

AUTUMN / WINTER MENU

MENU WEEK THREE

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	Shepherd's pie or vegetable and lentil pie with seasonal vegetables Warm winter fruit salad	Salmon and broccoli wholegrain pasta bake Yoghurt and granola	Sag aloo curry and rice Fruit platter	Chicken with chunky vegetable sauce & cous cous Pear and ginger loaf	Fish (cod) and broccoli pie with creamy potato topping Baked pineapple cake
PM SNACK	Cracker bread	Oat cakes	Cream crackers	Rice cakes	Breadsticks
	Variety of Fruit, Vegetables & Dips				
TEA	Salmon/ spinach and pea risotto Apple Pudding	Jacket potatoes, beans and cheese Blackberry semolina	Wholemeal Macaroni cheese & Broccoli pasta Fruit and Yoghurt	Carrot and Coriander Soup Melon and Banana	Cheese scones with carrot salad Mixed 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.