



Autumn / Winter 2024-25 Lunch - Platinum



Fancy a change?

Check out our alternative menu for more dish options. You can switch to one of these options on any day!

flexibility to craft the perfect menu for your little ones

Tuesday is your "CHOOSE"-Day !!!

side A
OR
side B
OR
half / half
CHOOSE...

Week 1

Week 1	Main Course		Veggie Main Course		Second Course
Monday	Carrot & lentil soup (G) (PU), Tuna, Salmon, Sweetcorn Mayo (F) & Wholemeal Bread Slice (G) (S)		Carrot & lentil soup (PU), Egg Mayo (E) & Wholemeal Bread Slice (G) (S)		Custard (D), Crushed pear & apple
Tuesday "CHOOSE"-Day	Penne Lasagne Bake (D)(G)(T)		Meatless Penne Lasagne Bake (D)(G)(T)(PU)		Mini Banana pancake (G)(E)(D), choco hummus (PU)
	Cucumber Slices & Pepper Batons	Steamed Broccoli & Carrots	Cucumber Slices & Pepper Batons	Steamed Broccoli & Carrots	
Wednesday	Butter Chicken Curry (T)(D), Pilau Rice, Pitta Slice (G)		Butter Vegetable & Chickpea Curry (T)(D)(PU), Pilau Rice, Pitta Slice (G)		Greek Yoghurt (D) & sweet potato shape (G)
Thursday	Carroty butternut squash Mac & Cheese (D) (G) & Baked Beans (T) (PU)		Carroty butternut squash Mac & Cheese (D) (G) & Baked Beans (PU) (T)		Peach, raspberry & apple Ice Lolly
Friday	Beef Kofta Meatballs, Corn on the Cob, Wholemeal Chapati (G), Cucumber Raita (D)		Meatless Mince Kofta Meatballs (PU), Corn on the Cob, Wholemeal Chapati (G), Cucumber Raita (D)		Fruit Selection

Week 2

Week 2	Main Course		Veggie Main Course		Second Course
Monday	Smooth Tomato & Hidden Veg Sugo (T) (PU), Wholemeal Penne (G), Grated Cheese (D)		Smooth Tomato & Hidden Veg Sugo (T) (PU), Wholemeal Penne (G), Grated Cheese (D)		Fruit Selection
Tuesday "CHOOSE"-Day	Thai Yellow Chicken Curry		Thai Yellow Tofu & Vegetable Curry (S)		Choco Banana Custard (D)
	Noodles (G)(E)	Rice	Noodles (G)(E)	Rice	
Wednesday	Slow Cooked Beef Stew (C)(S), Roast Potatoes		Meatless Beef Stew (S)(PU)(C), Roast Potatoes		Greek Yoghurt (D), Peach Slices
Thursday	Cup of Leek & Potato Soup (PU), Herb Croutons (S)(G) & Pink Fishcake (F)(G)(E)(D)		Cup of Leek & Potato Soup (PU), Herb Croutons (S)(G) & Homemade Potato Cake (PU)(G)(E)(D)		Mango Fro-yo (D)
Friday	Vegetable & Chickpea Tagine (T)(PU)(SD), Cous Cous (G), Greek Style Yoghurt (D)		Vegetable & Chickpea Tagine (T)(PU)(SD), Cous Cous (G) & Greek Style Yoghurt (D)		Savoury Muffin (D) (G) (E) Orange Smiles,

Week 3

Week 3	Main Course		Veggie Main Course		Second Course
Monday	Hungarian pork goulash, Mash		Vegetarian hungarian goulash (PU)(G), Mash		Oatcakes (G), cream cheese (D) & grape quarters
Tuesday "CHOOSE"-Day	BYO beany beef chilli burrito wrap (T) (PU) (G)		BYO beany meatless Chilli burrito wrap (T)(PU)(G)		Fruit Selection
	Grated cheese (D)	Sour Cream (D)	Grated Cheese (D)	Sour Cream (D)	
Wednesday	Tomato and mascarpone sauce (T)(D)(PU), Pasta (G), Steamed little trees		Tomato and mascarpone sauce (T)(D)(PU), Pasta (G), Steamed little trees		Homemade Berry Pancake Strips (D)(E)(G) & Greek Yoghurt (D)
Thursday	Crunchy Chicken breast strips (G)(E)(D), Katsu Hidden Veg Curry & Rice, Cucumber batons		Crunchy Chicken-less strips (G)(PU)(E)(D), Katsu Hidden Veg Curry & Rice, Cucumber batons		Apricot & Raisin flapjack (SD) & banana slices
Friday	Roast Beef in Gravy (S), Baby potato & veg medley		Roast Meatless Meatballs in Gravy (S), Baby potatoes & veg medley		Greek Yoghurt (D) & Apple biscuit (G)



PLATINUM - Alternative dishes MAIN



Carrot & Lentil Soup
(PU) (G)

Wholemeal Bread Slice (G)(S)

Tuna, salmon & sweetcorn mayo (F)

Ricecakes

Egg Mayo (E)

Tomato Soup
(T) (PU)



Oatcakes (G)

Laughing cow cheese portion (D)

Sweet potato hummus (PU)

All alternative dishes are fully balanced across the main food groups and meet the nutritional markers for Early Years children

Bolognese
(T)



Meatless Bolognese
(PU) (T)

Wholemeal Pasta (G)



Cucumber Batons
OR

Rainbow Pepper Batons



Tuna, salmon & sweetcorn mayo (F)



Baked Potato

Grated Cheese (D)

Baked Beans (PU) (T)

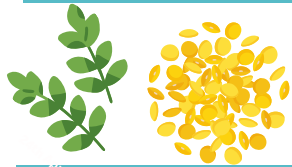
Cucumber Batons



When selecting dishes from this menu, remember to consider the planned meals that surround the meal you are ordering for to ensure a good variety of proteins and starchy items across the day. For support when making alternative choices, get in touch with our friendly customer services team

Beef chilli (T)(PU)

Chicken & lentil curry (T)(PU)



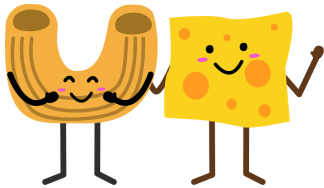
Lentil curry (T)(PU)



White Rice



Carrotty Butternut squash mac & cheese (D) (G)



Baked Beans
(PU) (T)



Tomato & mascarpone pasta (PU) (D) (G)



Grated Cheese (D)

Cottage Pie filling (PU)(S)



Meatless Cottage Pie filling (PU)(S)



Mash



Perhaps you fancy trying something new this week for a change. Or maybe some of your little ones are struggling with a particular dish on our main menu. Preferences can vary with one child, one room, or across the board in your setting. It's a typical challenge we face when feeding children & it can be worrying and stressful for everyone involved. Don't worry though. We have you covered with this perfect tool to help you flex your nursery lunch menu to suit your little ones.

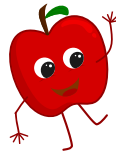
★ PLATINUM - Alternative dishes 2nd COURSE ★



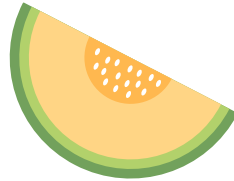
Fruit options :



Pear



Apple



Honeydew Melon
wedges
(min x15)



Orange smiles
(min x15)



Mango & apple
ice lolly



Apple
ice lolly

All alternative dishes are fully balanced across the main food groups and meet the nutritional markers for Early Years children



Oatcakes (G)

Cream cheese (D)

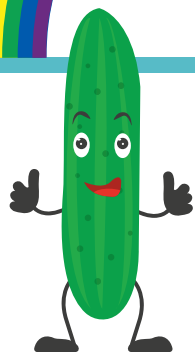
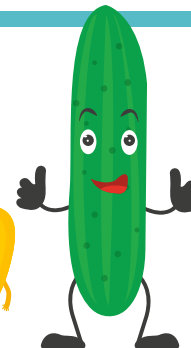
Raisins

Early years nutrition experts recommend offering little ones savoury 2nd courses occasionally to reduce the reliance on sweet profile puddings. Our 2nd courses can be served as starters or after main course. introducing starters is an excellent way to expand and vary mealtime experiences



Rainbow veg
batons

Sour cream &
chive dip (D)

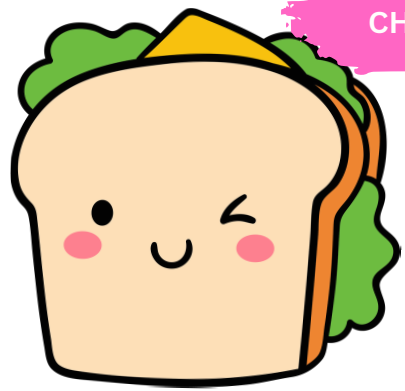


Greek Tomato &
Cucumber salad
(RT)



Use our 2nd course selector to CHOOSE alternatives for an individual child, a group of children, or your whole setting

★ PLATINUM - packed lunch menu ★



CHOOSE your bread

- Wholemeal bread (G)(S)
- White Wrap (G)
- White bread (G)(S)
- Gluten Free corn wrap
- Gluten Free Bread (E)

CHOOSE your filling

- Cheese (D)
- Dairy free cheese (contains coconut)
- Cucumber & cream cheese (D)
- Tuna & sweetcorn mayo (F)
- Ham
- Egg Mayo (E)
- Cucumber & Dairy free cream cheese (contains coconut)

Fancy a picnic?

Offering Little ones reasonable choices is a great way to engage them in mealtimes!

Going on a day trip?

CHOOSE one item from each section to create the perfect packed lunch for your little ones

Delivered by 11:30am on order date
OR
with your prior day's lunch delivery upon request

CHOOSE your fruit

- Melon wedges (min x15)
- Satsuma
- Apple
- Banana
- Plum (seasonal)

CHOOSE your savoury snack

- Cucumber batons
- Cooked carrot batons
- Rainbow pepper batons
- Cherry tomato quarters (RT)

ADD a healthy treat

- Sweet potato dinosaur biscuit (G)
- Apple star biscuit (G)
- Apple ice lolly*
- Mango & apple ice lolly*

(* freezer storage required)

ADD a drink? (additional charge)

- Apple juice
- Blackcurrant juice
- Orange juice
- Water

Our fruit juices are fully school compliant.

Let us know if you prefer your packed lunches individually packed in brown paper bags
OR
if you would like them packed "picnic style" in our eco friendly Little Lunches returnable tubs.



Autumn / Winter 2024-25 tea Menu



CHOOSE Hot or Cold

Week
1

Cold Afternoon Tea					Hot Tea		
Week 1	item 1	item 2	Veg alt	item 3	Main	Veg alt	2nd course
Monday	Ricecakes (Wholegrain)	Beetroot Falafel (PU) & Cream Cheese Dip (D)		Plum	Vegetable & Chickpea curry (PU), rice		Plum
Tuesday	Wrap (G)	Chicken Slices, Pepper Batons	Chicken-less Slices (G)(PU), Pepper Batons	Yoghurt (D), Rainbow grape quarters	Chicken Fajita Mix, Tortilla Wrap (G)	Chicken-less Fajita mix (G)(PU), Tortilla wrap (G)	Yoghurt (D), Rainbow grape quarters
Wednesday	Tomato Pasta Bows (G)(T)(PU)	Mini corn on the cob		Fruit Kebab	Tomato & Broccoli pasta (T)(PU)(G)		Fruit Kebab
Thursday	Build your own roll (G)	Egg Mayo (E), cherry tomato quarters (RT)		Banana	Carrot & Butterbean soup (G)(PU), Bread roll (G)		Banana
Friday	Oatcakes (G)	Salmon pate (F) (D) & cucumber ribbon	Cream cheese (D) & cucumber ribbon	Melon wedges	Penne Bolognese bake (T)(G)	Meatless Penne Bolognese Bake (T)(G)(PU)	Honeydew Melon Wedges

Week
2

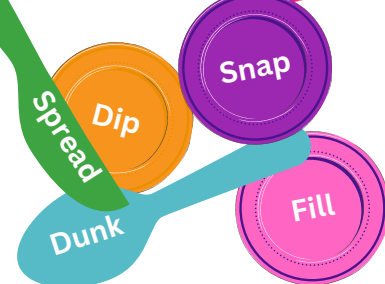
Cold Afternoon Tea					Hot Tea		
Week 2	item 1	item 2	Veg Alt	item 3	Main	Veg Alt	2nd course
Monday	Wrap (G)	Chicken & sweetcorn mayo	Chicken-less sweetcorn mayo (G)(PU)	Yoghurt (D) & raisins	Chicken Chilli (T) (PU), Baked Tortilla Triangles (G)	Meatless Chilli (PU), Baked Tortilla Triangles (G)	Yoghurt (D) & raisins
Tuesday	Pasta Bows (G)	Sweet Potato Falafel (PU) & Cucumber raita dip (D)		Rainbow grape quarters	Baked Potato, Baked Beans (T) (PU), Grated Cheese (D), Cucumber Batons		Rainbow grape quarters
Wednesday	Wholemeal Bread Fingers (G)	Tomato & lentil Dip (T) (PU)		Fruit Kebab	Tomato soup (T) (PU), Wholemeal Bread Fingers (G)		Fruit Kebab
Thursday	Ricecakes (Wholegrain)	Choco hummus (PU)		Banana & blueberries	Pork & Vegetable Noodles (E)(G)	Tofu & Vegetable Noodles (S)(E)(G)	Banana & blueberries
Friday	Wholemeal Crackers (T)(G)	Pesto Cream Cheese dip (D), Grated carrot		Satsuma	Cheesy Tuna toastie (F)(D)(G)(S), Mini Corn on the Cob	Cheesy Chicken-less toastie (D)(G)(S), Mini Corn on the Cob	Satsuma

Designed to perfectly complement our lunch menu making sure a variety of proteins, starchy sides, fruits & vegetables are provided.

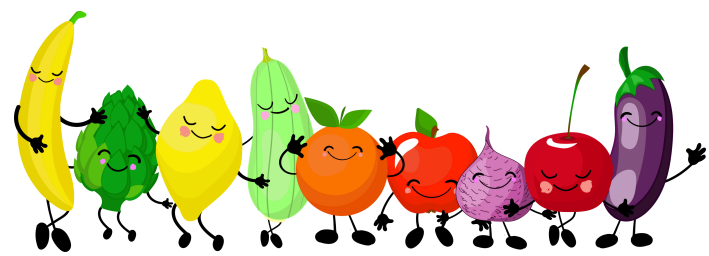
Interactive and FUN !!!

Week
3

Cold Afternoon Tea					Hot Tea		
Week 3	item 1	item 2	Veg alt	item 3	Main	Veg Alt	2nd course
Monday	Ricecakes (Wholegrain)	Chocco hummus (PU)		Custard (D) & banana	Chicken & lentil curry (T)(PU), naan bread (G)	Lentil curry (T)(PU), naan bread (G)	Custard (D) & banana
Tuesday	Rainbow Veg Cous Cous (G)	Egg Half (E)		Melon Wedges	Minestrone Soup (T)(G)(PU)		Melon Wedges
Wednesday	Wholemeal Chicken pizza (T)(G)(D)	Mini corn on the Cob	Wholemeal Chicken-less Pizza (G)(PU)(D)(T)	Pear	Chicken, Sweetcorn, Leek & Mash Potato Pie (D)	Chicken-less, Sweetcorn, Leek & Mash pie (D)(G)(PU)	Pear
Thursday	Pasta Bows (G)	Tuna & Salmon Sweetcorn Mayo (F)	Egg Mayo (E)	Peaches	Hulk's Mac Cheesy Spinach & Pea Pasta (D)(G), Baked Beans (PU)(T)		Peaches
Friday	Cheese Scone (G)(D)	Sweet Potato Hummus (PU)		Fruit Kebab	Meatless Keema Curry (PU), Rice		Fruit kebab



Allergen key



Allergen Code	Allergen Description
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G	Gluten
D	Dairy Products (Milk)
E	Egg
F	Fish
C	Celery
Cr	Crustacea
T	Tomato
RT	Raw Tomato
SD	Sulphur Dioxide
S	Soya
MU	Mustard
PU	Pulses



We have an Inclusive approach to dietary needs

We provide suitable alternative dishes with a similar look and feel for children with dietary needs upon request.

We are not nutty!

We do not use any nut products or nut derivatives in any of our meals. However Little Lunches cannot guarantee that the products which are provided by it's suppliers have not come into contact with nuts, nut derivatives or any other allergens prior to their supply to Little Lunches. Our commitment to our nurseries is our full compliance with food labelling regulations.