

AUTUMN / WINTER MENU

# MENU WEEK TWO

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
<b>BREAKFAST</b>	Variety of Cereals, Toast, Crumpets & Fresh Fruit				
<b>AM SNACK</b>	Breadsticks	Rice cakes	Oat cakes	Cream crackers	Cracker bread
	Variety of Fruit, Vegetables & Dips				
<b>LUNCH</b>	Chicken/Quorn mushroom pie with sweet potato and vegetables	Vegetable lasagne	Tuna vegetable pasta bake	Fish and broccoli pie with creamy potato topping	Spaghetti Bolognese with wholegrain pasta
	Fruit Platter	Spicy banana bread	Date Muffins	Homemade Cookies	Homemade Flapjacks
<b>PM SNACK</b>	Cracker bread	Oat cakes	Cream crackers	Rice cakes	Breadsticks
	Variety of Fruit, Vegetables & Dips				
<b>TEA</b>	Pizza muffins	Sweet potato, chickpea and cauliflower bake	Three bean soup and bread rolls	Vegetable and chickpea stir fry with noodles	Beans on toast with vegetable crudities
	Fruit salad	Greek yoghurt and pineapple	Sugar free apple crumble	Melon Medley	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 pureed.