

LITTLE MONSTERS MENU

Starters

- Fresh seasonal soup with crusty bread
- Grilled pita bread and vegetable sticks with creamy hummus
- Garlic bread slices with or without mozzarella

Main Courses

- Pasta with fresh tomato sauce, with or without melting cheddar
- Roast chicken with potatoes, vegetables, Yorkshire pudding and gravy
- Birds Eye Fish Finger wrap with Verve-slaw
- Roasted juicy pork sausages and mash with baked beans or peas and gravy
- Stir fried chicken, salmon or tangy vegetables with rice and warm fajita

To Finish

- Fresh fruit salad
- Banana split
- Creamy ice cream sundae with fruit sauce

Did you know?
You should eat at least 5 pieces of fruit & veg a day. Luckily, every meal here contains at least 1 of them!



£5.50 for 2 courses or £6.50 for 3 courses

All meals come with a fruit juice, homemade fruit smoothie or glass of semi-skimmed milk. If these yummy dishes don't take your fancy, why not order a half size portion from our main menu...

ALPHABET SOUP

Unscramble the letters to find our monsters' favourite foods...



O



J



A



A

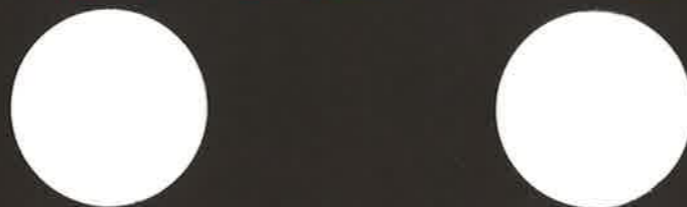


V



R

The Portal To MONSTERLAND



Peek through & see what's lurking...

(just be careful you don't turn into a monster)

little monsters cook at home HEALTHY FLAPJACKS

Pssst... Can you find Pirate Pea hiding somewhere on this menu?

Ingredients

150g ready-to-eat stoned dates, 3 generous tbsp agave syrup, 50g raisins, 100g low-fat spread, 50g chopped toasted hazelnuts, 3 tbsp mixed seeds, 150g porridge oats, 50g ready-to-eat stoned dried apricots, finely chopped.

Method

1. Heat the oven to 190C/170C fan/Gas 5. Line an 18cm square tin with baking parchment. Put the dates into a food processor and process until they are finely chopped and sticking together in clumps.
2. Put the low-fat spread, agave syrup and dates into a saucepan and heat gently. Stir until the low-fat spread has melted and the dates are blended in. Add all the remaining ingredients to the pan and stir until well mixed. Spoon the mixture into the tin and spread level.
3. Bake in the oven for 15-20 mins until golden brown. Remove and cut into 12 pieces. Leave in the tin until cold. Store in an airtight container.

DON'T FORGET TO SHARE THEM!

FIND THE FOOD

Search for these words in the grid below...

Banana Monster Sausages Tangy Fajita Teeth

Clue: Words can read backwards too...

S A U S A G E S T U E A
V L G O N Q U T L R E H
J Y G N A T W E J N P I
P O M O N S T E R O M G
E G U I A M A T I J A F
O S D H B T P H L Y N D

come on, your dinner's getting cold!

keep your eyes peeled sunshine...

SPOT THE DIFFERENCE

This is Spot and his (almost) identical twin, Spit.

See if you can find all 6 differences between these two handsome brothers...

