COLD TEA

WEEK 1

Monday
Tuna and pasta salad.
Followed by homemade fruit flapjack.

Tuesday
Mediterranean style couscous, pitta bread and houmous.
Followed by farm fruit yoghurts.

Wednesday
Cheese and apple sandwich, cherry tomatoes and cucumber.
Followed by fresh fruit of the day.

Thursday
Homemade sausage roll, LT's Ketchup
and a sweetcorn salad.
Followed by apple and cinnamon swirl.

Friday
Mini Little Tums picnic, chicken and bacon sandwich,
tomato slices and pepper sticks.
Followed by granola and natural yoghurt.

WEEK 2

Monday
Tuna crunch, pitta bread and cucumber sticks.
Followed by farm fruit yoghurts.

Tuesday
Ham and cheese muffin, yoghurt dip and tomatoes.
Followed by fruit jelly.

Wednesday
Cheese, tomato and basil pastry whirls with vegetable sticks.
Followed by courgette and orange sponge.

Thursday
Classic Margherita pizza and a roast vegetable salad.
Followed by sliced melon.

Friday
Falafel wrap, houmous and crudités.
Followed by oat biscuits.

WEEK 3

Monday
Cream cheese and cucumber ribbon sandwich and crudités.
Followed by fresh banana.

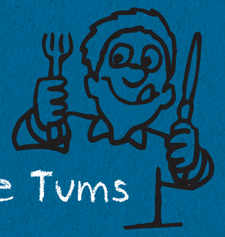
Tuesday
Roast vegetable and chicken pesto infused pasta salad.
Followed by farm yoghurts.

Wednesday
Ham and mushroom pizza and crudités.
Followed by yoghurt and a mixed berry compote.

Thursday
Ham and coleslaw wrap with vegetable sticks.
Followed by fruit whirls.

Friday
Tuna melt quesadillas and crudités.
Followed by LT's rice pudding and peach slices.

Please note that teas are provided at an additional cost to lunch.



Little Tums

Little Tums nutritional policy

Our core belief at Little Tums is that all children should have the opportunity to eat a varied and balanced diet, which includes foods grown locally and also foods from around the world.
By creating meals that are recognizable but also contain new ingredients or flavours they may not be used to, we are able to encourage healthy eating habits from a young age. Eating a wide range of foods is a great way to ensure children receive the nutrients they need to develop.

Our menu follows the guidelines set out by local authorities, based on criterias set by the Healthy Choice Award and children's food trust and has been awarded the Eat Out Eat Well Award. To meet the criteria we have to ensure our menu promotes healthy food choices to children and their meals are prepared using healthy cooking methods and ingredients.

Little Tums strongly believes in only sourcing products from sustainable and responsible sources, that's why our local butcher holds a Red Tractor licence and all our meat sourced exceeds the minimum UK welfare standards for meat production.

All our eggs are free range and carry the British Lion Quality Mark.

Our fish supplier is able to give us a guaranteed provenance that all fish we purchase is caught within the quotas set and is therefore sustainable.

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LittleTumsLtd

Menu
Summer 2021

Little Tums food
is freshly prepared
on the day it's to be served

LUNCHES

WEEK 1

Monday
Mushroom à la King: button mushrooms, peppers and peas in a béchamel based sauce served with wholegrain rice.
Followed by fruit jelly.

Tuesday
Chicken and pepper Alfredo: tender chicken pieces, mixed peppers and a creamy pasta sauce served with green beans.
Followed by a carrot and ginger sponge.

Wednesday
Fisherman's Pie: flakes of smoked haddock and pollock with peas and carrots in a white dill sauce served with a side of mashed potato.
Followed by bananas and custard.

Thursday
Spring Lamb: minted lamb and garden peas served with a roasted vegetable couscous.
Followed by farm fruit yoghurts.

Friday
Beef Bourguignon: beef braised in red wine and herbs with carrot, onion and mushrooms served with Parmentier potatoes.
Followed by fresh fruit salad.

WEEK 2

Monday
Chicken Tikka: chicken tikka pieces in a tasty Indian sauce served with lightly spiced Bombay style potatoes.
Followed by classic flapjack.

Tuesday
Spiced Beef and Courgette Pilaf: aromatic spiced beef, pearl barley and courgette pilaf.
Followed by fresh fruit salad.

Wednesday
Macaroni Cheese: macaroni and broccoli bake topped with cheddar cheese.
Followed by yoghurts.

Thursday
Cottage Pie: classic beef mince cottage pie served with mashed potato.
Followed by jelly.

Friday
Fish Cassoulet: flaked white fish in a herb, lentil, and bean cassoulet (slow cooked bean casserole).
Followed by spiced apple crumble cake.

WEEK 3

Monday
White Fish Pasta: pieces of white fish fillets, pepper, onion and pasta bound in a tomato and basil sauce.
Followed by fruit yoghurts.

Tuesday
Vegetable Curry: spinach, sweet potato, and chickpea curry served with a naan.
Followed by lemon shortbread.

Wednesday
Chilli Con Carne: Mexican style mild chilli con carne served with wholegrain rice.
Followed by fresh fruit.

Thursday
Chicken Carbonara: succulent pieces of chicken and pasta folded into a creamy parsley, and mushroom sauce served with a side of garden peas.
Followed by chocolate and beetroot cake.

Friday
Shepherd's pie: classic shepherd's pie, mince lamb, onion, carrot and swede in a herb and tomato sauce with mashed potato on the side.
Followed by natural yoghurt and granola.

HOT TEA

WEEK 1

Monday
Jacket potato with a lightly spiced beef chilli con carne.
Followed by homemade fruit flapjack.

Tuesday
Vegetable Dhal: slow cooked lentil and kidney bean dhal with Indian spices served with naan.
Followed by farm fruit yoghurts.

Wednesday
Sausage hotpot: sausage pieces in a mixed vegetable, lentil, tomato and herb sauce.
Followed by fresh fruit of the day.

Thursday
Sweet and sour chicken: tender chicken pieces in a sweet and sour sauce with herby wholegrain rice.
Followed by apple and cinnamon swirl.

Friday
Bubble 'n' squeak: sausage bubble 'n' squeak with onion gravy and peas.
Followed by granola and natural yoghurt.

WEEK 2

Monday
Ham and Pea Pasta: light and tasty spring pea, ham and mint pasta.
Followed by farm fruit yoghurts.

Tuesday
Baked potato served with chicken and sweetcorn bound in a tarragon mayonnaise.
Followed by fruit jelly.

Wednesday
Moroccan style meatballs: meatballs and a Moroccan inspired tomato based sauce served with roasted vegetable couscous.
Followed by courgette and orange sponge.

Thursday
Vegetable Moussaka: slices of aubergine and potato in a Greek inspired tomato sauce, topped with grated cheddar.
Followed by sliced melon.

Friday
Spring Chicken Casserole: spring chicken, mixed vegetables, and new potato casserole served with a crusty bread roll.
Followed by oat biscuits.

WEEK 3

Monday
Vegetable Korma: mixed vegetables in a mild Indian spiced sauce, finished with coconut milk and served with wholegrain rice.
Followed by fresh banana.

Tuesday
Hot Dog: LT's hot dog served with a hot dog roll and potato wedges.
Followed by farm yoghurts.

Wednesday
Thai vegetable Curry: Thai vegetable curry served with a lemon scented couscous.
Followed by yoghurt and a mixed berry compote.

Thursday
Sausage and Mash: good old bangers 'n' mash served with baked beans.
Followed by fruit whirls.

Friday
Pasta Primavera: penne pasta with an assortment of lightly cooked, fresh, young vegetables in a light summery tomato and citrus sauce.
Followed by LT's rice pudding and peach slices.