

Menu – Week One

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	Spaghetti or vegetable Bolognese Peach and strawberry fool	Chickpea and vegetable biryani Fruit salad	Fish or vegetable pie Apple and Oat Crumble	Moroccan lamb /vegetable Tagine with couscous Bananas and sugar free custard	Sweet and sour Chicken/ Quorn with rice noodles Stewed fruit and Greek yoghurt
PM SNACK	Cracker bread	Oat cakes	Cream crackers	Rice cakes	Breadsticks
	Variety of fruit, vegetables and dips				
TEA	Vegetable and lentil soup with bread rolls Natural yoghurt and fruit	Sausage and bean casserole with French bread Warm winter fruit salad	Wholemeal flatbread pizza Rhubarb Fool	Salmon/ spinach and pea risotto Poached apples and blackberries	Spanish omelette with Potato salad Ice cream and fruit puree



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.

