

Menu – Week Three

All of our meals are homecooked and endorsed by qualified Nutritionists in partnership with Action for Children campaign 'Eat better, Start better' to meets 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
LUNCH	Chicken/Quorn mushroom pie with pastry Fromage frais and raspberry puree	Salmon and broccoli pasta bake Yoghurt and granola	Chicken, banana and pineapple korma with naan bread Chunky fruit platter	Vegetable lasagne Sugarless date muffins	Hungarian beef/mixed bean goulash couscous Ice Cream and fresh fruit
PM SNACK	Cracker bread	Oat cakes	Cream crackers	Rice cakes	Breadsticks
TEA	Cream cheese bagels Yoghurt and fruit	Jacket potatoes, beans and cheese Blackberry semolina	Creamy leek and white bean soup with bread rolls Fruit salad	Toad in the hole with Quorn sausages Poached pears	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 puréed.

