

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	<i>Cheese and Potato Pie with Leeks, Sweetcorn, Carrots and a Cheese Sauce</i> <i>Peaches with Custard</i>	<i>Chili Con Carne, Carrots, Swede and Rice</i> <i>Yoghurt</i>	<i>Roast Chicken, Slow Roast Vegetables, Roast Potatoes and Cabbage</i> <i>Rice Pudding</i>	<i>Homemade Turkey Meatballs with Spaghetti in a Tomato Sauce with Broccoli and Sweetcorn</i> <i>Fresh Fruit Salad and Natural Yoghurt</i>	<i>Cod Steak, Mashed Potato, Peas & Parsley Sauce</i> <i>Homemade Biscuits & Custard</i>
WEEK 2	<i>Tuna Pasta Bake with Sliced Carrots and Sweetcorn</i> <i>Yoghurt</i>	<i>Spaghetti Bolognese with Broccoli</i> <i>Prunes with Custard</i>	<i>Homemade Cheese Quiche, Jacket Potato and Baked Beans</i> <i>Cook's Special: Carrot Cake with Custard</i>	<i>Fish Pie with Carrots and Peas</i> <i>Selection of Fresh Melon</i>	<i>Chicken Korma with Rice and Mixed Vegetables</i> <i>Semolina</i>
WEEK 3	<i>Crispy Fish Fingers with Homemade Potato Wedges and Baked Beans</i> <i>Rice Pudding</i>	<i>Liver, Bacon and Onions with Crushed Sweet Potato, Cabbage and Peas</i> <i>Yoghurt</i>	<i>Roast Chicken with Roast Potatoes, Broccoli, Cauliflower Cheese and Sliced Carrots</i> <i>Fresh Fruit Salad with Natural Yoghurt</i>	<i>Shepherd's Pie with Broccoli and Peas</i> <i>Stewed Apple with Custard</i>	<i>Mixed Salad, Pasta and Tuna with Grated Cheese</i> <i>Cook's Special: Banana Cake with Custard</i>
WEEK 4	<i>Fish Cake with Mashed Potato, Peas, Courgettes and a Parsley Sauce</i> <i>Semolina</i>	<i>Lasagna with Sliced Carrots and Sweetcorn</i> <i>Selection of Fresh Melon</i>	<i>Chicken and Vegetable Stir-Fry with Rice Noodles and a Sweet & Sour Sauce</i> <i>Homemade Rhubarb Crumble & Custard</i>	<i>Tuna and Cheese Quiche with Jacket Potato and Baked Beans</i> <i>Banana with Custard</i>	<i>Mediterranean Pasta Bake with Broccoli and Sweetcorn</i> <i>Yoghurt</i>

