



# MENU WEEK THREE

ACCREDITED AND FULLY BALANCED BY A  
CHILDREN'S NUTRITIONIST

- ✓ NO ADDED SUGAR
- ✓ LOVINGLY COOKED BY OUR PROFESSIONAL CHEFS
- ✓ DELICIOUSLY YUMMY AND NUTRITIONALLY BALANCED



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	A variety of fresh fruit and low sugar, wholegrain and white cereals, toast and crumpets served daily.				
AM SNACK	A variety of breadsticks, rice cakes, oat cakes, cream crackers and cracker bread with vegetables or fruit.				
LUNCH	Sweet potato burrito with a side of vegetables Peaches & Cream	Steamed Cod with tomato sauce served with vegetables & couscous No added sugar apple & oat crumble with sugar free custard	Cottage pie or vegetable & lentil pie with vegetables Full fat fromage frais	Fruity Chicken Curry with Rice No added sugar carrot cake	Wholemeal Chicken & Vegetable pasta Bananas & ice cream
PM SNACK	A variety of breadsticks, rice cakes, oat cakes, cream crackers and cracker bread with vegetables or fruit.				
TEA	Low salt/sugar Beans on wholemeal toast Fromage frais	Pastry Pinwheels with baked beans & pasta Seasonal Fruit Medleys	Cream Cheese Bagels with Vegetable Sticks Fruit Salad	Vegetable, Quorn strips & Garlic Wedges with home made tomato sauce Full fat low sugar yogurt	Selection of egg, ham or cheese Sandwiches with a vegetable Platter Fruit Salad

## OUR WEANING MENU

First introductions to food are very important to weaning babies. We will work closely with you throughout this stage and introduce new flavours and textures when you feel it is appropriate. Depending on your child's individual needs, many of our meals can be mashed, chopped or pureed.