



LITTLE LEARNERS LAND
Let's Learn Together!

Breakfast staple: Weetabix Snack staple: Toast



WILD SPROUT KITCHEN

1-4 Week Menu

BREAKFAST	WEEK 1	WEEK 2	WEEK3	WEEK 4
MONDAY	PORRIDGE W/ BANANA	PERFECT PORRIDGE	PORRIDGE W/ BANANA	PERFECT PORRIDGE
TUESDAY	MELTED CHEESE ON TOAST	BANANA PANCAKE	WHOLEMEAL TOAST W/ QUARTERED TOMATOES	TOMATO BEANS ON TOAST
WEDNESDAY	APPLE OVERNIGHT OATS	BERRY OVERNIGHT OATS	APPLE TURNOVER	BANANA BREAKFAST MUFFIN
THURSDAY	VEGGIE & BEANS TRAYBAKE W/ TOAST FINGERS	BOILED EGGS W/ TOAST FINGERS	TOMATO & POTATO HASH	TOAST W/ CRUSHED BERRY SPREAD
FRIDAY	BANANA WAFFLES	MUSHROOMS ON TOAST	POTATO WAFFLE WITH BEANS	CHEESY SOLDIERS

SNACK	WEEK 1	WEEK 2	WEEK3	WEEK 4
MONDAY	AM : RAINBOW FRUIT SALAD PM: CHEESE STRIPS & BREADSTICKS	AM: PEAR WEDGES PM: SALSA & VEGGIE FINGERS	AM: TANGERINE WEDGES PM: ROASTED CAULIFLOWER NUGGETS & BREADSTICKS	AM: ORANGE WEDGES PM: ROASTED CARROTS W/ FLATBREAD FINGERS
TUESDAY	AM: ORANGE WEDGES PM: BOILED EGGS W/ TOMATO WEDGES	AM: APPLE WEDGES PM: PARSNIP CRISPS W/ YOGHURT DIP	AM: PLUM FINGERS PM: COURGETTE FINGERS W/ CHEESE STRIPS	AM: TANGERINE HALVES PM: FINE BEANS & CARROT FINGERS
WEDNESDAY	AM: KIWI POTS PM: CARROT STICKS W/ TZATZIKI	AM: FRUIT SALAD PM: AUBERGINE FLATBREAD SLICE	AM: PEAR SLICES PM: BROCCOLI & CARROT FINGERS	AM: APPLE SLICES PM: TOASTED CAULIFLOWER W/ NAAN SLICE
THURSDAY	AM: MELON SLICES PM: BREADSTICKS W/ CARROT CRISPS	AM: ORANGE SLICES PM: BUTTERY CORN ON THE COB & CARROT STICKS	AM: APPLE SLICES PM: BUTTERNUT SQUASH FRIES W/ YOGHURT DIP	AM: BANANA COINS PM: CHEESE STRIPS & BREADSTICKS
FRIDAY	AM: APPLE WEDGES PM: VEGGIE FINGERS W/ YOGHURT DIP	AM: BANANA COINS PM: SUPER GREENS DIP W/ BREADSTICKS	AM: BANANA COINS PM: MIXED SALAD W/ TOAST FINGERS	AM: RAINBOW FRUIT STICKS PM: PITTA W/ WHIPPED FETA



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Our menu has no added sugar or salt



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LUNCH	WEEK 1	WEEK 2	WEEK3	WEEK 4
MONDAY	LAMB & LENTIL SHEPHERD'S PIE W/ CARROTS GREEK YOGHURT	CHICKEN GOUJONS W/ GRAVY & MASHED POTATOES BAKED APPLE SLICES	CAJUN CHICKEN W/ VEGGIES & CHEESY MASH APPLE FINGERS	LAMB MOUSSAKA W/ SALAD GREEK YOGHURT
TUESDAY	TOMATO, CHEESE & VEGGIE PASTA BAKE BAKED APPLE W/ TOASTED OATS	TURKEY BACON & VEGGIE QUESADILLA W/ SALAD BANANA BREAD	MACARONI CHEESE & SALAD BAKED PEAR SLICES	QUORN SAUSAGE W/ GRAVY & WEDGES BANANA COINS
WEDNESDAY	TURKEY SALAD SANDWICH W/ CARROT FRIES NAAN & CURRIED BUTTER	QUORN CHILLI CON CARNE W/ HIDDEN VEGGIES & RICE SWEETCORN FRITTERS	MOROCCAN LAMB MEATBALL BAKE W/ RICE PAKORA W/ MINT DIP	RISOTTO W/ BEANS, PEAS & CHEESE PEAR WEDGES
THURSDAY	CHICKEN & MIXED VEGETABLE FAJITAS ORANGE WEDGES	MEDITERRANEAN VEGETABLE PASTA BAKED PEAR & CRUSHED WEETABIX	VEGGIE SPANISH HOT-POT CHEESE SLICES	CHICKEN CASSEROLE W/ ROOT VEG APPLE SLICES
FRIDAY	TUNA & MIXED VEGETABLE RICE BOWL CHEESE TRIANGLES	FISH FINGER WRAP & SALAD GREEK YOGHURT	FISH CAKE W/ ROASTED PARSNIPS & PEAS ORANGE SLICES	FISH SANDWICH W/ SALAD VEGGIE SPRING ROLL

TEA	WEEK 1	WEEK 2	WEEK3	WEEK 4
MONDAY	CREAMY BROCCOLI PASTA DICED MELON	JELLOF RICE W/ SALAD GREEK YOGHURT	VEGETABLE PASTA BAKE WATERMELON SLICES	BLACK BEAN & TORTILLA SOUP PEAR SLICES
TUESDAY	VEGGIE PIZZA SLICES W/ SALAD KIWI POT	MIXED VEGETABLES & CHEESE POTATO BOATS PEAR FINGERS	VEGGIE BURRITO APPLE SLICES	CHICKEN SOUP W/ WHOLEMEAL TOAST PLUM WEDGES
WEDNESDAY	POTATO & LEEK SOUP W/ TOAST FINGERS FRUIT SALAD	CHEESY BROCCOLI GNOCCHI BAKE PLUM SLICES	POTATO WAFFLES W/ BAKED BEANS BAKED BANANA & TOASTED OATS	POTATO, SPINACH & FETA PARCELS GREEK YOGHURT
THURSDAY	TOMATO & MASCARPONE PASTA APPLE YOGHURT	CURRIED COCONUT & LENTIL SOUP W/ & TOAST BANANA COINS	EGG, CUCUMBER & MAYO SANDWICH PEAR YOGHURT	OVEN BAKED ARANCINI W/ TOMATO SAUCE & GREENS ORANGE WEDGES
FRIDAY	JACKET POTATO W/ BAKED BEANS & GRATED CHEESE ORANGE SLICES	GRILLED CHEESE & HIDDEN VEGGIE TOASTIE RAINBOW FRUIT POT	VEGGIE BURGER W/ COLESLAW MIXED FRUIT	PIZZA MARGHERITA W/ CARROT SLAW BERRY YOGHURT