



Little Rainbows Menu Week 1 Autumn 2026



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cornflakes & milk Milk or water 	Wholemeal toast & banana Milk or water 	Porridge with apple Milk or water 	Crumpets & pear slices Milk or water 	Malted wheats & milk Milk or water 
Lunch	Lasagne (lentils in the mince) & peas Fresh fruit 	Mild chicken curry with rice & peas Fresh fruit 	Sausage & apple casserole with mash & carrots Fresh fruit 	Salmon & sweetcorn pasta bake Fresh fruit 	Jacket potato with beans or cheese & sweetcorn Fresh fruit 
Snack	Breadsticks & cucumber Milk or water 	Rice cakes & apple Milk or water 	Toast fingers & pepper sticks Milk or water 	Crackers & cheese Milk or water 	Oatcakes & banana Milk or water 
Tea	Beans on wholemeal toast Fruit yoghurt 	Tomato & veg soup with bread Rice pudding & fruit puree 	Selection of sandwiches & cucumber Frozen banana ice cream 	Scrambled eggs on toast Baked apple with raisins 	Cheese & tomato pizza & veg sticks Bananas & custard 
Allergen key:  cereals containing gluten  milk  eggs  fish  sesame  soya  celery  peanuts  nuts  mustard  crustaceans  molluscs  lupin  sulphur dioxide Allergens are shown under each meal. Yoghurt and fromage fraies are plain or made with fruit, no added sugar; fruit lollies are blended fruit, frozen. Whole milk for all children; water all day. Ask Kerry for any ingredient list.					





Little Rainbows Menu Week 2 Autumn 2026



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Porridge with banana Milk or water 	Rice Krispies & milk Milk or water 	Pancakes Milk or water 	Wholemeal toast & toppings Milk or water 	Cornflakes & pear Milk or water 
Lunch	Chicken & veg rice (oven baked) Fresh fruit 	Cheesy bean pasta bake & broccoli Fresh fruit 	Jacket potato with tuna or cheese & sweetcorn Fresh fruit 	Sweet & sour chicken with rice & veg Fresh fruit 	Fish fingers, potato wedges & peas Fresh fruit 
Snack	Oatcakes & banana Milk or water 	Breadsticks & cucumber Milk or water 	Rice cakes & apple Milk or water 	Toast fingers & pepper sticks Milk or water 	Crackers & cheese Milk or water 
Tea	Cheese on toast & pepper sticks Semolina & fruit puree 	Cheese rolls & veg sticks Fruit salad & fromage frais 	Roasted veg savoury rice Homemade fruit lollies 	Hummus & pitta with carrot & cucumber Stewed pear & yoghurt 	Pasta salad with tuna & sweetcorn Apple crumble & custard 
Allergen key:  cereals containing gluten  milk  eggs  fish  sesame  soya  celery  peanuts  nuts  mustard  crustaceans  molluscs  lupin  sulphur dioxide Allergens are shown under each meal. Yoghurt and fromage frais are plain or made with fruit, no added sugar; fruit lollies are blended fruit, frozen. Whole milk for all children; water all day. Ask Kerry for any ingredient list.					





Little Rainbows Menu Week 3 Autumn 2026



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Malted wheats & milk Milk or water  	Crumpets & apple Milk or water 	Porridge with pear Milk or water  	Toast fingers & scrambled egg Milk or water   	Rice Krispies & banana Milk or water 
Lunch	Mild chicken curry with naan & veg Fresh fruit  	Spaghetti & meatballs & veg Fresh fruit   	Roast of the week with potatoes & veg Fresh fruit  	Mild bean chilli & rice with baked tortilla wedges Fresh fruit 	Baked fish, new potatoes & veg Fresh fruit 
Snack	Crackers & cheese Milk or water  	Oatcakes & banana Milk or water 	Breadsticks & cucumber Milk or water 	Rice cakes & apple Milk or water	Toast fingers & pepper sticks Milk or water  
Tea	Cheese omelette & toast Frozen banana ice cream    	Egg or tuna sandwiches & cucumber Fruit yoghurt     	Lentil & veg soup with bread Melon  	Bagel & cream cheese with cucumber Rice pudding & fruit puree  	Chicken & salad wraps Peaches & custard  
Allergen key:  cereals containing gluten  milk  eggs  fish  sesame  soya  celery  peanuts  nuts  mustard  crustaceans  molluscs  lupin  sulphur dioxide Allergens are shown under each meal. Yoghurt and fromage fraies are plain or made with fruit, no added sugar; fruit lollies are blended fruit, frozen. Whole milk for all children; water all day. Ask Kerry for any ingredient list.					





Little Rainbows Menu Week 4 Autumn 2026



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Wholemeal toast & fruit Milk or water 	Porridge with banana Milk or water 	Cornflakes & milk Milk or water 	Pancakes Milk or water 	Crumpets & pear slices Milk or water 
Lunch	Mince (with lentils), mash & veg Fresh fruit 	Cheesy tomato & lentil pasta & sweetcorn Fresh fruit 	Chicken fillets, new potatoes & veg Fresh fruit 	Salmon, pea & sweetcorn rice Fresh fruit 	Spaghetti bolognese (lentils in the mince) & carrot sticks Fresh fruit 
Snack	Toast fingers & pepper sticks Milk or water 	Crackers & cheese Milk or water 	Oatcakes & banana Milk or water 	Breadsticks & cucumber Milk or water 	Rice cakes & apple Milk or water 
Tea	Cheesy beans on toast Baked apple with raisins 	Fish finger sandwiches & cucumber Fruit salad & fromage frais 	Selection of sandwiches & veg sticks Homemade fruit lollies 	Egg & veg frittata Fruit yoghurt 	Cheese & crackers with apple & veg sticks Rice pudding & jam 
Allergen key:  cereals containing gluten  milk  eggs  fish  sesame  soya  celery  peanuts  nuts  mustard  crustaceans  molluscs  lupin  sulphur dioxide Allergens are shown under each meal. Yoghurt and fromage frais are plain or made with fruit, no added sugar; fruit lollies are blended fruit, frozen. Whole milk for all children; water all day. Ask Kerry for any ingredient list.					

