

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

