



MENU WEEK ONE

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	Cheese and Broccoli wholegrain pasta in a white butterbean sauce Melon Medley	Sweet & Sour Chicken/ Quorn with Rice and seasonal vegetables Apple crumble & cream	Moroccan butterbean & vegetable tagine Fruit & full-fat yoghurt	Spaghetti Bolognese Strawberries & full-fat yoghurt	White fish, salmon & vegetable Pie Sugar-free fruit jelly
PM SNACK	A variety of breadsticks, rice cakes, oat cakes, cream crackers and cracker bread with vegetables or fruit.				
TEA	Low salt/sugar baked beans on toast with crudités Pineapple	Ham or Cheese Ploughmans Full fat, low sugar yogurt	Vegetable & bean Mexican Stack with side salad and rice Fruit Salad	Wholemeal Buttered cheese scones Fruit Salad	Pitta bread vegetable pizza Bananas & full fat yogurt

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.