables & Parsley sauce | Cottage pie, Carrots & Green beans | Corned Beef Hash with mixed vegetables and gravy |
| Allergens | Celery, Gluten, Mustard, Milk, Yeast | Gluten, Milk | Gluten, Milk | Celery, Mustard, Yeast | |
| Pudding | Crumble and Custard | Stewed Fruit | Strawberries with Ice Cream | Spotted Dog and Custard | Fromage Frais |
| Allergens | Gluten, Milk | Milk | Milk | Gluten, Milk | Milk |
| Vegetarian | Veggie Sausage Casserole | Vegetable Pasta Bake | Quorn Fillet roast | Vegetable Cottage Pie | Cheese & Potato Pie |
| Afternoon Snack | A choice of seasonal fruit or vegetables with either milk or water to drink | | | | |
| Tea | Ploughman's Tea with Coleslaw and Crusty French Bread | Spaghetti on Toast | Ritz and Cream Crackers with Cheese, Houmous and Crudités | Toasted Bagels with a Selection of Toppings | Selection of Sandwiches |
| Allergens | Cheese, Egg, Gluten, Yeast | Gluten | Milk, Sesame | Gluten, Milk | Gluten, Milk, Yeast |
| Pudding | Seasonal Fruit Salad | Homemade Oatie Biscuit | Muffin | Yogurt | Raisin Flapjack |
| Allergens | | Gluten, Milk | Gluten | Milk | Gluten |

All our meals are homemade daily, using fresh local produce
Alternative special dietary requirements are also catered for

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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 in Mascarpone sauce with Rice, Peas & Sweetcorn | Braised Lamb Casserole with Cous Cous and Mixed Vegetables | Roast of the day, with Mashed Potato, Roast Potato, Carrots & Sprouts | Fishermans Pie with Green Beans and Diced Swede | Macaroni Cheese with Carrots & Peas |
| Allergens | Egg, Gluten, Milk | Celery, Gluten, Mustard, Yeast | Celery, Gluten, Mustard, Yeast | Fish, Gluten, Milk | Celery, Gluten, Mustard, Yeast |
| Pudding | Orange Cake with a Lemon Sauce | Ice cream with wafer | Jelly & Whip | Berry Crumble and Cream | Pineapple upside down cake & Custard |
| Allergens | Egg, Gluten, Milk | Gluten, Milk | Milk | Gluten, Milk | Gluten, Milk |
| Vegetarian | Quorn Pieces in Mascarpone Sauce | As Above | Quorn Roast | Vegetable Pie | Vegetable Casserole |
| Afternoon Snack | A choice of seasonal fruit or vegetables with either milk or water to drink | | | | |
| Tea | Jacket Potato and Sardines | Tortilla Wraps with Cajun Chicken & Salad | Baked Beans on Wholemeal Toast | Cheese and Biscuits with Hummous | Hot Dog and Crudités |
| Allergens | Fish | Gluten | Gluten | Gluten, Milk | Gluten |
| Pudding | Cherry Scones | Homemade Cake | Homemade Biscuit | Assorted Melon | Fromage Frais |
| Allergens | Gluten, Milk | Egg, Milk | Eggs, Gluten | | 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 | Tuna Pasta Bake with Mixed Vegetables | Curry of the Day with Rice & peas | Chicken & Bacon Lasagne with Garlic Bread & Mixed Vegetables | Roast of the Day with Mashed & Roast Potatoes, Carrots & Sprouts | Sausages, Mashed Potato, Peas & Carrots with Gravy |
| Allergens | <i>Celery, Fish, Gluten, Mustard, Yeast</i> | <i>Gluten, Milk</i> | <i>Celery, Gluten, Milk, Mustard, Yeast</i> | <i>Celery, Mustard, Yeast</i> | <i>Celery, Gluten, Mustard</i> |
| Pudding | Stewed Fruit | Apricot & Apple Crumble | Yogurt swirl | Ice Cream with Strawberries and Wafer | Rice Pudding |
| Allergens | | <i>Gluten, Milk</i> | <i>Milk</i> | <i>Gluten, Milk</i> | <i>Milk</i> |
| Vegetarian | Vegetable Pasta Bake | Sweet & Sour Quorn | Vegetable Lasagne | Quorn Roast | Veggie Sausage |
| Afternoon Snack | A choice of seasonal fruit or vegetables with either milk or water to drink | | | | |
| Tea | Homemade Pizza | Pittas with a selection of fillings and salad | Selection of Sandwiches with Crisps | Crumpets with a selection of toppings Cherry Tomatoes & Cucumber | A selection of cold meats, bread and butter with homemade coleslaw |
| Allergens | <i>Gluten, Milk</i> | <i>Eggs, Fish, Milk</i> | <i>Eggs, Gluten, Milk</i> | <i>Gluten, Milk</i> | <i>Egg, Gluten, Milk</i> |
| Pudding | Fruit Cookie | Jelly | Swiss Roll | Chocolate Cornflake Cake | Yogurt |
| Allergens | <i>Eggs, Gluten</i> | | <i>Egg, Gluten, Milk</i> | <i>Gluten, Milk</i> | <i>Gluten, Milk</i> |

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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 | Cheese & Potato Pie, Sausages & Baked Beans | Roast of the Day with Mashed & Roast Potato, Carrots & Sprouts | Chicken in BBQ Sauce with Cous Cous, Peas & Sweetcorn | Spaghetti Bolognese with Garlic bread & Mixed Vegetables | Fish fingers with baked beans & Mashed Potato |
| Allergens | Gluten, Milk | Celery, Gluten, Mustard, Yeast | Gluten, Milk | Celery, Gluten, Mustard, Yeast | Fish, Gluten, Milk, Mustard |
| Pudding | Crumble of the day and Cream | Ice Cream Sundae | Fruit & Jelly | Cheesecake | Bananas & Custard |
| Allergens | Gluten, Milk | Milk | | Gluten, Milk | Milk |
| Vegetarian | Quorn in BBQ Sauce | Quorn Roast | Veggie Sausage | Vegetable Bolognese | Vegetable Bake |
| Afternoon Snack | A choice of seasonal fruit or vegetables with either milk or water to drink | | | | |
| Tea | Toasted Muffin with a selection of toppings | Crackers with Cheese, Cold Meats and Hummous | Selection of Quiche | Sandwiches with a Selection of fillings | Tortilla Wraps with a selection of fillings |
| Allergens | Eggs, Gluten, Milk | Gluten, Milk | Egg, Gluten, Milk | Eggs, Fish, Gluten, milk, Soya | Eggs, Gluten, Milk |
| Pudding | Individual Mousse | Chocolate Fruit Krispie Cake | Fromage Frais | Homemade Biscuit | Jam Tart |
| Allergens | Milk | Gluten, Milk | Milk | Gluten, Milk, Oats | Gluten |

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