AUTUMN/WINTER MENU

MENU WEEK ONE

- NO ADDED SUGAR
- LOVINGLY COOKED BY OUR PROFESSIONAL CHEFS
- DELICIOUS, NUTRITIOUS AND VARIED - DESIGNED FOR GROWING CHILDREN

HEALTHY AND NUTRITIOUS MENUS REVIEWED AND ASSESSED BY

REVIEWED & ASSESSED BY NUTRIBE The Wellness Experts NUTRITIOUS AND HEALTHY MENU

Kindred
Inspiring Nurseries and Pre-Schools

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Weetabix with grated apple and ground linseed *or* Wholemeal toast with grated apple	Rice Pops with sliced banana *or* White toast with sliced tomatoes	ReadyBrek with mixed blended berries and Chia seeds *or* White toast with cucumber slices	Shredded Wheat with Mashed banana *or* Wholemeal toast with mashed banana	Bagel & Butter with avocado slices *or* ReadyBrek with pear
AM SNACK	Breadsticks with tzatziki dip Milk or water	Hummus with cucumber sticks Milk or water	Crackers & cheese Milk or water	Orange wedges with crackers Milk or water	breadsticks with full fat cottage cheese Milk or water
LUNCH	**Main** - Wholemeal macaroni cheese with roasted peppers & cannellini beans (V) **Pudding** - Fruit salad (apples, oranges, pears)	**Main** - Savoury minced beef or red lentils (V), Sweet and white potato mash served with shredded cabbage **Pudding** - Sliced Pineapple	**Main** - Homemade Vegetable lasagne (V) **Pudding** - Banana & full fat natural yogurt	**Main** - Trout or cannellini beans (V) broccoli pie with parsley sauce, creamy potato mash topping **Pudding** - Apple slices & full fat yogurt	**Main** - Sweet and sour chicken/ chickpeas (V) with brown rice and broccoli **Pudding** - Fruit salad (apples, oranges, bananas)
PM SNACK	Banana Milk or water	Rice cakes with pear Milk or water	Breadsticks with homemade beetroot dip Milk or water	Pitta strips with red pepper sticks Milk or water	Pear slices Milk or water
TEA	**Main** - Carrot, Chickpea and parsley soup with wholemeal bread **Pudding** - Full fat Greek yogurt	**Main** - Tuna, Sardine or Mackerel or butter beans(V), red onion, carrot , courgette, tomato wholemeal pasta salad **Pudding** - Melon medley	**Main** - Selection of Chicken or Egg (V) sandwiches, with cucumber sticks **Pudding** - Sugar free polenta cake	**Main** - Homemade cheese scones with sliced cherry tomatoes (V) **Pudding** - Satsumas	**Main** - Mexican style vegetable and bean rice **Pudding** - 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).

Autumn/Winter Menu

MENU WEEK TWO

- ☑ No added sugar
- ☑ Lovingly cooked by our professional chefs
- ☑ Delicious, nutritious and varied - designed for growing children

Healthy and nutritious menus reviewed and assessed by

NUTRIBE The Wellness Experts – Reviewed & Assessed by Nutritious and Healthy Menu

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Inspiring Nurseries and Pre-Schools

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Corn Flakes with grated pear *or* White toast with sliced pears	ReadyBrek with grated apple and ground linseed *or* White toast with grated apple	Shredded Wheat with stewed apple *or* Wholemeal toast with mashed banana	Whole porridge oats with mixed blended berries *or* White toast with Tomato slices	Full fat yoghurt with banana and ground linseed *or* Wholemeal toast with mashed bananas
AM SNACK	Cheese and crackers Milk or water	Fruit smoothie - blended plain yoghurt, berries and banana Milk or water	Breadsticks with full fat cottage cheese Milk or water	Breadsticks with tzatziki dip Milk or water	Cucumber & breadsticks with hummus dip Milk or water
LUNCH	**Main** - Sweet potato and red lentil cottage pie **Pudding** - Banana & sugar free custard	**Main** - Roast chicken dinner or Quorn (V) with homemade gravy, cabbage, carrots, & potatoes **Pudding** - Full fat Natural yogurt	**Main** -White Fish or cannellini beans (V) broccoli pie with parsley sauce, Sweet and white potato mash topping **Pudding** - poached peaches	**Main** - Chicken/green lentil(V) fruity curry with brown rice **Pudding** - homemade banana bread	**Main** - Beef/mixed beans (V) (red, black & haricot) Ragu with wholemeal pasta & a side of green beans **Pudding** - Full fat Natural yogurt & pears
PM SNACK	Banana Milk or water	Rice cakes with banana Milk or water	Pear slices Milk or water	Melon Slices Milk or water	Orange slices Milk or water
TEA	**Main** -Pizza muffins with tofu, spinach & grated cheese peppers & cucumber **Pudding** - Fruit salad (apples, oranges, pears, bananas)	**Main** - Wholemeal cheese scone with three bean salad (cannellini, red kidney & black bean) **Pudding** - braised apples with cinnamon	**Starter** - Hummus & cucumber sticks **Main** - Three bean soup (black, red kidney & haricot) & wholemeal bread rolls	**Main** - Wholemeal Tortilla wraps with cream cheese or tofu spread, cucumber and sweetcorn **Pudding** - Winter fruit salad (apples & pears)	**Main** - Cheesy baked beans on jacket potato with pepper sticks **Pudding** - Fruit salad (apples, oranges, pears, bananas)

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Autumn/winter menu

MENU WEEK THREE

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Healthy and nutritious menus reviewed and assessed by

Reviewed & assessed by NUTRIBE The Wellness Experts Nutritious and healthy menu

Kindred
Inspiring Nurseries and Pre-Schools

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	ReadyBrek with grated apple and ground linseed *or* White toast with grated apple	Weetabix with blended mixed berries *or* Wholemeal toast with Cucumber slices	Cheerios with grated apple *or* White toast with Avocado and tomatoes	Shredded Wheat with stewed apple *or* Wholemeal toast with melon slices	Creamy banana overnight oats and Chia seeds *or* White bagels with mashed banana
AM SNACK	Banana Milk or water	Cheesy English muffins Milk or Water	Pear slices Milk or water	Pitta strips with red pepper sticks Milk or water	Breadsticks with homemade beetroot and tofu spread Milk or water
LUNCH	**Main** - Poached white fish/mixed beans (V) (red, black & haricot) with new potatoes and parsley sauce **Pudding** - Warm winter fruit salad (apples, oranges, pears, bananas)	**Main** - Green lentil and green bean curry served with brown rice **Pudding** - Full fat Yogurt & granola	**Main** - Shepherds pie or red lentil pie (V) topped with Sweet and white potato mash and cauliflower **Pudding** - Sugarless date muffins	**Main** - Chicken or vegetable (v) Pie with broccoli **Pudding** - Fruit platter (apples, oranges, pears, bananas)	**Main** - White fish or cannellini beans (V) with Quinoa & broccoli **Pudding** - pineapple
PM SNACK	Cucumber & bread sticks with hummus dip Milk or water	Apple and banana Milk or water	Crackers & cheese Milk or water	Breadsticks with cream cheese Milk or water	Pitta strips with cottage cheese Milk or water
TEA	**Main** - Sausage plait (80% pork) or Cheese plait (V), vegetable & potato salad **Pudding** - Pineapple sticks & full fat yogurt	**Main** - Jacket potatoes with baked beans (V) & sweetcorn with cheese **Pudding** - Warm poached pears	**Main**- Carrot coriander & chickpea soup (V) served with bread rolls **Pudding** - Melon medley	**Main** - Wholemeal macaroni , butter bean & broccoli cheese (V) **Pudding** - Banana	**Main** - Lentil Dahl served with naan bread **Pudding** - Fruit salad (apples, oranges, pears)

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