



# MENU WEEK TWO

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	Vegetable Chilli with Rice Poached Pears	Poached Fish, New Potatoes & Parsley Sauce Peaches & Ice Cream	BBQ Chicken/Quorn with Couscous & Vegetables Sugar free Jelly	Wholemeal Macaroni & Cheese Fresh Fruit Salad	Savory mince & new potatoes Banana Bread
PM SNACK	A variety of breadsticks, rice cakes, oat cakes, cream crackers and cracker bread with vegetables or fruit.				
TEA	Homemade Sausage roll with beans & new potatoes Strawberries & cream	Jacket Potato with Tuna & Sweetcorn or Beans Fruit Slices	Tomato & Vegetable wholegrain salmon Pasta Salad Full fat Fromage frais	Selection of egg, ham or cheese Sandwiches with a vegetable Platter Full fat Greek Yoghurt & Pineapple	Pizza Muffins & Vegetable Sticks 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.