

Menu - Week One

OUR
HOME-COOKED
EXPERTLY CREATED
HEALTHY
KINDRED
MENUS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Variety of cereals, toast, crumpets and fresh fruit				
AM SNACK	Breadsticks	Rice cakes	Oat cakes	Cream crackers	Cracker bread
	Variety of fruit, vegetables and dips				
LUNCH	Cheese and Broccoli pasta Fruit and Greek yoghurt	Sweet and Sour Chicken/Quorn with rice Sugar less date muffins	Moroccan vegetable Tagine with couscous Poached apples and berries	Ocean or vegetable pie Strawberry fool	Chicken and bean casserole with French bread Bananas and sugarless cold custard
PM SNACK	Cracker bread	Oat cakes	Cream crackers	Rice cakes	Breadsticks
	Variety of fruit, vegetables and dips				
TEA	Jacket Potato with Tuna Fruit Sorbet	Mexican stack with side salad Fruit Salad	Simple Ploughman's Ice Cream and fresh fruit	Wholemeal pitta pizza with vegetable sticks Fruit salad	Vegetable risotto Melon Medley



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 puréed.

SPRING/SUMMER
MENU

