



# TUCK IN

## top-notch meals for under tens

### Munch munch munch

**Big Breakfast (VO) ..... £3.99**

Would you like sausage or bacon with your egg, baked beans and toast?

(V) There's a veggie option with a vegetarian sausage

Another slice of toast is just 79p

**Fish Bites ..... £3.99**

It's junior fish and chips. 100% fish fillet pieces with chips or a jacket potato, Birds Eye garden peas and half a tomato.

**Slurpy Spaghetti ..... £3.99**

Massive mega-meaty meatballs in tomato sauce on a whirly world of spaghetti. A Miniscoff meal, organic and free from additives.

**Macaroni Cheese (V) ..... £3.99**

Pasta tubes you can suck up and a really cheesy sauce. A Miniscoff meal, organic and free from additives.

**The Bestest Cheeseburger ..... £3.99**

Hands up who wants a burger? It's topped with cheese and there are mixed leaves and tomato in the bun too. It comes with chips or a jacket potato.

**Crispy Chicken ..... £3.99**

100% chicken fillet pieces in a crispy batter.

It comes with chips or a jacket potato, Birds Eye garden peas and half a tomato.

**Bangers & Mash (VO) ..... £3.99**

Be a porker – and tuck into two sizzling sausages, fluffy mash and baked beans.

**Jacket Potato (VO) ..... £3.99**

With baked beans and cheese.

**Mums and dads, just so you know:**

All our eggs are free range, all of our pork sausages come from outdoor-reared pigs, all our burgers are 100% British beef all our baked beans are Heinz and our fish is from sustainable sources.

All of our dishes might have nuts (or nut derivatives) in them. Our fish might have some small bones.

If you need to know more about a specific ingredient for a particular dietary allergy, please let us know.

**Vegetarian options (VO)**

**Vegetarian dishes (V)**

**Please ask about Gluten Free options.**

### Who wants pudding?

**Ice Cream (V) ..... £1.99**

Two scoops of vanilla, chocolate or strawberry dairy ice cream, scrummy chocolate sauce and a chocolate flake.

**P-p-p-Pancakes (V) ..... £1.99**

Would you like chocolate sauce or maple-flavoured syrup with marshmallows and Smarties on your pancake?

**Fruit Salad (V) ..... £1.49**

All your fruity favourites mixed together.

### Gulp gulp gulp

**Coca Cola, Diet Coke, Sprite, Fanta ..... 99p**

**Robinsons H<sub>2</sub>O ..... £1.25**

We've got blackcurrant or orange flavour.

**Semi-skimmed Milk ..... 80p**

**Chocolate or Strawberry Flavoured Milk with Ice Cream ..... £1.25**

### Babies & toddlers



100% organic prepared meals that are spot-on for growing appetites. They're jam-packed with nutritional goodness and all the flavour that babies and toddlers will gobble up. **Just £1.49 each**

**4+ months**

**Vegetable Trio**

A blend of carrots, sweet potato and swede.

**Fruit Medley**

A blend of apple, banana and mango.

**7+ months**

**Shepherd's Pie**

A blend of minced lamb, carrots, onion, peas and potato.

**Garden Veg with Lentils**

A blend of carrots, sweet potato, leeks, parsnips and lentils.

**10+ months**

**Beef & Vegetable Stew**

A blend of carrots, swede, beef, onions and garlic.

**Vegetable & Chicken Risotto**

A blend of red pepper, leek, onion, chicken and cooked long grain rice.

Little Chef

## 'A magic medicine it shall be!'

'So give me a bug and a jumping flea,  
Give me two snails and lizards three,  
And a slimy squiggler from the sea,  
And the poisonous sting of a bumblebee,  
And the juice from the fruit of the ju-jube tree,  
And the powdered bone of a wombat's knee.  
And one hundred other things as well  
Each with a rather nasty smell.  
I'll stir them up, I'll boil them long,  
A mixture tough, a mixture strong.  
And then, heigh-ho, and down it goes,  
A nice big spoonful (hold your nose)  
Just gulp it down and have no fear.  
"How do you like it, Granny dear?"  
Will she go pop? Will she explode?  
Will she go flying down the road?  
Will she go poof in a puff of smoke?  
Start fizzing like a can of Coke?  
Who knows? Not I. Let's wait and see.

(I'm glad it's neither you nor me.)

Oh Grandma,  
if you only knew  
What I have got  
in store for you!

Taken from *George's Marvellous Medicine*



### Now it's YOUR turn!

What splendid and disgusting ingredients would you use to make your own magic potion? Draw them below – and don't forget to name your powerful potion after yourself, just like George did!

Mr and Mrs Twit are really disgusting. They never wash, they play tricks on each other AND they hate children. Now you can get your own back by colouring them in!



's \_\_\_\_\_ medicine


## Book Scramble

You may know these famous characters or book titles. Can you unscramble the letters below to discover well-known Roald Dahl names?

Erahcil nad eth locotecha trafeyo

Ywill awkon Tsnafciat rm xof

Atiamdl Eht wtist Hte gfb

Semja dna het tiang echpa

### ANSWERS

JAMES AND THE GIANT PEACH  
MATELDA THE TWITS  
WILLY WONKA FANTASTIC MR FOX  
CHARLIE AND THE CHOCOLATE FACTORY



13 September is Roald Dahl's birthday and also a very special day to celebrate the world of Roald Dahl! Join our celebration at [www.roalddahl.com](http://www.roalddahl.com)

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