

Menu - Week Three

**Eat Better,
Start Better**



Menu checked 2020

	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	Pork Ragu with peas and bread rolls Ice Cream and fruit	Savoury Minced beef, potatoes and vegetables Sugarless date muffins	Steamed cod in tomato and pepper sauce with green beans and cous cous Yoghurt and granola	Fruity Chicken curry with brown rice Chunky fruit platter	Vegetable lasagne Mixed fruit and Greek yoghurt
PM SNACK	Cracker bread	Oat cakes	Cream crackers	Rice cakes	Breadsticks
	Variety of fruit, vegetables and dips				
TEA	Beans on toast Natural yoghurt and fruit	Tuna pasta salad Seasonal fruit medley	Cream cheese bagels with a side salad Trio of melons	Spanish Omelette and crudités Frozen yoghurt	Selection of Pitta pockets and carrot salad Fresh 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 puréed.

