

Little Sparrows Dinner Menu

At Little Sparrows we have an on-site cook who freshly prepares all the meals daily.



	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Lentils, Sweet Potato, blended Courgettes and Spinach Curry with Peas Basmati Rice Blended Berries and Natural Yoghurt	Homemade Tuna & Cheese Quiche with Baked Potato, Reduced Sugar Beans and Sweetcorn Sliced Banana and Custard	Organic Beef Lasagne with Steamed Broccoli and Sliced Carrots Slices of Fresh Melon	Liver and Onions with crushed Sweet Potato, Cabbage, Peas and Gravy Little Yeo Yoghurts	Salmon & Broccoli Pasta Bake with Sweetcorn and Sliced Carrots Homemade Biscuits and Custard
Week 2	Fish Cakes, Mashed Potato, Courgettes, Peas and a Parsley Sauce Little Yeo Yoghurts	Organic Beef Spaghetti Bolognese with Broccoli and Sweetcorn Rice Pudding with Cinnamon	Roast Chicken with Rice Noodles and Stir Fry Vegetables in a Sticky Pineapple Sauce Homemade Rhubarb Crumble and Custard	Fish Pie made with Salmon, Hake and White Fish, Carrots and Peas Fresh Fruit Salad with Natural Yoghurt	Turkey, Beetroot and Chickpea Burgers with Chunky Wedges, Sweetcorn and Reduced Sugar Beans Blended Apricot and Natural yoghurt
Week 3	Tuna and Cheese Pasta Bake with Carrots and Sweetcorn Prunes and Custard	Chicken with Beetroot Korma Sauce, Spinach, Sweetcorn and Basmati Rice Little Yeo Yoghurts	Sweet Potato and Organic Lamb Shepherd's Pie with Broccoli & Green Beans Fresh Fruit Salad with Natural Yoghurt	Homemade Cheese Quiche with Baked Potatoes, Peas and Reduced Sugar Beans Seasonal Fruit Platter	Baked Cod Steak, Mashed Potato, Peas, Broccoli and Parsley Sauce Cinnamon Stewed Apples & Custard
Week 4	Fish Fingers, Paprika Chunky Wedges, Sweetcorn and Reduced Sugar Baked Beans Rice Pudding with Vanilla	Turkey and Apple Meatballs with Spaghetti and Homemade Italian Tomato Sauce with Sweetcorn and Carrots Slices of Fresh Melon	Roast Chicken with Cauliflower Cheese, Cabbage, Green Beans and Slow Roasted Potatoes Sliced Banana with Onken Natural Yoghurt	Organic Beef Chilli Con Carne made with Lentils and Mixed Beans. Served with Carrots, Mashed Swede and Rice Little Yeo Yoghurts	Pasta with a Fresh Salad Mix - Tuna, Grated Cheese, Carrot, Peppers, Tomatoes, Cucumber, Kidney Beans and Lettuce Homemade Carrot Cake and Custard

