

HUNGRY LITTLE BEARS - MEAL IDEAS

Chicken	Fish/seafood	Mince	Pasta/Pizza	Lamb	Turkey	Beef	Pork	Sausages	Veggie ideas
BBQ chicken	Fish and chips	Bolognise	Bolognise	Burgers	Burgers	Bolognise	Chops	Casserole	Baked beans
Burger	Fish curry	Burgers	Carbonara	Casserole	Coronation	Burgers	Roast	Fry up	Bean enchiladas
Casserole	Fish parcels	Chilli con carne	Lasagne	Chops	Curry	Casserole	Slow cooked pulled pork	Hash	Bean quesadillas
Chicken fried rice	Fish pie	Koftas	Pesto	Curry	Enchiladas	Chilli con carne	Skewers	Kebabs	Bean burgers
Chicken nachos	Fishcakes	Lasagne	Pizza	Herb crusted Lamb	Escalopes	Curry	Stir fry	Sausage rolls from sausage meat	Bhajis
Chicken noodle soup	Goujons	Meatballs	Spaghetti nests	Kebabs	Kebabs	Kebabs	Stroganoff	Toad in the hole	Corn fritters
Chicken pizza	Garlic prawns	Meatloaf	Tomato base	Keema	Koftas	Lamb	Mustard and honey Pork	Traybake	Croquettes
Chicken satay	Kedgerree	Moussaka	Tortellini	Koftas	Meatloaf	Meatballs		Wraps	Curry
Chicken wrapped in parma ham/Ham	Paella	Nacho's	Gnocchi bake	Lamb flatbreads	Pie	Pasties		Bangers and Mash	Egg fried rice
Curry	Salmon teriyaki	Pasties		Lamb hotpot	Stir fry	Pie		Sausage puff pastry tart	Egg muffins
Drumsticks	Salmon with pesto	Shepherd's pie/cottage pie		Meatballs	Turkey sausages	Roast			Egg pitta
Enchiladas	Smoked mackerel fillets	Stuffed courgettes/peppers		Moussaka	Turkey shepherds pie	Steak and Ale pie			Eggs
Fajitas	Steamed Fish	Taco's		Shanks	Turkey skewers	Stew			Frittata
Goujons	Stew	Strudel		Skewers		Stir fry			Falafels
Honey and mustard chicken	Taco's			Slow Roast Lamb		Stroganoff			Fritters
Kebabs	Tempura fish			Souvlaki		Teriyaki			Gnocchi
Jamabalaya	Traybake			Tagine					Gnocchi with mushrooms
Meatballs	Skewers			Traybake (chops or steaks)					Lentil lasagne
Meatloaf									Omelette
Milanese									Sweet potato lasagne
Pasties									lentil shepherds pie
Pie									Pasta
Popcorn chicken									Pizza
Pulled chicken									Potato cakes
Quesadillas									Polenta
Roast									Quesadillas
Roasted chicken thighs									Soup
Satay									Stir fry
Soup									Spring rolls
Skewers									Stuffed peppers/courgettes/aubergine - with rice
Stir fry									Veggie chilli
Stuffed chicken									Veggie pasties
Sweet and sour chicken									Bean stew
Teriyaki									
Taco's									
Traybake									
Wraps									

FAMILY FOOD

Chorizo

Eggs

Traybake species, toppings....

Pesto

Honey and mustard

Curry

Herbs