

Menu – Week Four

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	Poached fish/Quorn fillets with new potatoes and parsley sauce Fruit salad	Turkey/vegetable pasta bake Spicy sugar free banana bread	Vegetable and chickpea stir fry Peaches and strawberry fool	Chicken/Quorn Thai curry Fruit Sorbet	Shepherd's pie or vegetable and lentil pie with seasonal vegetables Seasonal fruit fool
PM SNACK	Cracker bread	Oat cakes	Cream crackers	Rice cakes	Breadsticks
	Variety of fruit, vegetables and dips				
TEA	Wholemeal Macaroni cheese Fruit and Yoghurt	Sausage or cheese plait and potato salad Baked pineapple	Tuna or vegetable pasta salad Bananas and sugar free custard	Selection of sandwiches with vegetable crudités Yoghurt and fruit	Carrot and butter bean soup and bread rolls Greek yoghurt and pineapple chunks



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.

