



MENU WEEK ONE

- ✓ NO ADDED SUGAR
- ✓ LOVINGLY COOKED BY OUR PROFESSIONAL CHEFS
- ✓ DELICIOUSLY YUMMY AND NUTRITIONALLY BALANCED

ACCREDITED AND FULLY BALANCED BY A
CHILDREN'S NUTRITIONIST



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Weetabix with grated apple or Wholemeal Bread with mashed avocado	Rice Pops with sliced banana or White Bread with sliced tomatoes	ReadyBrek with mixed crushed berries or White Bread with cucumber slices	Shredded Wheat with stewed pear or Wholemeal Bread with mashed banana	Bagel & Butter with tomato slices or ReadyBrek with mashed mango
AM SNACK	Breadsticks with full fat cottage cheese Milk or water	Hummus with veggie fingers (parboiled carrot & pepper) Milk or water	Crackers & cheese Milk or water	Parboiled carrot sticks & slices of cheese Milk or water	Cucumber & bread sticks with humous dip Milk or water
LUNCH	Wholemeal macaroni cheese with roasted peppers & cannellini beans (V) 2 nd dish - Fruit salad (apples, oranges, pears, bananas)	Sweet & sour chicken/chickpeas (V) with brown rice served with Broccoli 2 nd dish - Full fat natural yogurt	Red lentil lasagne served with carrots (V) 2 nd dish - Banana & full fat natural yogurt	White fish or cannellini beans (V) with couscous & broccoli 2 nd dish - Apple slices & full fat yogurt	Savoury minced beef or savoury red lentils (V), cheesy mash served with shredded cabbage 2 nd dish - Fruit salad (apples, oranges, pears, bananas)
PM SNACK	Banana Milk or water	Rice cakes with pear Milk or water	Melon slices Milk or water	Pitta strips with red pepper sticks Milk or water	Pear slices Milk or water
TEA	Carrot, green bean, pea, sweetcorn & red lentil soup (V) with wholemeal bread 2 nd dish - Full fat Greek yogurt	Tuna or butter beans(V), red onion, carrot, broccoli & tomato pasta salad 2 nd dish - Melon medley	Selection of Chicken or Egg (V) sandwiches, with cucumber sticks 2 nd dish - Sugar free polenta cake	Baked cheese wholemeal bread rolls with sliced cherry tomatoes (V) 2 nd dish - Banana	Mexican rice (carrots, onions, mushrooms, peppers, spinach, corn & lentils) (V) 2 nd dish - Raspberry coulis & full fat yogurt



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 tastes and textures, we will be guided by you and your child. Depending on your child's individual needs, many of our meals can be pureed, mashed and offered as finger foods.

Wholegrain options are stated on the menu – all other varieties are white.
Tinned fruit may be offered but only if fresh not available and it will be in its own juice or natural juice.
Usually fresh vegetables will be used but where tinned vegetables or beans are used they will be no added salt (in water).



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BREAKFAST	Corn Flakes with grated pear or White Bread with sliced cherry tomatoes	ReadyBrek with mixed mashed berries or White Bread with cucumber slices	Shredded Wheat with stewed apple or Wholemeal Bread with mashed banana	ReadyBrek with mango or White Bread with Tomato slices	Weetabix with mashed banana or Wholemeal Bread with mashed avocado
AM SNACK	Breadsticks with full fat cottage cheese Milk or water	Apple slices Milk or water	Crackers & cheese Milk or water	Parboiled carrot sticks & slices of cheese Milk or water	Cucumber & bread sticks with humous dip Milk or water
LUNCH	Butter bean & mixed vegetables (green beans, carrots, peas & sweetcorn) pasta bake (V) 2 nd dish - Banana & full fat yogurt	Roast chicken dinner or haricot beans (V) with homemade gravy, cabbage, carrots, & potatoes 2 nd dish - Full fat Natural yogurt	Pollock or cannellini beans (V) & broccoli pie with creamy parsley sauce, sweet potato mash topping 2 nd dish - Melon medley	Chicken/green lentil(V) & mushroom with wholemeal rice & carrots 2 nd dish - Peaches & full fat natural yogurt	Beef/mixed beans (V) (red, black & haricot) bolognaise with wholegrain pasta & a side of green beans 2 nd dish - Full fat Natural yogurt & pears
PM SNACK	Banana Milk or water	Rice cakes with banana Milk or water	Pear slices Milk or water	Pitta strips with red pepper sticks Milk or water	Melon slices Milk or water
TEA	Pizza muffins with tofu, spinach & grated cheese (V) peppers & cucumber 2 nd dish - Fruit salad (apples, oranges, pears, bananas)	Wholemeal cheese scone (V) with three bean salad (cannellini, red kidney & black bean) & sliced tomatoes 2 nd dish - Melon slices	Starter - Humous & cucumber sticks 2 nd dish - Three bean soup (black, red kidney & haricot) (V) & wholemeal bread rolls	Wholemeal Pitta (V) with chicken slices or humous dip (V) & parboiled carrot batons 2 nd dish - Winter fruit salad (apples & pears)	Cheesy baked beans on jacket potato (V) with pepper sticks 2 nd dish Fruit salad (apples, oranges, pears, bananas)



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MENU WEEK THREE

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BREAKFAST	ReadyBrek with grated apple or White Bread with cucumber slices	Weetabix with crushed mixed berries or Wholemeal Bread with mashed avocado	Cheerios with grated pear or White Bread with sliced tomatoes	Shredded Wheat with stewed apple or Wholemeal Bread with melon slices	ReadyBrek with mango or White bagels with mashed banana
AM SNACK	Banana Milk or water	Cheesy English muffins & cucumber sticks	Pear slices Milk or water	Pitta strips with red pepper sticks Milk or water	Melon slices Milk or water
LUNCH	Salmon/mixed beans (V) (red, black & haricot) & broccoli wholegrain pasta bake with peas 2 nd dish - Warm winter fruit salad (apples, oranges, pears, bananas)	Shepherds pie or red lentil pie (V) with cauliflower 2 nd dish - Full fat Yogurt & granola	Green lentil & green bean curry (V) with rice 2 nd dish - Sugarless date muffins	Chicken/butter beans, (V) sliced courgette & tomato sauce & cous cous 2 nd dish - Fruit platter (apples, oranges, pears, bananas)	Hake/bean(V) & broccoli pie with creamy potato topping 2 nd dish - pineapple
PM SNACK	Cucumber & bread sticks with humous dip Milk or water	Apple slices Milk or water	Crackers & cheese Milk or water	Parboiled carrot sticks & slices of cheese Milk or water	Breadsticks with cottage cheese Milk or water
TEA	Sausage plait (80% pork) or 3 bean plait (V), vegetable & potato salad 2 nd dish - Pineapple sticks & full fat yogurt	Jacket potatoes with baked beans (V) & sweetcorn with cheese 2 nd dish - Warm poached pears	Wholemeal macaroni , butterbean & broccoli cheese (V) 2 nd dish - Melon medley	Carrot coriander & chickpea soup (V) served with bread rolls 2 nd dish - Banana	Plowmans with cucumber sticks & humous (V) 2 nd dish - Fruit salad (apples, oranges, pears, bananas)



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