



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	Variety of Cereals, Toast, Crumpets & Fresh Fruit				
AM SNACK	Breadsticks	Rice cakes	Oat cakes	Cream crackers	Cracker bread
	Variety of Fruit, Vegetables & Dips				
LUNCH	Fish or Quorn with vegetable & pulses pie	Sweet and sour chicken / Quorn with rice noodles	Roast dinner with seasonal vegetables	Salmon in a cheese sauce with whole meal tagliatelle and broccoli	Beef stew with vegetables and chunky sweet potato
	Banana cheesecake	Apple and oat crumble	Peaches and cream	Fruit salad	Carrot cake
PM SNACK	Cracker bread	Oat cakes	Cream crackers	Rice cakes	Breadsticks
	Variety of Fruit, Vegetables & Dips				
TEA	Vegetable and lentil soup	Tuna or vegetable pasta salad	Selection of sandwiches with vegetable crudités	Baked cheese and onion rolls with potato salad and vegetable sticks	Chicken or vegetable fajita with savoury rice
	Fruit Salad	Melon medley	Rice Pudding	Strawberry Fool	Raspberry coulis and Greek 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.