









Menus



Little Stars Childcare
where your stars shine bright

Snack AM	Lunch	Pudding	Snack PM	Tea	Pudding
Fruit	 English dish Jacket potatoes with baked beans and a side of cucumber and tomatoes	Fruit ice lolly's	Selection of crackers, salad and fruit	 French dish Brioche loaf with butter olives and cheddar cheese cubes	Fruit
Fruit	Creamy whole-wheat salmon pasta with peas	Fruit salad	Selection of crackers, salad and fruit	 English dish Cheese and cucumber wholemeal rolls	Fruit
Fruit	 Italian dish Vegetable pizza with garlic bread	Plain yoghurt	Selection of crackers, salad and fruit	 English dish Marmite sandwiches with tomatoes	Fruit
Fruit	Fish cakes, wholemeal rice and green beans	Rice pudding	Selection of crackers, salad and fruit	Bagels with marmite and carrot sticks	Fruit
Fruit	 Italian dish Spaghetti bolognese with carrots	Sponge cake	Selection of crackers, salad and fruit	Pizza pin wheels with apple slices	Fruit




Week
2

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Snack AM	Lunch	Pudding	Snack PM	Tea	Pudding
Fruit	 English dish Beans and grated cheese on wholemeal toast	Fruit yoghurt	Selection of crackers, salad and fruit	 Greek dish Flat bread with red pepper hummus and olives	Fruit
Fruit	Tuna pasta bake with mixed veg and butter beans	Fruit cake	Selection of crackers, salad and fruit	 Greek dish Toasted pitta breads with cream cheese and raisins	Fruit
Fruit	 Chinese dish Chinese curry with mixed veg, rice and poppadom's	Pineapple	Selection of crackers, salad and fruit	Cheese and hummus baguettes with cucumber	Fruit
Fruit	 English dish Jacket potatoes with tuna mayonnaise and sweetcorn	Oaty biscuits	Selection of crackers, salad and fruit	 English dish Cheese on wholemeal toast with tomatoes	Fruit
Fruit	 English dish Quorn roast, with roast potatoes, yorkshire puddings, broccoli and gravy	Ice cream	Selection of crackers, salad and fruit	 Italian dish Pasta salad (Pasta, olives, cheese, tomato and cucumber)	Fruit



Week
3

Menus



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Snack AM	Lunch	Pudding	Snack PM	Tea	Pudding
Fruit	 Italian dish Wholemeal pasta and cauliflower cheese and peas	Banana & custard	Selection of crackers, salad and fruit	Houmous or salmon paste wholemeal wraps and crated carrot	Fruit
Fruit	Jacket potatoes with grated cheese and a side of cucumbers and tomatoes	Rich tea biscuits	Selection of crackers, salad and fruit	 English dish Toasted hot cross buns with butter	Fruit
Fruit	Meat free burgers, boiled potatoes and corn on the cob or salad	 Greek dish Greek Yoghurt and honey	Selection of crackers, salad and fruit	 French dish Croissants with cheese slices and dried fruit	Fruit
Fruit	 English dish Fish fingers with mash potatoes and mixed veg	Tinned fruit	Selection of crackers, salad and fruit	 English dish Crumpets with marmite and apples	Fruit
Fruit	Tomato/vegetable soup with bread and butter	Melon	Selection of crackers, salad and fruit	Wrap pizzas and olives	Fruit

