

Menu - Week Two

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	Poached fish, new potatoes and parsley sauce Peaches and Cream	Vegetable and lentil Chilli with rice Poached Pears	BBQ chicken/Quorn with couscous and vegetables Fromage Frais	Wholemeal Macaroni cheese Fresh Fruit	Cottage pie with peas Banana bread
PM SNACK	Cracker bread	Oat cakes	Cream crackers	Rice cakes	Breadsticks
	Variety of fruit, vegetables and dips				
TEA	Pizza muffins and vegetable sticks Fruit salad	Sausage meat plait with beans Strawberry fool	Tuna pasta salad Sorbet and fruit	Beans on Toast Greek yoghurt and Pineapple	Jacket potatoes with tuna and sweetcorn Fruit slices



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

