

Spring / Summer 2024 Lunch - Platinum



Week 1	Main Course		Veggie Main Course		Second Course
Monday	Tex Mex Cheesy Beans (T) (PU) (D), soft wholemeal tortilla (G) & sour cream & chive dip (D)		Tex Mex Cheesy Beans (T) (PU) (D), soft wholemeal tortilla (G) & sour cream & chive dip (D)		Peach granola fool (D)
Tuesday "CHOOSE"-Day	Chicken, mango & lentil curry (PU)		Chickpea, mango & lentil curry (PU)		Oatcakes (G), cream cheese (D) & rainbow grape quarters
	White Rice	Yellow Rice	White Rice	Yellow Rice	
Wednesday	Lasagne (D) (G) (T), cucumber slices		Meatless Lasagne (D) (G) (T) (PU), cucumber slices		Mango & Apple Ice Lolly
Thursday	Carrot soup (G) (PU), tuna, salmon & sweetcorn mayo (F), wholemeal bread (G)		Carrot soup (G) (PU), Egg mayo (E), wholemeal bread (G)		Banana Loaf (G) (E), Choco Custard Drizzle (D) (S)
Friday	Mince (PU) (S) & Potatoes		Meatless Mince (PU) (S) & Potatoes		Fruit Selection



Week 2	Main Course		Veggie Main Course		Second Course
Monday	Chicken & smoked red pepper jambalaya (PU) (T) (MU), corn on the cob		Vegetable & smoked red pepper jambalaya (PU) (T) (MU) (C), corn on the cob		Fruit Selection
Tuesday "CHOOSE"-Day	Mediterranean Meatballs (T) (G)		Mediterranean Meatless Meatballs (T) (PU)		Pineapple & Passion Fruit Ice Lolly
	Cous Cous (G)	Wholemeal Penne (G)	Cous Cous (G)	Wholemeal Penne (G)	
Wednesday	Aloo Keema Beef Curry (T) (PU), wholemeal pitta bread (G)		Aloo Keema Meatless Curry (PU) (T), Naan Bread Slice (G)		Greek Yoghurt (D), Strawberry slices
Thursday	Butternut Squash Mac n Cheese (G) (D), Baked Beans (T) (PU)		Butternut Squash Mac n Cheese (G) (D), Baked Beans (T) (PU)		Rainbow melon wedges
Friday	Pink Fish & Chickpea Curry (F) (PU) (T) & Savoury Rice (PU)		Vegetable, Chickpea Curry (PU) (T) & Savoury Rice (PU)		Orange Smiles, Oaty orange & cocoa cookie (G) (E)



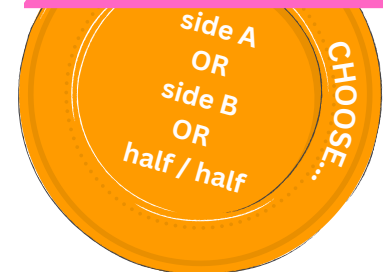
Week 3	Main Course		Veggie Main Course		Second Course
Monday	Smooth Tomato, lentil & Hidden Veg Sugo (T) (PU), Wholemeal Penne (G)		Smooth Tomato, lentil & Hidden Veg Sugo (T) (PU), Wholemeal Penne (G)		Peach and Raspberry Ice lolly
Tuesday "CHOOSE"-Day	Beany Beef Chilli (T) (PU)		Meatless Mince Beany Chilli (T) (PU)		Oatcakes (G), cream cheese (D) & raisins
	Soft Tortilla (G)	Rice	Soft Tortilla (G)	Rice	
Wednesday	Roast Chicken in gravy (S), Steamed little trees & roasted new potatoes		Meatless Roast chicken in gravy (S) (G) (PU), Steamed little trees & roasted new potatoes		Rainbow Melon Wedges
Thursday	Pork Stroganoff (D), Brown Rice, Steamed Carrots		Vegetable Stroganoff (D) (PU), Brown Rice, Steamed carrots		Apricot & Raisin flapjack (SD) & peach slices
Friday	Mild Cajun Chicken Burger (MU), Bun (G), Cheese (D), Tomato (RT), Cucumber, Peppers		Mild Cajun Plant Burger (MU) (T) (PU), Bun (G), Cheese (D), Tomato (RT), Cucumber, Peppers		Greek Yoghurt (D) & sweet potato biscuit (G)



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



Tuesday is your "CHOOSE"-Day !!!



★ PLATINUM - Alternative dishes MAIN



Carrot & Lentil Soup
(PU)

Wholemeal Bread Slice (G)

Tuna, salmon & sweetcorn mayo (F)

—
Egg Mayo (E)

Tomato Soup
(T) (C) (PU)



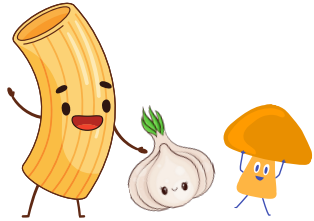
—
Ricecakes

—
Laughing cow cheese portion (D)

—
Oatcakes (G)

—
Roasted carrot hummus (PU)

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



Bolognese
(T)

Wholemeal Pasta (G)



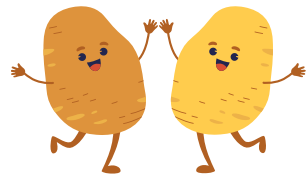
Cucumber Batons

OR

Rainbow Pepper Batons



Meatless Bolognese
(PU) (T)



Baked Potato

Tuna, salmon & sweetcorn mayo (F)

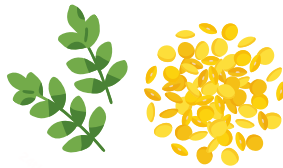
Grated Cheese (D)

Baked Beans (PU) (T)

Cucumber Batons



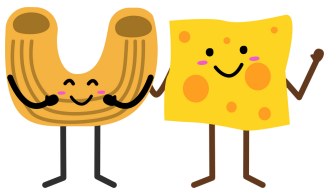
When selecting dishes from this menu, remember to consider the planned meals that surround the meal you are ordering for to ensure a good variety of proteins and starchy items across the day. For support when making alternative choices, call our customer services team on 0131 629 0617



Chicken, Mango & Lentil Curry (PU)



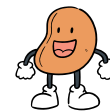
White Rice



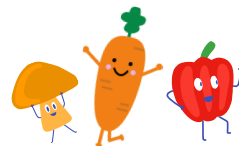
Butternut squash mac & cheese
(D) (G)



Baked Beans
(PU) (T)



Turkey Goulash



Mash



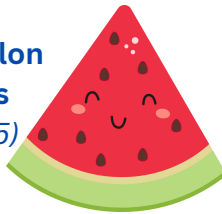
Perhaps you fancy trying something new this week for a change. Or maybe some of your little ones are struggling with a particular dish on our main menu. Preferences can vary with one child, one room, or across the board in your setting. It's a typical challenge we face when feeding children & it can 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 ★

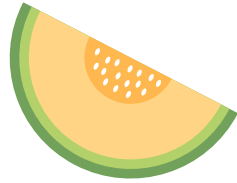


Fruit options :

Watermelon wedges
(min x15)



Mango & apple ice lolly



Honeydew Melon wedges
(min x15)

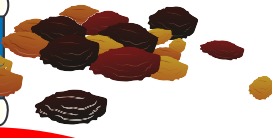


Orange smiles
(min x15)



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)

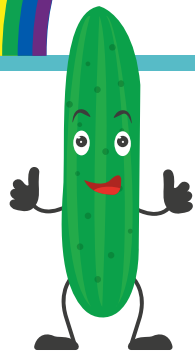
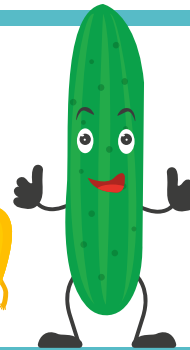
Raisins

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

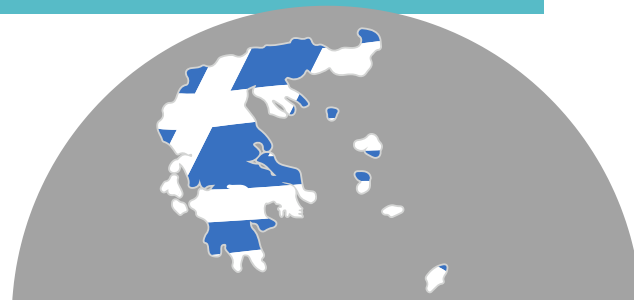


Rainbow veg batons

Sour cream & chive dip (D)

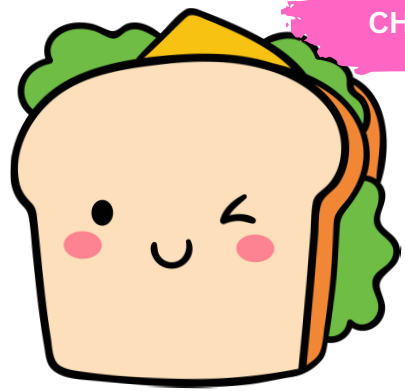


Greek Tomato & Cucumber salad (RT)



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

- White bread (G)
- Wholemeal bread (G)
- Gluten Free Bread (E)
- Gluten free Sweet potato wrap

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 summer picnic?

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

Going on a day trip?

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)

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

ADD a healthy treat

- Sweet potato dinosaur biscuit (G)
- Mini oatly orange & cocoa cookie (G) (E)

- 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.

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

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.

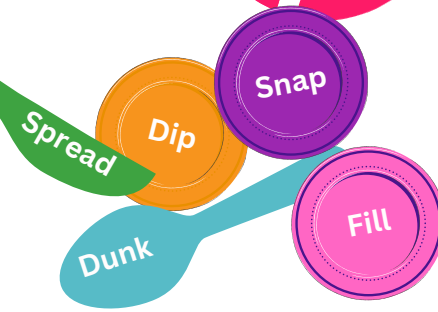
Spring / Summer 2024 Afternoon Tea Menu



Tasty and varied

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

Interactive and FUN !!!



Week 1	Item 1		Item 2	Item 3	Veg alt
Monday	Oatcakes (G)	Choco beany hummus (PU)	Banana	Clementine	
Tuesday	Tuna & sweetcorn (F) wholemeal wrap (option to build your own) (G)		Fruit Selection		Chicken-less sweetcorn mayo (G) (PU) wholemeal wrap (option to build your own) (G)
Wednesday	Ricecakes (wholegrain)	Egg Mayo (E)	Strawberry Slices	Orange and Pineapple Smoothie	
Thursday	Spinach and Kale Pesto Pasta Salad (G)		Cherry tomato quarters (RT)	Pineapple stick	
Friday	Wholemeal chicken & pineapple pizza (D)(G)		Rainbow Pepper Batons	Melon wedge	Wholemeal Chicken-less & Pineapple Pizza (G) (PU) (D)

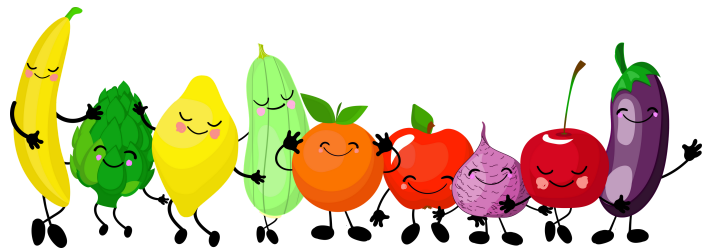


Week 2	Item 1		Item 2	Item 3	Veg alt
Monday	Ricecakes (wholegrain)	Tuna & Salmon Mayo (F)	Cucumber batons	Satsuma	Egg Mayo (E)
Tuesday	Cheese Scone (D)(G)	Roasted Carrot Hummus (PU)	Cucumber Batons	Watermelon Fingers	
Wednesday	Mini Sweetcorn and Red Pepper Frittata Bite (E)(D)		Pasta Bows (G)	Peach Slices	
Thursday	Mini Spinach Pancakes (G)(E)(D)	Red Pepper Hummus (PU)	Corn on the Cob	Apple	
Friday	Chicken & Cream Cheese Mini Roll (option to build your own) (D)(G)		Fruit Kebab		Cucumber & Cream Cheese Mini Roll (D)(G)



Week 3	Item 1		Item 2	Item 3	Veg alt
Monday	Cream Cheese & Rainbow Pepper Wrap (option to build your own) (D)(G)		Fruit selection		
Tuesday	Tuna and Sweetcorn Pasta (F)(G)		Cucumber Slices	Pineapple Stick	Spinach and Kale Pesto Pasta Salad (G)
Wednesday	Wholemeal Bread Fingers (G)	Lentil and Hidden Veg Pizza Dipping Sauce (T) (PU)	Cheese stars (D)	Orange Smiles	
Thursday	Oatcakes (G)	Tuna Mayo (F)	Shredded Lettuce	Apple	Egg Mayo (E)
Friday	Rainbow Veg Cous Cous (G)		Egg Half (E)	Banana	

Allergen key



Allergen Code

Allergen Description

G
D
E
F
C
Cr
T
RT
SD
S
MU
PU

Gluten
Dairy Products (Milk)
Egg
Fish
Celery
Crustacea
Tomato
Raw Tomato
Sulphur Dioxide
Soya
Mustard
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.