

Menu – Week Two

All of our meals are homecooked and endorsed by qualified Nutritionists in partnership with Action for Children campaign 'Eat better, Start better' to meet the voluntary food and drink guidelines set by the Government.



	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	Vegetable pearl barley hot pot Sugar free rice pudding	Caribbean chicken/Quorn with sweet potato Banana bread	Mixed bean con carne with rice Yoghurt and mango puree	Roast Dinner/Quorn fillet with seasonal vegetables Peaches and cream	Salmon or vegetable pasta bake Sugar free Apple and oat crumble and yoghurt
PM SNACK	Cracker bread	Oat cakes	Cream crackers	Rice cakes	Breadsticks
	Variety of fruit, vegetables and dips				
TEA	Pizza muffins Fruit salad	Three bean soup and bread rolls Greek yoghurt and pineapple chunks	Jacket potatoes, Tuna and Cheese Fruit sorbet	Chicken or vegetable Fajita with savoury rice Rhubarb fool	Beans on toast 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.

